

Coping strategies of journalists in armed conflict: Adaptive and maladaptive models

Olga Yarkho*

Postgraduate Student

State University of Trade and Economics

02156, 19 Kioto Str., Kyiv, Ukraine

<https://orcid.org/0009-0001-0786-929X>

Abstract. The article provides a theoretical analysis of adaptive and maladaptive coping strategies among journalists working under conditions of armed conflict. The relevance stems from journalists being one of the most psychologically vulnerable professional groups with respect to post-traumatic stress disorder (PTSD), depression, and burnout, yet their coping patterns remain understudied compared to other helping professions. The purpose of the study was to systematise existing empirical data on journalist coping strategies and to construct a classification of adaptive and maladaptive models accounting for the specifics of journalistic activity during wartime. The methodology encompassed theoretical analysis and systematisation of scientific sources, and comparative analysis of empirical findings on coping behaviour among media professionals across different countries. The results indicated that avoidant emotional coping constituted one of the principal risk factors for PTSD among journalists, whereas social support operated heterogeneously: recognition of professional contribution from colleagues and managers significantly correlated with post-traumatic growth, while perceived and received support did not show a comparable protective effect on post-traumatic stress symptoms. A journalism-specific maladaptive pattern of 'professional stoicism' was identified – the normative suppression of emotional reactions under the pressure of newsroom culture. The role of reflexive coping as an adaptive strategy enabling conscious processing of media-related trauma was substantiated. According to longitudinal data from the Institute of Mass Information, the majority of Ukrainian journalists employed adaptation as their primary strategy, with family remaining the principal coping resource. The practical value lay in establishing a foundation for developing support programmes for media professionals' psycho-emotional health

Keywords: professional stoicism; avoidance; social support seeking; reflexive coping; post-traumatic growth; media-related trauma

Introduction

Journalists covering armed conflicts face a distinctive constellation of occupational stressors that sets them apart from other high-risk professional groups. Unlike military personnel, who receive systematic training in stress management and operate within structured support systems, or clinical psychologists, who are educated in vicarious trauma and supervised throughout their careers, journalists typically enter traumatic environments with minimal psychological preparation and limited institutional safeguards. The capacity to cope with chronic professional stress is therefore central to understanding how journalists maintain or lose their effectiveness under conditions of armed conflict, and

the specific cognitive and behavioural mechanisms involved in this process require systematic investigation. The empirical evidence accumulated over the past two decades has consistently documented elevated psychological morbidity among journalists, although the depth of analysis varies considerably across studies.

S. Williams & T. Cartwright (2021) surveyed 69 British print and broadcast journalists who had covered wars, terrorist attacks, natural disasters, and other traumatic events to examine symptoms of post-traumatic stress disorder (PTSD), post-traumatic growth, and their association with exposure to life-threatening situations. They found that journalists who had worked

Suggested Citation:

Yarkho, O. (2026). Coping strategies of journalists in armed conflict: Adaptive and maladaptive models. *Psychology and Personality*, 16(1), 45-52. doi: 10.33989/2226-4078.2026.1.45.

*Corresponding author (oyarkho@gmail.com)



in conflict zones and experienced personal threats to their lives reported significantly higher levels of post-traumatic growth, whereas personal risk was not associated with the severity of PTSD symptoms. The authors also reported that freelance journalists exhibited higher levels of PTSD symptoms than staff journalists, and identified organisational support, opportunities to discuss traumatic experiences, and access to psychological support as key factors facilitating recovery.

R. Flannery (2022) conducted a systematic literature review covering 23 empirical studies with 4,558 participants published between 2011 and 2020. The review confirmed that journalists exhibited PTSD rates substantially exceeding those of the general population and identified exposure frequency, social support, and organisational climate as recurring correlates. Author's synthesis, however, treated coping largely as a homogeneous category and did not systematically differentiate between adaptive and maladaptive pathways, leaving open the question of which specific strategies protected or harmed journalist mental health. S.H. Damas & J. Valero-Pastor (2026), analysing 15 empirical studies from 2010 to 2025, advanced the field by reframing journalist distress as the product of structural pressures rather than individual vulnerability. The authors identified overwork, trauma exposure, online harassment, and the erosion of collegial networks as principal stressors and called for interventions at the organisational level. The principal focus of their analysis nevertheless remained on stressors and outcomes rather than on the typology of coping responses or on the journalism-specific cognitive mechanisms involved in processing mediated trauma. Despite this evidence base, the specific coping mechanisms through which journalists navigate these pressures – and particularly the distinction between strategies that protect mental health and those that exacerbate vulnerability – have received comparatively little systematic attention.

The Ukrainian context provides an unprecedented natural laboratory for studying journalist coping under extreme conditions. Russia's full-scale invasion, now in its fifth year, has subjected the entire media community to chronic stressors that operate simultaneously and without respite. According to longitudinal surveys conducted by the Institute of Mass Information (IMI), the vast majority of Ukrainian journalists reported war-related psychological deterioration (Institute of Mass Information, 2024). Yet the same surveys revealed emerging adaptive patterns: a growing proportion of media professionals described themselves as gradually adapting to wartime conditions without losing professional capacity (Institute of Mass Information, 2025). This coexistence of distress and adaptation within the same population highlighted the theoretical and practical importance of understanding coping mechanisms. The purpose of this study was to systematise existing empirical data on coping strategies of journalists

working in conditions of armed conflict and to construct a theoretically grounded classification of adaptive and maladaptive coping models that accounts for the distinctive features of journalistic work. The scientific novelty consists in identifying a journalism-specific maladaptive pattern – “professional stoicism” – and in substantiating reflexive coping as an adaptive strategy rooted in the media-psychological tradition.

Materials and Methods

The study employed a theoretical research design grounded in the systematic examination, classification, and conceptual integration of scholarly literature on journalist coping. The analysis was structured around three interrelated tasks: identifying empirically validated coping strategies, classifying them along adaptive-maladaptive and individual-organisational dimensions, and integrating the resulting typology with the specific features of journalistic work under armed conflict. The source base comprised peer-reviewed empirical studies on journalist coping, systematic reviews and meta-analyses, institutional reports from media monitoring organisations with particular reliance on the longitudinal surveys of the Institute of Mass Information (2024; 2025), and validated psychometric instruments. Selection followed three inclusion criteria: the source contained direct empirical data on coping strategies, stress responses, or protective factors among journalists, or constituted a foundational theoretical work cited in this empirical literature; the source was published in a peer-reviewed journal, an academic monograph, or by a recognised institutional body; the source was available in English or Ukrainian. Sources in Russian were excluded in accordance with current Ukrainian academic standards. Studies focused exclusively on populations adjacent to journalism – humanitarian workers, military personnel, first responders – were excluded unless they provided directly transferable theoretical frameworks. Tabloid commentary and non-peer-reviewed industry publications were also excluded.

The theoretical analysis drew on three complementary frameworks. The transactional model of stress and coping (Lazarus & Folkman, 1984) provided the foundational lens for differentiating problem-focused, emotion-focused, and avoidant strategies. The Professional Quality of Life model (Stamm, 2010), operationalised through the ProQOL scale, supplied the profession-specific dimension covering compassion satisfaction, burnout, and secondary traumatic stress. The media-psychological reflexive approach (Naidonova, 2013) supplied the journalism-specific cognitive processing mechanism. The Connor-Davidson resilience scale (CD-RISC) (Connor & Davidson, 2003) was used as a reference framework for the construct of resilience as a sustained adaptive capacity, and empirical findings reported in the reviewed studies were considered alongside the

corresponding validated instruments used by the original authors, allowing for cross-study comparability of the coping constructs.

The procedure consisted of three sequential stages. In the first stage, empirical studies were screened, and the specific coping strategies they reported were extracted alongside the associated mental health outcomes. In the second stage, the strategies were classified along two dimensions: adaptive versus maladaptive (according to their empirical association with PTSD, depression, burnout, or post-traumatic growth) and individual versus organisational (according to the level at which the strategy operates). In the third stage, the classified strategies were synthesised into a conceptual model accounting for the distinctive features of journalistic activity under armed conflict. The Ukrainian longitudinal data from Institute of Mass Information (2024; 2025) surveys were treated as a focal case for examining population-level coping dynamics under protracted conflict. Comparison with international findings was conducted thematically: each coping pattern identified internationally was tested against the Ukrainian dataset to determine whether it was confirmed, modified, or contradicted under conditions of sustained warfare.

Results and Discussion

Avoidant coping as a key maladaptive pathway among journalists

The most robust finding in the empirical literature on journalist coping concerns the role of avoidance. R. Smith *et al.* (2018), in a study of U.S. journalists from diverse media organisations covering work-related traumatic stories, identified avoidant emotional coping as one of the principal risk factors for PTSD symptomatology, alongside higher levels of perceived organisational stressors, the intensity of exposure to work-related traumatic stressors, and personal trauma history. The authors emphasised that while avoidant coping may serve an adaptive function in helping journalists maintain objectivity during active news production, its sustained use after coverage can inhibit the processing of traumatic encounters and become maladaptive in the long term. This finding aligns with the broader clinical literature, where avoidance is recognised as both a symptom and a maintaining factor of PTSD (American Psychiatric Association, 2013). However, in journalism, avoidance assumes a profession-specific form that distinguishes it from avoidance in other occupational contexts.

For journalists, avoidance operates at multiple levels. At the cognitive level, it manifests as the suppression of emotional responses to traumatic material – a pattern often reinforced by newsroom norms that equate professional competence with emotional impassivity. K. Backholm & K. Björkqvist (2010), in a study of Finnish news journalists, photographers, and camera operators, examined the predictors of PTSD,

depression, compassion fatigue, and burnout in this professional group, identifying personal exposure to traumatic events and the magnitude of crisis-related work assignments as significant risk factors. Their analysis further demonstrated an interaction effect: respondents with high scores on both personal traumatic experiences and a high amount of professional crisis-related assignments exhibited significantly higher PTSD symptoms than other groups, indicating a cumulative vulnerability that becomes particularly relevant for journalists working in protracted conflict. At the behavioural level, avoidance may include reluctance to seek professional psychological help, reluctance to discuss traumatic experiences with colleagues, or withdrawal from social interactions. The IMI surveys consistently document this pattern: while the majority of Ukrainian journalists acknowledge the need for psychotherapy, organisational obstacles and occupational stigma markedly constrain the actual utilisation of psychological services (Institute of Mass Information, 2024).

A distinctive journalism-specific form of avoidance that emerges from the empirical evidence may be conceptualised as “professional stoicism” – the normative expectation within media organisations that journalists should remain emotionally unaffected by the material they process. This pattern is not merely individual avoidance; it is culturally sanctioned and structurally reinforced through organisational practices. Research consistently documents that journalists perceive organisational psychological support as grossly inadequate, with a prevailing culture that discourages emotional disclosure. The Eyewitness Media Hub study by S. Dubberley *et al.* (2015), surveying 209 user-generated content verifiers, documented a prevailing attitude of “toughen up or get out” that effectively prohibited emotional disclosure. Professional stoicism thus functions as a maladaptive organisational coping norm that amplifies individual avoidance and creates a self-reinforcing cycle of psychological deterioration.

Social support as a key adaptive resource for journalist mental health

In contrast to avoidance, social support emerges consistently as one of the most studied protective factors in the journalist coping literature. T. Idås *et al.* (2019), in a study of Norwegian journalists who covered the 2011 Utøya terror attack, examined the relationship between three subtypes of workplace social support – perceived support, received support, and received recognition – and post-traumatic stress symptoms (PTSS) and post-traumatic growth (PTG). The study demonstrated that the relationship between social support and post-trauma outcomes was more nuanced than is often assumed: receiving recognition from colleagues and managers was significantly associated with PTG, whereas perceived and received support did not show a comparable protective effect on PTSS. The authors

interpreted the findings as evidence that the qualitative dimension of support – particularly the recognition of professional contribution under demanding conditions – plays a more important role in promoting growth than the mere availability of support, and that newsroom cultures that openly acknowledge stress as a natural post-trauma reaction may foster resilience among journalists. The finding resonates with the dual-continuum model of mental health proposed by C. Keyes (2002), which posits that positive functioning and psychopathology are independent dimensions requiring independent intervention.

The Ukrainian longitudinal data provide a unique perspective on the dynamics of social support as a coping resource under conditions of sustained conflict. IMI surveys document that family constitutes the primary stabilising factor for journalists throughout all years of full-scale war, with its reported importance growing steadily from under half of respondents at the onset of invasion to over half by the fourth year (Institute of Mass Information, 2025). This gradual increase – rather than the decline that might be expected under conditions of chronic stress and resource depletion – suggests that family support functions not merely as a buffer but as a resource that strengthens through use. Professional peer support, while less frequently cited than family, represents another adaptive resource within journalist coping. N. Seely (2019), in a national multi-method study of American journalists, demonstrated that as the frequency and intensity of trauma coverage increase, so does the severity of PTSD symptoms, and identified a set of recurrent coping mechanisms used by journalists to manage these effects, including disconnecting from work, purging emotions, talking about trauma, and remembering the higher purpose of their professional role. Among the practical implications, the author called for humanising newsroom culture and integrating trauma-related training into journalism education – both of which suggest that peer-level processing and collegial communication function as important, if uneven, components of the journalist coping repertoire.

However, the availability of social support is not uniform across the journalistic population. The IMI data reveal a significant structural vulnerability: the closure of hundreds of Ukrainian media outlets since 2022, combined with the conscription of male colleagues (reported as a notable challenge in newsroom management by a substantial share of editorial offices in 2024), has eroded the professional networks through which social support is typically channelled. This erosion creates a paradox: the coping resource most consistently identified as protective becomes less accessible precisely when it is most needed. This finding has direct implications for intervention design: programmes aimed at strengthening journalist coping must address the structural conditions that enable or constrain access to social support, rather than focusing

exclusively on individual-level strategies (Institute of Mass Information, 2024).

The transition to adaptive pragmatism under conditions of eroded professional networks raises a substantive theoretical question: can family support adequately compensate for the loss of professional peer support in processing specifically occupational trauma? The Ukrainian data suggest a partial rather than full compensation. Family functions effectively as a regulatory and stabilising resource – preserving baseline psychological functioning, providing recovery from acute episodes, and sustaining motivation. However, family support is structurally limited in addressing the cognitive demands of mediated trauma, which require interlocutors who share the professional frame of reference. The empirical correlate of this limitation appears in the IMI data as the marked rise in formal psychotherapy uptake during 2023-2024 (Institute of Mass Information, 2024): journalists implicitly substituted clinical professionals for the eroding peer network, transferring the function of professional debriefing to therapeutic settings. Adaptive pragmatism, in this reading, is not the product of family support alone but of a reconfigured coping architecture in which family preserves general psychological resources while clinical professionals partially absorb the function previously fulfilled by colleagues. This reconfiguration is sustainable but psychologically costly and depends on the continued accessibility of mental health services – itself a structural variable subject to wartime disruption.

Reflexive coping as a journalism-specific adaptive mechanism

Beyond the general categories of avoidance and social support, the analysis reveals a coping mechanism that is distinctive to journalism: reflexive processing of traumatic media content. Drawing on L. Naidonova (2013) media-psychological approach, reflexive coping can be defined as the journalist's capacity for conscious, critical engagement with the psychological impact of professional media work – the ability to monitor one's own cognitive and emotional reactions to traumatic material and to differentiate between professional processing and personal assimilation of trauma.

This concept addresses a gap in the standard coping classification. R. Lazarus & S. Folkman's (1984) original distinction between problem-focused and emotion-focused coping does not adequately capture the cognitive work that journalists perform when processing traumatic content. The journalist does not merely "encounter" a stressor; they actively select, frame, narrate, and disseminate it – a complex process that simultaneously requires emotional engagement (for authentic reporting) and cognitive distancing (for accurate analysis). Reflexive coping provides the metacognitive framework through which this dual demand is managed. In the framework of vicarious traumatisation theory

(McCann & Pearlman, 1990), reflexive coping directly counteracts the mechanism by which cognitive schemas about safety, trust, and control are disrupted: by maintaining awareness that changes in worldview are attributable to professional exposure rather than representing objective reality.

Empirical support for the protective role of reflexive processing comes from multiple sources. J. Os-
mann *et al.* (2021), in their mapping review of journal-
ist well-being research, identified cognitive processing
quality as a key differentiator between journalists who
develop chronic pathology and those who maintain
positive functioning despite equivalent levels of ex-
posure. The concept of compassion satisfaction in B.
Stamm (2010) ProQOL model captures a related phe-
nomenon: the positive meaning derived from profes-
sional competence in bearing witness, which functions
as a cognitive resource that sustains engagement with-
out burnout. S. Arefnia (2025), while studying a differ-
ent population – Ukrainian internally displaced women
and women from other countries – demonstrated that
resilience, a construct closely linked to reflexive capac-
ity, emerged as a substantial predictor of subjective
well-being under conditions of war-related stress, with

its protective role becoming more pronounced as stress
intensity increased. This dose-response pattern sug-
gests that reflexive-resilient coping becomes more, not
less, important as stress intensifies – a finding directly
relevant to journalists operating under protracted war-
time conditions.

Two-dimensional classification: Integrating the adaptive-maladaptive and individual-organisational levels

The strategies examined above can now be integrat-
ed within the two-dimensional framework declared
in the Materials and Methods: each coping pattern is
positioned simultaneously along the adaptive-mal-
adaptive axis (defined by its empirical association
with post-traumatic stress, depression, burnout, or
post-traumatic growth) and along the individual-or-
ganisational axis (defined by the level at which the
strategy operates). This systematic cross-classifica-
tion, summarised in Table 1, makes explicit a pattern
that a one-dimensional adaptive-maladaptive division
obscures: the most consequential coping dynamics in
journalism are located not at a single level but in the
interaction between the two.

Table 1. Two-dimensional classification of journalist coping strategies
(adaptive-maladaptive × individual-organisational)

Level	Adaptive	Maladaptive
Individual level	Reflexive coping (conscious processing of mediated trauma); help-seeking and psychotherapy uptake; meaning-based engagement / compassion satisfaction	Avoidant emotional coping; suppression of emotional responses; withdrawal and reluctance to seek help or to discuss trauma with colleagues
Organisational level	Recognition of professional contribution by colleagues and managers; collegial peer-support networks; trauma-informed newsroom culture; access to psychological assistance and trauma training	'Professional stoicism' / 'toughen up or get out' norm; inadequate institutional support; structural erosion of peer networks (outlet closures, conscription)

Source: developed by the author

Read across the levels, the classification reveals two cross-level interactions that a single-level analysis misses. First, the organisational maladaptive norm of professional stoicism does not merely coexist with individual avoidant coping but actively amplifies it, converting a personal regulatory strategy into a culturally mandated one and thereby blocking the transition to adaptive processing. Second, the principal adaptive resources operate asymmetrically across levels: recognition – an organisational-level resource – most reliably predicts post-traumatic growth, whereas reflexive coping – an individual-level capacity – most directly counteracts the cognitive disruption of mediated trauma; neither substitutes for the other. The practical implication is that adaptive coping in journalism cannot be cultivated at the individual level alone, because its strongest protective components are organisationally conditioned, while its maladaptive counterparts are organisationally reinforced.

Trajectory of coping adaptation among Ukrainian journalists during 2022-2025

The IMI longitudinal dataset offers a rare opportunity to trace the evolution of coping patterns within a journalistic community subjected to sustained armed conflict. The data reveal a three-phase trajectory. In the first phase (2022), the dominant pattern was acute mobilisation: journalists reported overwhelming stress but simultaneously high levels of hope and professional commitment. This mobilisation phase reflected the initial mobilisation response described in disaster psychology (Raphael, 1986), in which heightened arousal and sense of purpose temporarily offset the psychological toll of exposure. The proportion of journalists reporting hope and belief in victory was high, and professional solidarity served as the primary collective coping resource. The second phase (2023-2024) was characterised by deepening exhaustion: depression indicators rose significantly, sleep disturbances

affected about half of respondents, and suicidal ideation increased. Yet this period also witnessed a dramatic shift in formal help-seeking behaviour: by 2024, nearly half of surveyed journalists reported experience with psychotherapy, a dramatic increase compared to the minimal utilisation rates documented in the early months of the invasion (Institute of Mass Information, 2024). A. Feinstein *et al.* (2002), in a landmark comparative study of war correspondents and journalists who had not covered war, examined the long-term psychological consequences of conflict reporting. The authors documented PTSD prevalence of 28.6% in the war group versus markedly lower rates among colleagues who had not covered war, alongside elevated indicators of depression. They concluded that war journalism constitutes a hazardous profession requiring systematic psychological support. The study, however, focused predominantly on diagnostic outcomes rather than on the coping mechanisms through which journalists either developed or avoided pathology – a limitation that subsequent research only partially addressed.

The third phase (2025) reveals what may be termed ‘adaptive pragmatism’ – a coping stance characterised by the deliberate management of expectations and the prioritisation of functional sustainability over emotional processing. The majority of surveyed journalists endorsed the attitude of adapting to reality without building illusions but also without despairing. Acute symptoms partially receded while chronic exhaustion became the background state. This trajectory aligns with the conservation of resources theory (Hobfoll, 1989), which predicts that under conditions of prolonged resource threat, individuals shift from active coping to resource conservation strategies. K. Connor & J. Davidson (2003) conceptualised this capacity as resilience, operationalising it through the CD-RISC scale that measures the ability to maintain equilibrium during ongoing adversity – a quality that the IMI data suggest characterises the majority of Ukrainian journalists who continue functioning despite chronic exhaustion. In the journalistic context, adaptive pragmatism represents a sustainable – if psychologically costly – equilibrium between professional demands and depleted psychological resources. The Ukrainian data thus reveal a population-level shift from acute emotional coping (hope, solidarity, denial) through crisis-driven formal help-seeking (psychotherapy uptake) to pragmatic adaptation (expectation management, chronic exhaustion tolerance). This trajectory has no close analogue in the international literature, where most studies capture journalist coping at a single time point. It demonstrates that coping among journalists in armed conflict is not a static disposition but a dynamic, evolving process shaped by the duration and intensity of exposure, the availability of resources, and the broader socio-political context.

Conclusions

The theoretical analysis yielded four findings with implications for both research and practice. Avoidant coping – particularly in the culturally sanctioned form of “professional stoicism” – was identified as a key maladaptive pathway among journalists, with consistent empirical evidence linking it to elevated PTSD, depression, and burnout. Unlike avoidance in other populations, journalistic avoidance is structurally reinforced through organisational norms that equate emotional impassivity with professional competence; it is therefore not amenable to purely individual-level intervention. Social support was confirmed as an important adaptive resource that operates heterogeneously: among its three subtypes, recognition of professional contribution emerged as the most consistent correlate of post-traumatic growth, while perceived and received support did not show comparable protective effects on post-traumatic stress symptoms. The Ukrainian data demonstrated that family support strengthens rather than depletes under prolonged stress, while professional peer networks are simultaneously eroded by structural factors – creating a critical vulnerability in the overall coping architecture. Reflexive coping was substantiated as a journalism-specific adaptive mechanism enabling conscious processing of mediated trauma. Grounded in the media-psychological tradition, this mechanism addresses the unique cognitive demands of journalistic work – the simultaneous requirement for empathic engagement and analytic detachment – that standard coping classifications fail to capture. The three-phase trajectory documented in Ukrainian longitudinal data – acute mobilisation (2022), exhaustion with help-seeking (2023–2024), and adaptive pragmatism (2025) – revealed coping among journalists in armed conflict as a dynamic, evolving process rather than a static individual trait. This trajectory, which has no close analogue in the international literature, demonstrates that the timing and content of support interventions must align with the phase of the coping process within which the population currently operates. The proposed classification of adaptive and maladaptive coping models contributes to the field of occupational media psychology by offering a journalism-specific framework that can be empirically tested using validated instruments. Prospects for further research include cross-sectional empirical testing of the classification on a sample of Ukrainian journalists using the ProQOL and CD-RISC instruments, and longitudinal investigation of transitions between adaptive and maladaptive coping profiles. This work constitutes an integral component of the author’s doctoral research on the psychological determinants of journalist mental health preservation under stressful conditions.

Acknowledgements

None.

Funding

None.

Conflict of Interest

None.

References

- [1] American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Washington: American Psychiatric Association Publishing. doi: [10.1176/appi.books.9780890425596](https://doi.org/10.1176/appi.books.9780890425596).
- [2] Arefnia, S. (2025). Peculiarities of experiencing subjective well-being among Ukrainian internally displaced women and women from other countries. *Scientific Notes of KROK University*, 4(80), 380-394. doi: [10.31732/2663-2209-2025-80-380-394](https://doi.org/10.31732/2663-2209-2025-80-380-394).
- [3] Backholm, K., & Björkqvist, K. (2010). The effects of exposure to crisis on well-being of journalists: A study of crisis-related factors predicting psychological health in a sample of Finnish journalists. *Media, War & Conflict*, 3(2), 138-151. doi: [10.1177/1750635210368309](https://doi.org/10.1177/1750635210368309).
- [4] Connor, K.M., & Davidson, J.R.T. (2003). Development of a new resilience scale: The Connor-Davidson resilience scale (CD-RISC). *Depression and Anxiety*, 18(2), 76-82. doi: [10.1002/da.10113](https://doi.org/10.1002/da.10113).
- [5] Damas, S.H., & Valero-Pastor, J.M. (2026). Emotional well-being in journalists: Conceptualization, experiences, and strategies in the literature (2010-2025). *Journalism and Media*, 7(1), article number 21. doi: [10.3390/journalmedia7010021](https://doi.org/10.3390/journalmedia7010021).
- [6] Dubberley, S., Griffin, E., & Bal, H.M. (2015). *Making secondary trauma a primary issue: A study of eyewitness media and vicarious trauma on the digital frontline*. Istanbul: Eyewitness Media Hub.
- [7] Feinstein, A., Owen, J., & Blair, N. (2002). A hazardous profession: War, journalists, and psychopathology. *American Journal of Psychiatry*, 159(9), 1570-1575. doi: [10.1176/appi.ajp.159.9.1570](https://doi.org/10.1176/appi.ajp.159.9.1570).
- [8] Flannery, R.B. (2022). News journalists and posttraumatic stress disorder: A review of literature, 2011-2020. *Psychiatric Quarterly*, 93(1), 151-159. doi: [10.1007/s1126-021-09920-z](https://doi.org/10.1007/s1126-021-09920-z).
- [9] Hobfoll, S.E. (1989). Conservation of resources: A new attempt at conceptualizing stress. *American Psychologist*, 44(3), 513-524. doi: [10.1037/0003-066X.44.3.513](https://doi.org/10.1037/0003-066X.44.3.513).
- [10] Idås, T., Backholm, K., & Korhonen, J. (2019). Trauma in the newsroom: Social support, post-traumatic stress and post-traumatic growth among journalists working with terror. *European Journal of Psychotraumatology*, 10(1), article number 1620085. doi: [10.1080/20008198.2019.1620085](https://doi.org/10.1080/20008198.2019.1620085).
- [11] Institute of Mass Information. (2024). *Deterioration of the psychological state of journalists: IMI survey*. Retrieved from <https://imi.org.ua/monitorings/58-ukrayinskyh-zhurnalistiv-zaznachayut-pro-pogirshennya-psychologichnogo-stanu-opytuvannya-imi-i61799>.
- [12] Institute of Mass Information. (2025). *Annual IMI survey: Journalists in 2025 – exhausted but more resilient and adapted to war*. Retrieved from <https://imi.org.ua/monitorings/richne-opytuvannya-imi-zhurnalisty-u-2025-mu-vysnazheni-ale-stijkishi-j-bilsh-adaptovani-do-vijny>.
- [13] Keyes, C.L.M. (2002). The mental health continuum: From languishing to flourishing in life. *Journal of Health and Social Behavior*, 43(2), 207-222. doi: [10.2307/3090197](https://doi.org/10.2307/3090197).
- [14] Lazarus, R.S., & Folkman, S. (1984). *Stress, appraisal, and coping*. Cham: Springer.
- [15] McCann, I.L., & Pearlman, L.A. (1990). Vicarious traumatization: A framework for understanding the psychological effects of working with victims. *Journal of Traumatic Stress*, 3(1), 131-149. doi: [10.1002/jts.2490030110](https://doi.org/10.1002/jts.2490030110).
- [16] Naidonova, L.A. (2013). *Media psychology: Foundations of the reflexive approach*. Kropyvnytski: Imeks-LTD.
- [17] Osmann, J., Dvorkin, J., Inbar, Y., Page-Gould, E., & Feinstein, A. (2021). The emotional well-being of journalists exposed to traumatic events: A mapping review. *Media, War & Conflict*, 14(4), 476-502. doi: [10.1177/1750635219895998](https://doi.org/10.1177/1750635219895998).
- [18] Raphael, B. (1986). *When disaster strikes: How individuals and communities cope with catastrophe*. New York: Basic Books.
- [19] Seely, N. (2019). Journalists and mental health: The psychological toll of covering everyday trauma. *Newspaper Research Journal*, 40(2), 239-259. doi: [10.1177/0739532919835612](https://doi.org/10.1177/0739532919835612).
- [20] Smith, R.J., Drevo, S., & Newman, E. (2018). Covering traumatic news stories: Factors associated with post-traumatic stress disorder among journalists. *Stress and Health*, 34(2), 218-226. doi: [10.1002/smi.2775](https://doi.org/10.1002/smi.2775).
- [21] Stamm, B.H. (2010). *The concise ProQOL manual (2nd ed.)*. Pocatello: ProQOL.org.
- [22] Williams, S., & Cartwright, T. (2021). Post-traumatic stress, personal risk and post-traumatic growth among UK journalists. *European Journal of Psychotraumatology*, 12(1), article number 1881727. doi: [10.1080/20008198.2021.1881727](https://doi.org/10.1080/20008198.2021.1881727).

Копінг-стратегії журналістів в умовах збройного конфлікту: адаптивні та дезадаптивні моделі

Ольга Ярхо

Аспірант

Державний торговельно-економічний університет

02156, вул. Кіото, 19, м. Київ, Україна

<https://orcid.org/0009-0001-0786-929X>

Анотація. У статті здійснено теоретичний аналіз адаптивних та дезадаптивних копінг-стратегій журналістів, які працюють в умовах збройного конфлікту. Актуальність зумовлена тим, що журналісти є однією з найбільш вразливих професійних груп щодо розвитку посттравматичного стресового розладу (ПТСР), депресії та вигорання, проте їхні копінг-моделі залишаються малодослідженими порівняно з іншими професіями допомагаючого типу. Метою дослідження була систематизація наявних емпіричних даних щодо копінг-стратегій журналістів та побудова класифікації адаптивних і дезадаптивних моделей з урахуванням специфіки журналістської діяльності у воєнний час. Методологія охоплювала теоретичний аналіз та систематизацію наукових джерел, порівняльний аналіз результатів емпіричних досліджень копінг-поведінки серед медійників різних країн. Результати засвідчили, що уникаючий емоційний копінг постав одним із ключових факторів ризику ПТСР серед журналістів, тоді як соціальна підтримка діяла неоднорідно: визнання з боку колег та керівників значущо корелювало з посттравматичним зростанням, тоді як перцептивний і отриманий рівні підтримки не демонстрували порівнянного захисного ефекту щодо посттравматичної симптоматики. Виявлено специфічну для журналістики дезадаптивну модель «професійного стоїцизму» – нормативного придушення емоційних реакцій під тиском редакційної культури. Обґрунтовано роль рефлексивного копіngu як адаптивної стратегії, що дозволяє здійснювати усвідомлену переробку медіатравми. За даними Інституту масової інформації, переважна більшість українських журналістів вдається до адаптації як провідної стратегії, а сім'я залишається головним копінг-ресурсом. Встановлено три фази адаптації українських медійників: гостра мобілізація (2022), виснаження зі зверненням по допомогу (2023-2024) та адаптивний прагматизм (2025). Ця динаміка не має аналогів у міжнародній літературі та засвідчує, що копінг є не статичною диспозицією, а динамічним процесом, що еволюціонує під впливом тривалості та інтенсивності стресогенного середовища. Практична цінність полягала у створенні підґрунтя для розробки програм підтримки психоемоційного здоров'я медійників

Ключові слова: професійний стоїцизм; уникання; пошук соціальної підтримки; рефлексивний копінг; посттравматичне зростання; медіатравма