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## Peculiarities of the influence of psychological traumatic events on the development of women's life scenarios

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**Abstract.** The relevance of the research is defined by the growing need to study the impact of psychological traumatic events on the development of women's life scenarios, in particular in the context of modern social and cultural challenges. The purpose of the article was to analyse the contributions of scholars and practitioners for further research on the impact of psychological traumatic events on the development of women's life scenarios. The analysis of the impact of psychological traumatic events on the development of women's life scenarios is carried out through the integrative approach that combines various research methods (analysis, synthesis, abstraction, and comparison, structural-functional, dialectical, concrete-historical, systemic, sociocultural) and takes into account the socio-cultural context. The paper examined the impact of traumatic events on the women's psychological state, their social roles and interpersonal relationships. The main focus was at the structural changes in the psyche, gender aspects and social inequality, which intensify the traumatic impact and form specific life scenarios. The use of systemic and socio-cultural methods ensured deeper understanding of the multifaceted nature of women's traumatic experience and its impact on further personal development. The peculiarities of the influence of psychological traumatic events on the development of women's life scenarios are based on the complex interaction of psychological and social factors that largely determine all life trajectories. Traumatic events have a significant impact on women's self-determination, social roles and the ability to be independent. The scenarios can be aimed either at avoiding stressful situations in the future or at regaining control over life. The practical value of the work includes developing recommendations for psychologists, social workers and other professionals working with women who have experienced psychological trauma based on the analysis of the selected topic

**Keywords:** post-traumatic stress disorder; emotional resilience; traumatic experience; psychosocial adaptation; psychological consequences

### Introduction

The subject of the influence of psychological traumatic events on women's life scenarios is of high relevance in contemporary psychological and social discourse, as it is related not only to individual developmental trajectories but also to the broader social consequences of such events. Women, as a socially vulnerable group, are often exposed to specific traumatic factors, such as gender discrimination, sexual violence and economic instability, which significantly affect their psychological and social states. Psychological traumas occurring at critical moments of women's lives can dramatically change their life attitudes, values and scenarios for further personal development. A life scenario as a concept

of the theory of transactional analysis is defined as a system of expectations and decisions made at an early age and realised in further life. The development of a life scenario is often based on deep-seated internal beliefs formed under the influence of external stressors, such as traumatic events. This is especially true for women who can form specific life scenarios as a result of traumatic events that affect their self-esteem, perception of the world and positioning in interpersonal relationships. The issue of the influence of psychological traumatic events on women remains one of the most relevant topics in psychological research at the global level. The peculiarities of the impact of trauma on the

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formation of life scenarios and the overall development of the individual are actively studied through the prism of various factors, including socio-psychological, gender, age and cultural aspects. An important area of current research was to analyse the impact of psychological traumas on women who have experienced bullying or domestic violence, as well as to investigate recovery processes after such events.

H. Nievieikina (2020) analysed the various ways of overcoming psychological traumatic events; the researcher emphasised the importance of searching the effective methods of working with victims. The work by L.M. Volnova (2022) focused on preventing the destructive effects of psychotrauma on students emphasising that the psychological traumatic experience can significantly complicate the educational process and contribute to the decreased academic performance. A.A. Molotokas & S.V. Didenko (2022) studied the relationship between psychological traumatic events and the occurrence of depression; they pointed out that such events were a significant predictor for the development of depression. O.F. Yatsyna (2023) considered stress, crisis and trauma in clinical psychology and expanded the understanding of these phenomena in the modern discourse. The investigation by D.S. Peresunko (2024) offered a new approach to the study of time perceptions of people who have experienced psychotrauma by showing that traumatic events can profoundly affect the perception of the life time frame. This opens up new perspectives for investigating the impact of trauma on the subjective experience of time. The study by B. Sanz-Barbero *et al.* (2019) considers violence in women's relationships over their lifetimes, which is relevant for understanding the long-term effects of traumatic events. J. Kelman *et al.* (2022) analyse the experience of imprisonment as a traumatic factor for people with previous psychological traumas.

Insufficiently explored aspects of the topic concerning the impact of psychological traumatic events on women's life scenarios include the mechanisms of forming positive scenarios after traumatic events that facilitate adaptation and recovery. There is a limited number of studies dedicated to cross-cultural comparisons of trauma's effects on women in different sociocultural contexts, which could help identify both universal and specific factors. It is also essential to examine in greater detail the peculiarities of how psychological traumatic events influence the life scenarios of women of various age groups, particularly elderly women, as well as the aspects of intergenerational transmission of traumatic experiences. As a result of reviewing sources on the selected topic, it was established that the aspect of the impact of psychological traumatic events on the formation of women's life scenarios has been insufficiently studied. In this regard, the aim of this study was to analyse the contributions of scholars and practitioners to further explore the impact of psychological

traumatic events on the development of women's life scenarios. To achieve this goal, it was necessary to solve the following tasks: to analyse modern theoretical approaches to the study of life scenarios and the peculiarities of their formation under the influence of traumatic events; to characterise the impact of psychological trauma on the development of women's life scenarios.

An integrative approach was applied to analyse the impact of psychological traumatic events on the development of women's life scenarios, connecting theoretical concepts with real-life experiences of women who had faced trauma. The structural-functional method was employed to examine how traumatic events alter the psychological structures of women's lives, focusing on the interplay between internal transformations and their responses to external stressors. Similarly, the dialectical method was crucial for analysing the dynamic and often contradictory impacts of crises on women's psychological states and their personal development trajectories. The specific historical method, which allowed studying psychotrauma in the context of its impact on women's life scenarios in different historical conditions and social contexts, was also applied. The sociocultural method was pivotal in contextualising traumatic events within the broader framework of global societal transformations. The methodological foundation of this analysis was the systemic approach, as psychological trauma influences various dimensions of a woman's life, including her societal roles, career trajectories, and personal relationships. It is important to clarify that the study involved a review of literature on this topic, rather than the examination of real-life cases or interviews.

### **Theoretical foundations of psychological trauma**

A traumatic event is perceived by an individual as a threat, loss or challenge based on a subjective assessment. A psychological trauma, usually unnoticed and unanalysed, makes a person vulnerable to similar traumas in the future. Each person has a unique threshold beyond which a life challenge turns into a psychological traumatic event. Navigating a psychological traumatic event leads to hardship and intricate cause-and-effect relationships associated with trauma occurrence and progression that complicate this experience. Nevertheless, even a significant breakdown resulted from a psychological trauma can be transformed into a constructive experience through deep self-awareness and recontextualisation of the traumatic event into personal experience (Kyrylenko & Ivanenko, 2019).

According to I.V. Muzychenko & I.I. Tkachuk (2017), a psychological traumatic event is defined as a situation caused by the influence of natural, social, informational, personal and other factors on a person and accompanied by increased psychological stress, disorders of adaptation and health mechanisms, partial or complete

collapse of the person's psychological world. Such traumatic experience can arise as a result of events that directly affect a person, as well as those that influence his or her loved ones or other people in the person's immediate environment. Accordingly, exposure to trauma includes witnessing scenarios (e. g., news or stories of loved ones) and/or direct participation in various traumatic events.

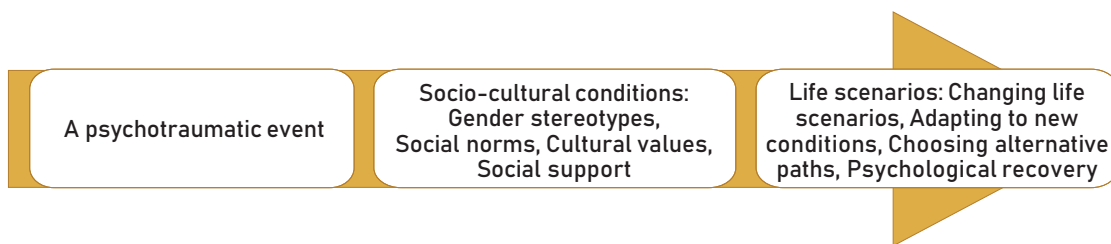
The main characteristics of a traumatic event include intense mental stress, significant feelings that serve as unique internal efforts to overcome life events or traumas, changes in self-esteem and motivation, as well as personal resources that involve both burdensome and protective factors inherent in women. It is not advisable to categorise psychological traumatic events by their severity (Oksiutovych & Sabadukha, 2023). Each traumatic event has different characteristics and nuances causing psychological consequences for both participants and witnesses, and each woman experiences it in her own way. A psychological traumatic event initiates a traumatic process in the psyche, which leads to mental activity disorganisation that is accompanied by the efforts to maintain psychological stability, localise and dissociate this process (Dziuba, 2017).

As S. Frieze (2015) pointed out, this experience can be related to such events as divorce, death, physical injuries, sexual and physical violence, serious accidents, life-threatening illnesses, natural or man-made disasters, war, terrorism, physical punishment, disabilities, child labour, prostitution, pornography, bullying, suicide of loved ones, living in poverty, forced displacement from home or parents' labour migration, service in a war zone, etc. (Bruno *et al.*, 2018). The term

"bereavement" is used in different ways: to describe the reaction to the loss, the loss itself and worrying in general. Experiencing some loss in childhood can affect personal development, which in this case will greatly depend on loss continuity and the security of a child's life in these circumstances, as well as the availability of the adaptation process support (Updegraff & Taylor, 2021). Loss can also make a significant contribution to a woman's personal growth and development.

### Psychological and social consequences of trauma in women

The consequences of traumatic experiences can manifest in both short-term and long-term forms, appearing immediately after the event or unfolding over time. Unlike the physical effects of sexual violence, the psychological repercussions may persist for an extended period, profoundly impacting a woman's family life, interactions with the opposite sex, and leading to various communication challenges (Halietska & Harkavets, 2021). The model of trauma impact, which demonstrates the interaction between a traumatic event, should be considered sociocultural conditions, and life scripts as shown in Figure 1. Worldview, interpersonal relationships, behavioural patterns, and the overall life plan of an individual are subject to various influences from acquired traumatic experiences, particularly through the individual's reflective and meaningful engagement with these experiences. While scientific consensus often emphasises the detrimental effects of trauma, research conducted in recent decades supports the notion of trauma as a catalyst for personal development (Didenko, 2020).



**Figure 1.** Model of the impact of traumatic situations on the development of life scripts for females  
Source: compiled by the author

Chronic depression is very common among women who have experienced violence in their families in their childhood and it can persist into adulthood. This condition is characterised by episodes of anxiety, unexplained desires, feelings of isolation and sleep disorders. As people get older, this can be manifested in unsuccessful suicide attempts. Those who have experienced any form of violence have problems with socialisation; for example, they often maintain disruptive relationships with adults, lack appropriate peer communication skills, as well as the knowledge and erudition to establish credibility in an academic setting. Women who have suffered

from violence in childhood often seek solutions to their problems in criminal and antisocial environments; it is often accompanied by the development of alcohol and drug addiction forcing them to steal and do other illegal activities (Harkavenko, 2020).

The "humiliation" experience or narcissistic trauma resulted from contempt and attacks on a child's self-esteem can cause an inferiority complex. A common key characteristic of all these traumas is the unconscious tendency to reproduce the scenarios of betrayal, humiliation and rejection in subsequent interpersonal relationships, which can lead to a repetition of the original

traumatic conditions and potential retraumatisation. The nature of these events is determined by the type of attachment with the mother that a child developed during her / his breastfeeding, which can be safe, anxiety-resistant, anxiety-avoidant or disorganised (Levendosky & Graham-Bermann, 2018). The peculiarities of disturbed attachment in parent-child relationships, in particular with the mother, contribute to a person's development in a specific compensatory way aimed at eliminating shortcomings of parental relationships. This mechanism maintains a psychological traumatic scenario; its attributes not only impede a woman's ability to be healed, but also lead to the repeated trauma (Lotysh & Volnova, 2023).

According to the study by H. Nievieikina (2024), the traumatic impact of bullying on a child's personality can have long-term consequences affecting the further development of life scenarios. Other authors also confirmed the significant impact of psychological traumatic events on various areas of life. The study by R. Pavelkov (2021) revealed the age peculiarities of displaced children's psychological trauma, which can be a basis for further research in the context of analysing women's life scenarios. Similar results were obtained by M.O. Oksiutovych & V.O. Sabadukha (2023) who studied socialisation of children after traumatic events. Internationally, researchers pay attention to psychological trauma of women suffered from violence. In particular, the study by V.A. Nabilah & C. Kusristanti (2021) considered the issue of violence against women.

After experiencing bullying in childhood and adolescence, a woman receives a significant psychological trauma that will inevitably affect her future life. This trauma can lead to mental disorders; even a single case of bullying can cause a deep emotional wound that requires specialised psychologist's intervention. This is manifested in increased aggressiveness and anxiety, which are often carried over into adulthood. The duration of the bullying experience directly correlates with the severity of the consequences. Women who have been bullied in childhood face a significantly increased risk of mobbing in the professional environment. According to global statistics, adults who have been victims of bullying in their childhood often find themselves isolated throughout their lives and face greater difficulties in their career growth. These women therefore prefer remote or solitary work more often and use social media platforms against face-to-face communication more actively than their peers (Nievieikina, 2024).

Some women being students demonstrate the signs of stress during the first weeks after trauma, although they usually regain normal levels of physical and emotional well-being over time. But even in these cases, however, they may still have some level of emotional distress. Some traumatic events occur only once in a lifetime, such as moving to a new place or parents' divorce; others are more persistent, for example,

living with toxic family members. A lot of female students have suffered from multiple traumatic experiences, including internal migration due to the war, so trauma was a chronic aspect of their existence for many of them (Volnova, 2022). When stress becomes all-consuming and uncontrollable, it can lead to the devastating consequences such as depletion of physical and moral resources, post-traumatic stress disorder (PTSD), depression, anxiety and fear.

Author fully agrees with the statement made by D.S. Peresunko (2024) that women who have experienced psychological trauma may encounter a sense of distortion in their perception of time. In addition to the characteristic symptoms typically associated with PTSD, such as increased arousal, avoidance behaviour, intrusive memories of the traumatic event, sleep disorders, concentration problems, decreased performance and increased symptoms of anxiety or depression, women often experience distortions in their perception of time. This distortion can negatively affect their understanding of the present event, ability to make plans for the future and understanding of past events.

Women can face a detrimental influence in their adulthood; it can be manifested in the following ways. "Negative subjective status" characterised by poor health, increased blood pressure, decreased professional activity, low enthusiasm for new initiatives, resistance to change and mood swings from anger to apathy. Pain syndromes, including emotional distress, result in a significantly decreased ability to work or incapacitation, as well as a lack of energy to perform professional duties even at the beginning of the day, severely impacting one's overall productivity and well-being. Reduced amount and efficiency of functional reserves leads to rapid fatigue, decreased concentration and refusal to be engaged in any activity that requires significant psychophysiological efforts. Negative personal qualities that can be in the form of psychological aggression, in particular self-assertion at the expense of others, outright hostility, persistent criticism of others (Dziuba, 2016).

The situation in Ukraine has forced many families to urgently relocate. Thousands of people have left their permanent places of residence and temporarily settled in different regions of the country. During this relocation, migrants come across numerous social, economic and psychological problems (Dekel *et al.*, 2017). The psychological problems faced by internally displaced persons are inherently complex, rooted in a difficult traumatic history, which is further complicated by the need to adapt to a new social environment. This situation describes the concept of retraumatisation when the initial trauma is reinforced by subsequent experiences. Women, in particular, have faced particularly serious difficulties as they had to change their place of residence. Given their inherent vulnerability, they have been exposed to traumatic and stressful factors that undoubtedly affect their mental state by reinforcing

and actualising previous traumatic experiences. Suffered trauma often affects women's cognitive functions, behavioural reactions, interpersonal relationships, self-perception, and, more broadly, their worldview (Pavelkov, 2021).

The impact of traumatic situations on women's life scenarios is characterised by some essential distinctive features. Women can experience various traumatic events related to gender discrimination, violence or devaluation of their role in society more often than men. This leads to the formation of a certain attitude towards life. Traumatic experiences change women's beliefs about their abilities and future and result in negative life scenarios of helplessness and fear of uncertainty accompanied by a wary attitude towards the world. In addition, psychological trauma affects women's reactions and behavioural styles by causing negative consequences such as anxiety, depression or PTSD.

Learned helplessness manifests as a behavioural trait that arises due to unavoidable systematic negative influences. This leads to the formation of certain beliefs that justify both the woman's actions and those of the abuser. Women may initially protest against the actions of the abuser; however, when these protests are ignored, the woman feels powerless and attempts to escape the situation. She adapts to the circumstances, resulting in changes to her self-perception, the emergence of self-blame, and the development of guilt. Despite the objective reality, there is a belief that her own actions cannot alter the situation, leading to the conviction that change is impossible. This negative and destructive impact significantly undermines the woman's overall ability to solve problems (Kochemyrovskaya, 2020).

Significant contributions were also made by K. Lehavot *et al.* (2018) who studied PTSD prevalence among veteran women compared to civilian ones; they found out that the more types of traumas a person has, the stronger the manifestations of PTSD are. Thus, current research indicated the complex impact of psychological traumatic events on women's life scenarios emphasising the need for the further study of this phenomenon and development of adequate methods of psychological support. At the same time, traumatic events can lead to the development of certain defence mechanisms that influence specific behaviours, for example, avoiding any risky situation or increasing control over life events. This creates a stable environment where a woman will try to avoid repetitive negative experiences, even at the cost of her own personal growth (Cheung Chung *et al.*, 2017).

Women with PTSD typically avoid discussing their trauma and prefer to distance themselves from those who trigger reminders of it. Emotional numbness, detachment from loved ones, and a decreased interest in previously enjoyed activities characterise their experience, closely resembling symptoms of depressive disorder. Panic attacks may accompany PTSD, manifesting as intense fear, shallow breathing, dizziness, nausea,

rapid heartbeat, chronic pain, headaches, diarrhoea, sensations of tightness and burning in the chest, muscle cramps, and discomfort in the lower back. Additionally, women suffering from PTSD often struggle with trust in others and perceive the world as a dangerous place. This condition is frequently associated with persistent difficulties in daily life, including challenges in securing or maintaining employment, strain in personal relationships, and emotional distancing from partners (Druzhbliak & Sirko, 2020).

Despite this, traumatic situations can act as a catalyst for the development of personal resilience and inner strength in some cases. Thus, the impact of psychological traumatic events on a woman's life scenarios is quite complex; it depends on her personal psychological characteristics, as well as on the socio-cultural background and the degree of her involvement in the recovery process (Hopper, 2019). Women build new life scenarios based on the right coping strategies, which lead to emotional flexibility, self-esteem and restoration of social ties. They are capable of a positive shift during and after traumatic experiences.

### **Structural and functional analysis of changes in women after psychological trauma**

According to the structural-functional analysis of psychological changes in women following psychotraumatic events, the following aspects should be highlighted. Changes in the cognitive sphere: a reduced ability to concentrate, memory problems, and time distortion hinder the integration of traumatic experiences into daily life. This subsequently decreases the capacity for decision-making evaluation and analysis, a condition caused by the chronic effects of anxiety. The affective sphere: alterations increase anxiety levels due to emotional instability, feelings of loneliness, and depressive episodes. There is a noticeable projection of violence across all aspects of life, accompanied by self-inflicted pain and blame. Women who remain in environments of domestic sexual violence without seeking help develop specific trauma responses, leading to various psychosomatic illnesses and complications. Notable among these are phenomena such as learned helplessness, "battered woman syndrome" and victimisation (Miloradova, 2021). Women often experience a "subjective negative status", as they feel unprotected, emotionally vulnerable, and deprived of support.

Emotional abuse affects women's emotions and psyche through tactics such as intimidation, insults, blackmail, and exploitation of a partner's resources. Gaslighting is an especially dangerous tool of abuse, representing one of the most insidious forms of psychological manipulation (Titochka, 2021). The motivational-value sphere: a decline in life motivation, passivity, and a reduced drive to achieve goals are common. Motivational impairments are accompanied by difficulties

in goal-setting and future planning, which can negatively affect adaptive capabilities.

Personal changes: in typical circumstances, women who have experienced psychotrauma may develop self-destructive personality patterns, such as hostility, aggression, or self-assertion at the expense of others. The tendency to repeat the traumatic event in interpersonal relationships often arises from an unconscious need to relive the original experience in an attempt to understand it. In relation to the disruption of social function, it is hypothesised that life challenges during the experience of trauma impose a significant burden on an individual, compelling them to adapt by altering established norms of behaviour and markers of social and personal identity, as well as their self-concept through learned behaviour patterns. These conceptual ideas should be regarded as crucial in efforts to mitigate the uncertainty surrounding the current landscape of self-realisation for women undergoing traumatic experiences (Tokareva, 2023). The transformation of various aspects of the lives of women who have experienced sexual violence, including their self-perception and relationships with others, is linked to a crisis of authenticity. This crisis is characterised by criteria such as self-alienation, which reflects an individual's recognition of their dependence on societal constraints and the lack of avenues for self-realisation; deprivation, defined by difficulties in identifying objects for personal identification; and reduced self-control (Zlyvkov *et al.*, 2016). Psychotraumatic events lead to problems with socialisation: women tend to avoid intimate interpersonal relationships, fear trusting others, and have limited opportunities for effective communication. Physiological consequences are manifested by somatic manifestations, including chronic fatigue, headaches, sleep disturbances, and elevated blood pressure, directly impact recovery ability. These symptoms exacerbate the challenges associated with overcoming trauma.

In general, traumatic events can have a long-term impact on women's life scenarios by shaping their social roles and personal self-determination. S.P. Yalanska (2016) highlighted the necessity of psychological preparation for utilising a range of life strategies. This includes the strategy of analogisation, which involves applying familiar patterns of life pathways in new contexts and approaches; a combined strategy characterised by various modifications and rearrangements of life situations; and the reconstruction strategy, which focuses on exploring diverse and novel options. At the same time, the universal strategy allows for relatively consistent use of analogization, combination, and reconstruction, while the strategy of spontaneous actions is executed based on random cues or through trial and error.

N.G. Pylypenko (2022) presented research findings indicating that in the organisation and provision of crisis psychological assistance in traumatic situations, victims and their relatives have an acute need for

information, social, medical, and other types of support. Emphasising a comprehensive approach in delivering such assistance contributes to a faster recovery of the individual's pre-crisis functional state, an improved ability to adequately perceive reality, enhanced self-control in crisis situations, and a reduced likelihood of developing mental disorders and psychosomatic illnesses as a result of traumatic experiences. It is important for women to receive the comprehensive support, including psychological assistance, social support and sometimes vocational rehabilitation.

## Conclusions

In the conclusions of this study, it is emphasised that psychological traumatic events significantly influence the life scripts of women, shaping their attitudes, self-awareness, and relationships with their surroundings. For example, women who have experienced violence in childhood often face chronic depression, which manifests in low self-esteem and social isolation. As a result, their relationships with others may be characterised by mistrust, complicating the formation of healthy interpersonal connections and leading to the repetition of traumatic scenarios in adulthood.

It is important to note that women who have suffered trauma due to the loss of loved ones may transform their experiences into motivation for personal growth, but this requires considerable effort in self-awareness and reinterpreting tragic events. This can lead to the creation of new life scripts based on coping strategies that restore social connections and improve emotional resilience. Women who have experienced emigration due to war may acquire skills for adapting to new social conditions, yet they also face the risk of retraumatisation due to unsatisfactory conditions in their new environment.

Furthermore, traumatic experiences can lead to modifications in life attitudes. Women who have experienced violence may develop a sense of helplessness, viewing themselves as victims of circumstance. This affects their motivation to achieve goals and their desire to actively change their lives. In this context, it becomes clear that the individual traumatic experiences of women not only determine their psychological state but also significantly influence their life scripts, shaping both positive and negative survival strategies. Thus, understanding the specifics of traumatic impacts is critically important for developing adequate psychological and social support programmes that will help women restore emotional well-being and social engagement. Conducting individual interviews with women could be an area for further research.

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## Conflict of Interest

None.

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## **Особливості впливу психотравмуючих ситуацій на розвиток життєвих сценаріїв жінок**

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**Анотація.** Актуальність дослідження полягає в зростаючій потребі вивчення впливу психотравмуючих ситуацій на розвиток життєвих сценаріїв жінок, зокрема в контексті сучасних соціальних і культурних викликів. Мета роботи полягала в аналізі внеску науковців і практиків для подальших досліджень впливу психотравмуючих подій на розвиток життєвих сценаріїв жінок. Аналіз впливу психотравмуючих ситуацій на розвиток життєвих сценаріїв жінок здійснено з використанням інтегративного підходу, що поєднує різні методи дослідження (аналіз, синтез, абстрагування та порівняння, структурно-функціональний, діалектичний, конкретно-історичний, системний, соціокультурний) та враховує соціокультурний контекст. У роботі розглянуто вплив травматичних подій на психологічний стан жінок, їхні соціальні ролі та міжособистісні стосунки. Основну увагу приділено структурним змінам у психіці, гендерним аспектам та соціальній нерівності, які посилюють травматичний вплив і формують специфічні життєві сценарії. Використання системного та соціокультурного методів дозволило глибше осмислити багатогранність травматичних переживань жінок та їхній вплив на подальший розвиток особистості. Особливості впливу психотравмуючих ситуацій на розвиток життєвих сценаріїв осіб жіночої статі полягають у складній взаємодії психологічних та соціальних факторів, що значною мірою визначають життєві траєкторії протягом життя. Травматичні події суттєво впливають на їхнє самовизначення, соціальні ролі та здатність до самостійності. Сценарії бувають спрямованими або на уникнення стресових ситуацій у майбутньому, або на відновлення контролю над життям. Практична цінність роботи полягає в розробці рекомендацій для психологів, соціальних працівників та інших фахівців, які працюють із жінками, що зазнали психологічної травми, на основі здійсненого аналізу обраної тематики

**Ключові слова:** посттравматичний стресовий розлад; емоційна стійкість; травматичний досвід; психосоціальна адаптація; психологічні наслідки