



The role of coping strategies in differentiating levels of posttraumatic growth during wartime among Ukrainian psychologists

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ABSTRACT

The role of psychological resources such as coping strategies in dealing with trauma is an important area of research, particularly within high-stress professional groups like practicing psychologists during wartime. The aim of this study was to examine the interrelations between coping strategies, resilience, self-efficacy, and posttraumatic growth (PTG) among psychologists as well as to identify which psychological factors serve as significant determinants for high versus low levels of PTG. The study utilized a set of psychodiagnostic tools, including the Coping Strategies Inventory (CSI), the Resilience Scale (CD-RISC-10), the Self-Efficacy Scale, and the Posttraumatic Growth Inventory (PTGI-X). The sample consisted of 214 ukrainian practicing psychologists. Statistical analysis was performed using descriptive statistics, correlation and discriminant analysis. It was found that resilience and self-efficacy are positively correlated with PTG. The coping strategies of cognitive restructuring, emotional expression, social support-seeking, and problem avoidance also showed positive correlations with PTG. Problem-solving coping did not correlate with PTG. Discriminant analysis revealed a significant model capable of distinguishing between high and low PTG profiles. The high-PTG profile was primarily associated with a combination of resilience and coping strategies focused on cognitive restructuring, seeking social support, and problem avoidance, while the low-PTG profile was exclusively linked to a problemsolving orientation. The findings demonstrate that PTG is not a direct result of problemsolving abilities, which may be ineffective especially in the crisis conditions. Problem avoidance strategies could serve as a temporary defensive mechanism to cope with the warrelated trauma.

Keywords: cognitive restructuring; problem-solving ability; resilience; self-efficacy; social support