WILLINGNESS TO FORGIVE AS A PREDICTOR OF MENTAL HEALTH AND PSYCHOLOGICAL RESILIENCE OF DISPLACED PERSONS FROM THE ZONE OF A MILITARY CONFLICT IN EASTERN UKRAINE

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Abstract

The article is devoted to the problem of the characteristics of willingness to forgive in displaced persons from the conflict zone. The concepts of forgiveness and psychological resilience are considered. The article examines the characteristics of willingness to forgive as a predictor of mental health and psychological resilience of displaced persons from the conflict zone.

The presented findings should be taken into account by persons offering professional support for such a group of persons.

Keywords: *willingness to forgive, mental health, depression, anxiety, psychological resilience.*

Introduction

Since April 2014, the military conflict in eastern Ukraine has continued. In view of this, the search for psychological safeguards for the negative effects of the military conflict is a very important problem. Numerous war victims are tragedy for Ukraine.

The military conflict in eastern Ukraine is a serious psycho-traumatic factor that has a negative impact on public health. The trauma of war is sufficiently global for families who have been or are in the territory of military operations. That is why the problem of maintaining the mental health of the individual becomes especially relevant. Significant psycho-traumatic effects on people have dramatic social circumstances, which are caused by being in a war zone; mental traumas, including being in a refugee situation, loss of relatives, work, housing, property, and deterioration of the quality of life of Ukrainians.

Mental trauma is a deep and painful experience of a person correlated with traumatic events of his/her life, extreme accumulation of excitement with which he/she is unable to cope

or which is partially overcome by unconscious protection mechanisms leading to the formation of neurotic symptoms (McNally, 2012; Morina et al., 2017). Mental trauma manifests itself in disruption of the system of relations between people, it complicates personal life and destroys significant interpersonal communication. Modern studies show that any event significant for the person can be the cause of trauma: death of a loved one, illness, violence, injustice, deception, betrayal, disappointment, experiencing loss, crisis, conflict, frustration (Vermetten et al., 2016).

A psychotraumatic experience is a condition that affects a person due to its intensity (severity), duration or repeatability (Kleber, 2019). Mental trauma is a reactive psychic formation that causes prolonged emotional pain and has a long-term psychological effect (Bonanno & Mancini, 2008). Trauma creates certain mental conditions that disrupt social and emotional adaptation (Engelhard et al., 2007). Reaction to trauma has a wide range of responses: from immediate to delayed for many years and even decades, from ordinary crying to a cruel act of revenge and retaliatory aggression.

In our opinion, the ability to forgive oneself, others and the situation plays a significant role in maintaining mental health. We believe that the ability to forgive contributes to stress resistance, resistance to mental trauma.

The content of the concept of forgiveness is ambiguous. In psychology, forgiveness is defined as the process of conscious rejection of insult, anger, indignation caused by the unjust treatment of others (Lijo, 2018). Psychology has developed a stress-coping model, procedural model and evolutionary model of forgiveness (Fitzgibbons, 1986; Worthington et al., 2000; Baskin & Enright, 2004; Strelan & Covic, 2006; Harper et al., 2014).

We view the concept of forgiveness as the process of consciously abandoning one's feelings of anger, hatred, indignation, the amount caused by the unjust treatment of others, and the replacement of negative feelings with more neutral ones, and finally, positive ones such as compassion, pity, and positive opinions on the offender and termination of his/her conviction.

In our opinion, there is a direct connection between the ability to forgive oneself, others, the situation and psychological resilience.

The psychological resilience of the individual is a serious deterrent to the negative effects of military conflict. Psychological resilience allows an individual to positively adapt to the adverse consequences of severe life, emergencies, can protect against the development of traumatic stress and psychopathology, in particular depressive symptoms (Southwick et al., 2014; Scoloveno, 2016). Scientists define the concept of resilience as the competence in stressful conditions, the ability to constructively reflect complex events (Bonanno et al., 2010; Cleverley & Kidd, 2011; Fletcher & Sarkar, 2013; Walsh, 2016). Rutter (2013) identified resilience as an interactive concept that involves the combination of a serious experience of risk events and a relatively positive psychological outcome, despite this experience. A common feature of many definitions is that the concept of psychological resilience describes the ability to overcome difficulties, to adapt positively, to function successfully (Williamson, 2006; Masten, 2014).

Knowledge of the characteristics of willingness to forgive as a predictor of mental health and psychological resilience will provide new opportunities for psychotherapeutic assistance to displaced persons from the combat zone.

The object of the research is willingness to forgive as a predictor of mental health and psychological resilience.

The purpose of this study is to explore the health disorder manifestations of displaced

persons from the combat zone, to identify and analyze the characteristics of willingness to forgive as a predictor of mental health and psychological resilience of displaced persons from the combat zone.

Methods and organization of the research

The following study tools were used:

1. Mental Health Inventory (MHI-5) (Berwick et al., 1991). The Inventory is aimed at measuring such indicators: anxiety, depression, positive emotions, behavioral and emotional control. The technique provides information about the presence of a trend of mental illness.

2. The scale of deep readiness for forgiveness (Thompson et al., 2005). The questionnaire consists of four scales: 1) forgiveness of oneself; 2) forgiveness of another; 3) forgiveness of the situation; 4) an integral indicator of willingness to forgive.

3. Special variant of the semantic differential method (Psychological Resilience Scale – 11) (Kravchuk, 2019). Reliability of Psychological Resilience Scale-11 measured by Cronbach's alpha is 0,775. The Scale of Psychological Resilience shows evidence of retest reliability. Retest reliability was verified by analyzing correlation between the first total score of the eleven-item Scale of Psychological Resilience and second total score of the eleven-item Scale of Psychological Resilience received at intervals of 7 weeks. We found higher Spearman's correlation coefficient (0.76, $p < 0.001$) (Kravchuk, 2019). Concurrent validity was verified by analyzing correlations with some related constructs – hardiness and three components of hardiness – commitment, control and challenge. We found positive and significant Spearman's correlation coefficients between total score of the eleven-item Scale of Psychological Resilience and hardiness, commitment, control and challenge (Kravchuk, 2019).

4. Maslach Emotional Burnout Inventory (Mäkikangas et al., 2011).

5. The scale of psychological well-being. The authors: Ryff, Keyes (Ryff & Keyes, 1995). The scale includes the following scales: 1) positive relationships; 2) autonomy; 3) environmental management; 4) personal growth; 5) goals in life; 6) self-acceptance; 7) psychological well-being.

6. Overall Self-efficacy Scale. The authors: Schwarzer, Jerusalem (Schwarzer & Jerusalem, 2010). The scale measures the overall measure of the subjective assessment of personal performance.

7. The author's questionnaire on the study of the features of subjective assessment of the impact of a military conflict in eastern Ukraine on family relations and well-being of the individual and his/her relatives. The author's questionnaire consists of 35 questions. The author's questionnaire is aimed at measuring such indicators: assessment of the degree of sleep disorder due to the situation of the military conflict; assessing the situation of the military conflict in Ukraine as stressful for the family and for the individual personally compared to the period before the military conflict; assessing the impact of the military conflict situation in Ukraine on the well-being of family members; assessment of the degree of anger at the military conflict situation; assessment of the degree of feeling that something terrible must happen again in connection with an event – a military conflict; the impact of the military conflict situation on relationships with loved ones in the family.

Statistical analysis of the results was performed using Mann-Whitney U test, Spearman's rank correlation coefficient and **multiple** regression analysis. The significance level of

p < 0.05 was assumed to determine statistically significant differences or correlations. The SPSS 21 program was used for statistical analysis.

Participants of the research

The research was carried out in 2017-2019. The study group included 139 adults (70 women and 69 men) of mature age (35 to 56 years) – displaced persons from the combat zone and 142 people (72 women and 70 men) of mature age (35 to 56 years) – civilians living in remote areas away from the war zone.

Results of the research

Comparison of data based on the Mann-Whitney U test on the degree of sleep disorders in connection with the event – the military conflict in Ukraine – shows that a stronger degree of sleep disorders has been observed among the displaced persons from the combat zone compared to civilians living in remote areas away from the war zone. The results are presented below in Table 1.

Table 1. The features of the degree of sleep disorders (N = 281)

Groups of study participants	N	Mean Rank	Sum of Ranks	Mann-Whitney U	Asymp. Sig.
Displaced persons from the combat zone	139	204.98	28492.00	976.000	0.000 (p<0.001)
Civilians living in remote areas away from the war zone	142	78.37	11129.00		

Comparison of data based on the Mann-Whitney U test on the degree of irritation and anger in connection with the event – the military conflict in Ukraine – shows that a stronger degree of irritation and anger has been observed among the displaced persons from the combat zone compared to civilians living in remote areas away from the war zone (see Table 2).

Table 2. The features of the degree of irritation and anger (N = 281)

Groups of study participants	N	Mean Rank	Sum of Ranks	Mann-Whitney U	Asymp. Sig.
Displaced persons from the combat zone	139	205.57	28574.50	893.500	0.000 (p<0.001)
Civilians living in remote areas away from the war zone	142	77.79	11046.50		

Stronger feelings and constant "readiness" – something terrible must happen again in connection with the event – the military conflict in Ukraine – are expressed by the participants of the displaced persons from the combat zone, compared to civilians living in remote areas away from the war zone. Comparison of data is based on the Mann-Whitney U test. The results are presented below in Table 3.

Table 3. The features of the degree of expression of feelings and constant "readiness" – something terrible must happen again (N = 281)

Groups of study participants	N	Mean Rank	Sum of Ranks	Mann-Whitney U	Asymp. Sig.
Displaced persons from the combat zone	139	207.23	28804.50	663.500	0.000 (p<0.001)
Civilians living in remote areas away from the war zone	142	76.17	10816.50		

Comparison of data based on the Mann-Whitney U test shows that the degree of influence of the military conflict situation on the relationships with loved ones in the family among migrants from the war zone is stronger than among civilians living in remote areas away from the war zone. The results are presented below in Table 4.

Table 4. The features of the degree of influence on the relationships with immediate relatives (N = 281)

Groups of study participants	N	Mean Rank	Sum of Ranks	Mann-Whitney U	Asymp. Sig.
Displaced persons from the combat zone	139	201.20	27966.50	1501.500	0.000 (p<0.001)
Civilians living in remote areas away from the war zone	142	82.07	11654.50		

The displaced persons from the conflict zone indicate that due to the situation of the military conflict in Ukraine: 1) the family budget has been reduced (84.89 % – 118 people out of 139 people); 2) difficulties with housing in connection with resettlement have been created (76.98 % – 107 people out of 139 people); 3) families have experienced disagreements and quarrels (70.50 % – 98 people out of 139 people); 4) misunderstanding and deterioration of relations with relatives remaining in the combat zone have been caused (67.63 % – 94 people out of 139 people); 5) problems due to cohabitation with parents because of the relocation from the combat have been created zone (54.68 % – 76 people out of 139 people); 6) family members have become united (41.73 % – 58 people out of 139 people).

Comparison of data based on the Mann-Whitney U test shows that a stronger degree of the assessment of the situation of the military conflict in Ukraine as stressful for their family and for them personally has been observed among the displaced persons from the combat zone compared to civilians living in remote areas away from the war zone (see Table 5).

Table 5. The features of the degree of the assessment of the situation of the military conflict in Ukraine as stressful (N = 281)

Groups of study participants	N	Mean Rank	Sum of Ranks	Mann-Whitney U	Asymp. Sig.
Displaced persons from the combat zone	139	204.08	28366.50	1101.500	0.000 (p<0.001)
Civilians living in remote areas away from the war zone	142	79.26	11254.50		

Comparison of data based on the Mann-Whitney U test shows that the degree of the negative impact of the situation of the military conflict on the well-being of family members among the displaced persons from the combat zone is stronger compared to civilians living in remote areas away from the war zone. The results are presented below in Table 6.

Table 6. The features of the degree of the negative impact of the situation of the military conflict on the well-being of family members (N = 281)

Groups of study participants	N	Mean Rank	Sum of Ranks	Mann-Whitney U	Asymp. Sig.
Displaced persons from the combat zone	139	203.49	28285.00	1183.00	0.000 (p<0.001)
Civilians living in remote areas away from the war zone	142	79.83	11336.00		

Correlation analysis makes it possible to understand the features of connections between willingness for forgiveness and depression, anxiety, emotional burnout, psychological resilience, positive relationships with others, general positive affect, behavioral and emotional control, self-acceptance, personal self-efficacy.

Analysis of correlations between deep willingness for forgiveness and other variables showed that all the correlations were statistically significant ($p < 0.01$) – as presented below in Table 7.

Table 7. Correlations between willingness to forgive and other variables (N = 139)

Variables	Integral indicator of willingness for forgiveness	
	Spearman's Rho	*p* level
Depression	−0.361	**p < 0.01**
Anxiety	−0.345	**p < 0.01**
Emotional burnout	−0.324	**p < 0.01**
Positive relationships with others	0.312	**p < 0.01**
General Positive Affect	0.402	**p < 0.01**
Behavioral and emotional control	0.443	**p < 0.01**
Self-acceptance	0.351	**p < 0.01**
Psychological resilience	0.430	**p < 0.01**
Personal self-efficacy	0.418	**p < 0.01**

Negative correlations were found between the integral indicator of willingness for forgiveness and depression, anxiety and emotional burnout in displaced persons from the combat zone. The correlation relationships obtained indicate that higher levels of depression, anxiety, and emotional burnout are correlated with a low willingness to forgive (self-forgiveness, forgiveness of others, forgiveness of situations).

Positive correlations were found between the integral indicator of willingness for forgiveness and behavioral and emotional control, psychological resilience, personal self-efficacy, general positive affect, self-acceptance, and positive relationships with others in displaced persons from the combat zone. The correlations found mean that higher levels of willingness to forgive are correlated with higher levels of behavioral and emotional control,

psychological resilience, self-efficacy, general positive affect, self-acceptance, and positive relationships with others.

Another analysis focuses on a separate assessment of the weight of willingness to forgive in the psychological resilience of displaced persons from the combat zone.

In order to study the characteristics of willingness for forgiveness as a predictor of psychological resilience we used regression analysis. The method of forward stepwise regression was used to assess statistically significant predictors on the dependent variable, i.e. psychological resilience (see Table 8).

Table 8. Standardized regression coefficients for multiple regression analysis (N = 139)

$R = 0.687$; $R^2 = 0.472$; *Adjusted R^2 = 0.464*
$F = 13.519$, $p < 0.001$

Model	Unstandardized coefficients		Standardized coefficients	t	p level
	B	Standard error	Beta		
(const)	24.706	2.695		9.156	0.000 **p < 0.01**
Willingness for forgiveness of self	0.570	0.093	0.355	3.160	0.002 **p < 0.01**
Willingness for forgiveness of others	0.407	0.084	0.280	2.141	0.034 **p < 0.01**
Willingness for forgiveness of situations	0.585	0.081	0.323	2.750	0.007 **p < 0.01**

The regression model was found to be statistically significant and explained approximately 47% of the dependent variable. The following predictors were included in the model: self-forgiveness, forgiveness of others, forgiveness of situations. Positive statistically significant regression coefficients were found on the basis of multiple regression analysis ($p < 0.01$) – as presented in Table 8. High levels of self-forgiveness, forgiveness of others and forgiveness of situations increase psychological resilience.

Our last analysis focuses on defining the conditions for the formation of psychological resilience as a factor in preventing the negative consequences of a military conflict in displaced persons from the combat zone. The method of forward stepwise regression was used to assess statistically significant predictors on the dependent variable, i.e. psychological resilience (see Table 9).

Table 9. Summary of the stepwise regression model for the dependent variable: psychological resilience (N = 139)

$R = 0.706$; $R^2 = 0.498$; *Adjusted $R^2 = 0.486$*
$F = 17.525$, $p < 0.001$

Model	Unstandardized coefficients		Standardized coefficients	t	p level
	B	Standard error	Beta		
(const)	24.365	3.340		7.292	0.000 **p < 0.01**
Emotional burnout	-0.352	0.051	-0.314	-6.172	0.000 **p < 0.01**
Integral indicator of willingness for forgiveness	0.416	0.062	0.304	3.874	0.000 **p < 0.01**
Positive relationship with others	0.052	0.047	0.072	1.083	0.283 p > 0.01
Autonomy	0.056	0.048	0.061	1.124	0.264 p > 0.01
Management of the environment	0.089	0.046	0.125	1.985	0.049 **p < 0.05**
Personal growth	0.226	0.073	0.219	3.042	0.003 **p < 0.05**
Goals in life	-0.093	0.067	-0.146	-1.451	0.149 **p > 0.01**
Self-acceptance	0.459	0.056	0.396	4.562	0.000 **p < 0.01**
Personal self-efficacy	0.267	0.045	0.142	2.039	0.044 **p < 0.05**

The regression model was found to be statistically significant and explained approximately 50% of the dependent variable. The following predictors were included in the model: emotional burnout, an integral indicator of willingness to forgive, positive relationship with others, autonomy, management of the environment, personal growth, goals in life, self-acceptance, personal self-efficacy.

On the basis of multiple regression analysis, positive statistically significant regression coefficients (p < 0.01) were identified – as presented in Table 9.

High levels of self-acceptance, integral indicator of willingness for forgiveness, personal growth, personal self-efficacy, management of the environment increase psychological resilience. A low level of emotional burnout increases psychological resilience.

Discussion

The military conflict in eastern Ukraine had a strong negative impact on the mental health and psychological well-being of migrants from the military conflict zone.

Displaced persons from the combat zone perceive the situation of a military conflict in Ukraine as more stressful for their families and for them personally, compared to civilians living in remote territories away from the war zone. That is why displaced persons from the combat zone show a stronger degree of sleep disorders in connection with this event; a stronger degree of irritation and anger; a stronger degree of feeling that something terrible must happen again; a more negative impact of a military conflict situation on the well-being

of their family members and relationships with loved ones in the family, compared to civilians living in remote areas away from the war zone.

Migrants from the military conflict zone found themselves in difficult living conditions that stimulate the development of stress. Therefore, a very important psychological task for successful psychological rehabilitation of migrants from the combat zone is to develop their psychological resilience.

Psychological resilience will allow migrants from the military conflict zone *to successfully confront the negative consequences of a military conflict, successfully overcome life's difficulties,* recover quickly from psychological trauma, and function successfully.

The results of our empirical study show that the more willing a person is to forgive himself/herself, others, and situations, the less a person is prone to depression, anxiety, and emotional burnout. That is why forgiveness is a predictor of a person's mental health.

We believe that the practice of forgiveness is an important psychotherapeutic technique and can be successfully used in the psychological rehabilitation of *migrants* from the military conflict zone.

When a person forgives himself/herself, others, situations, he/she changes his/her negative emotions and thoughts to neutral and then to positive. Through forgiveness, a positive adaptation is made to a stressful situation.

At the same time, the results of our empirical study show that the more a person is ready to forgive himself/herself, others, and situations the more a person is capable of behavioral and emotional control, positive influence, personal self-efficacy.

The role of forgiveness is very important. Studies show that forgiveness helps to reduce the emotional pain of an unjustly treated person (Raj et al., 2016; VanderWeele, 2018). Self-forgiveness reduces the risk of symptoms of post-traumatic disorders and suicidal ideation (Reed & Enright, 2006; Lijo, 2018).

The positive connection between willingness to forgive and self-acceptance is quite interesting. The more a person is ready to forgive himself/herself, others, and situations, the more a person is positive about himself/herself; knows and accepts different sides, including good and bad features; positively evaluates his/her past. Studies of other authors (Wade & Worthington, 2005; Walsh, 2016) show a connection between forgiveness and self-esteem.

At the same time, there is a positive correlation of willingness to forgive with positive relationships with others. The more a person is ready to forgive himself/herself, others, and situations, the more a person is characterized by having a trusting relationship with others; capable of empathy; understands that human relationships are built on mutual actions.

Willingness to forgive of displaced persons from the combat zone is a predictor of psychological resilience. The more a person is ready to forgive himself/herself, others and situations, the more a person is able in a critical situation to maintain a stable level of psychological and physical functioning, to come out of such situations without persistent violations, successfully adapt to adverse changes.

Psychological resilience should be seen as a significant factor in preventing the negative effects of a military conflict.

In the context of our study, we consider psychological resilience as an integrative property of a person who is able to overcome critical situations without persistent disturbances, successfully adapt to adverse changes, maintain a stable level of psychological and physical functioning. We consider that psychological resilience is manifested through the following content-structural components: 1) commitment (defined as the belief that the person receives

satisfaction from life, his/her own activities); 2) the need for knowledge (the personality is always open to new experience, a new impression); 3) control (the belief that the person chooses his/her own way in life, his/her own activities); 4) the ability to set realistic goals and carry out activities aimed at achieving them; 5) challenge (belief in the fact that knowledge obtained from positive or negative experience, contributes to the development of the individual); 6) ingenuity;7) flexibility; 8) optimism; 9) cognitive complexity (the personality is oriented to the knowledge of complex phenomena; the personality likes complex and difficult tasks, shows interest in complex ideas); 10) altruism (Kravchuk, 2019).

The results of our empirical research show that self-acceptance plays an important role in ensuring the psychological resilience of migrants from the combat zone. Self-acceptance is a positive attitude of the person to himself/herself, who knows and accepts his/her different sides, including good and bad qualities, positively evaluates his/her past (Ryff & Keyes, 1995).

The results of our empirical research show that for migrants in the context of the development of psychological resilience, personal growth and personal self-efficacy are important. Personal growth means a sense of continuous development, openness to new experiences, a sense of realizing one's own potential, observing improvements in oneself and one's own actions over time; changes in accordance with one's own knowledge and achievements (Ryff & Keyes, 1995). Personal self-efficacy is a belief in the effectiveness of one's own actions, optimistic thoughts about one's own achievements, creation of optimistic scenarios for the development of events (Schwarzer & Jerusalem, 2010).

The results of our empirical research show that management of the environment in the context of ensuring psychological resilience is of great importance. Management of the environment means the presence of competencies in the management of the environment, the control of external activity, the effective use of available opportunities (Ryff & Keyes, 1995).

Thus, the mental health and psychological resilience of the migrants can be provided with a willingness to forgive themselves, others and the situation. Moreover, psychological resilience is closely related to self-acceptance, personal growth, personal self-efficacy and management of the environment as important characteristics that ensure the self-realization of the personality. Psychological resilience is prosperity, maintaining a state of well-being, despite the difficulties and difficult situations, competent functioning in stressful conditions (Bonanno & Mancini, 2008).

Actually, the results of our empirical research present the migrants' personal resources of their mental health and psychological resilience, at the same time, the conditions for successful vitality in stressful conditions.

Conclusions

The study of the psychological characteristics of the willingness to forgive in displaced persons from the combat zone allows us to come to the following conclusions:

1. Displaced persons from the combat zone show a stronger degree of sleep disorders; a stronger degree of irritation and anger; a stronger degree of feeling that something terrible must happen again; a more negative impact of a military conflict situation on the well-being of their family members and relationships with loved ones in the family, compared to civilians living in remote areas away from the war zone. Displaced persons from the combat zone perceive the situation of a military conflict in Ukraine as more stressful for their families and for them personally, compared to civilians living in remote territories away from the war zone.

2. Willingness to forgive in displaced persons from the war zone is a predictor of their mental health. Significant negative correlations of the willingness for forgiveness (self-forgiveness, forgiveness of others, forgiveness of situations) with depression, anxiety and emotional burnout have been identified.

3. Significant positive correlations between willingness to forgive (self-forgiveness, forgiveness of others, forgiveness of situations) with behavioral and emotional control, psychological resilience, personal self-efficacy, general positive affect, self-acceptance and positive relationships with others were identified.

4. Willingness to forgive in displaced persons from the combat zone is a predictor of psychological resilience. The more a person is ready to forgive himself/herself, others and situations, the more a person is able to maintain a stable level of psychological and physical functioning in a critical situation, to come out of such situations without persistent violations, successfully adapt to adverse changes.

5. High levels of self-acceptance, integral indicator of readiness for forgiveness, personal growth, personal self-efficacy, management of the environment increase psychological resilience. A low level of emotional burnout increases psychological resilience.

The obtained research results can be used by psychologists, teachers as well as by all interested researchers in training programs, preparation and seminars.

Understanding the psychological characteristics of willingness to forgive as a predictor of mental health and psychological resilience allows for complete and effective psychotherapeutic assistance to the individual. Taking this important information into account provides new opportunities for psychotherapeutic assistance, provides resources to address many of the psychological problems of displaced persons from the combat zone.

There is a need for further analysis of the willingness to forgive in difficult circumstances, including family trauma.

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WILLINGNESS TO FORGIVE AS A PREDICTOR OF MENTAL HEALTH AND PSYCHOLOGICAL RESILIENCE OF DISPLACED PERSONS FROM THE ZONE OF A MILITARY CONFLICT IN EASTERN UKRAINE

Summary

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The military conflict in eastern Ukraine is a serious psycho-traumatic factor that has a negative impact on public health. The trauma of war is sufficiently global for families who have been or are in the territory of military operations. The problem of maintaining the mental health of the individual becomes especially relevant. Dramatic social circumstances, which are caused by being in a war zone; mental traumas, including being in a refugee situation, loss of relatives, work, housing, property, and deterioration of the quality of life of Ukrainians have significant psycho-traumatic effects on people.

Significant negative consequences of the combat fighting in eastern Ukraine are traumatic stress, depressive symptoms, anxiety, aggression, a tendency to violence, an increase in the number of stressful and conflict situations.

The article examines the problem of the phenomenon of forgiveness, which plays a decisive role in ensuring psychological well-being and mental health, as well as solving the problem of socio-psychological violence.

The object of the research is willingness to forgive as a predictor of mental health and psychological resilience.

The purpose of this study is to explore the health disorder manifestations of displaced persons from the combat zone, to identify and analyze the characteristics of willingness to forgive as a predictor of mental health and psychological resilience of displaced persons from the combat zone.

The concept of forgiveness is seen as the process of consciously abandoning one's feelings of anger, hatred, indignation, the amount caused by the unjust treatment of others, and the replacement of negative feelings with more neutral ones, and finally, positive ones such as compassion, pity, and positive opinions on the offender and termination of his/her conviction.

The psychological resilience of the individual is a serious deterrent to the negative effects of military conflict.

The concept of psychological resilience is seen as an integrative property of a person who is able to overcome critical situations without persistent disturbances, successfully adapt to adverse changes, maintain a stable level of psychological and physical functioning.

The research was carried out in 2017-2019. The study group included 139 adults (70 women and 69 men) of mature age (35 to 56 years) – displaced persons from the combat zone and 142 people (72 women and 70 men) of mature age (35 to 56 years) – civilians living in remote areas away from the war zone.

The following tools were used: Mental Health Inventory (MHI-5) (authors: Berwick et al.); Questionnaire "Scale of deep readiness for forgiveness" (authors: Thompson, Snyder, Hoffman, et al.); special version of the semantic differential method (Psychological Resilience Scale – 11 (author: Kravchuk); Questionnaire for emotional burnout (author: Maslach); Psychological well-being scale (authors: Ryff, Keyes); General self-efficacy scale (authors: Schwarzer, Jerusalem); the author's questionnaire on the study of the features of subjective assessment of the impact of combat conflict on family relations and well-being of the individual and his/her relatives (author: Kravchuk).

The study examined the level of willingness to forgive oneself, others and the situation, interpersonal relationships, depression, anxiety, emotional burnout, behavioral and emotional control, personal self-efficacy, personal growth, management of the environment, self-acceptance, psychological resilience among migrants from the combat zone and people who live in remote areas from the combat zone.

The presence of a relationship between these parameters was established by calculating Spearman's correlation coefficient and multiple regression analysis. Comparison of two independent samples by psychological characteristics was carried out according to the Mann-Whitney U test. The significance level of $p < 0.05$ was assumed to determine statistically significant differences or correlations. The SPSS 21 program was used for statistical analysis.

Willingness to forgive in displaced persons from the war zone is a predictor of their mental health. Significant negative correlations of the readiness for forgiveness (self-forgiveness, forgiveness of others, forgiveness of situations) with depression, anxiety and emotional burnout have been identified.

Significant positive correlations between willingness to forgive (self-forgiveness, forgiveness of others, forgiveness of situations) with behavioral and emotional control, psychological resilience, personal self-efficacy, general positive affect, self-acceptance and positive relationships with others have been identified.

Willingness to forgive in displaced persons from the combat zone is a predictor of psychological resilience. The more a person is ready to forgive himself/herself, others and situations, the more a person is able to maintain a stable level of psychological and physical functioning in a critical situation, to come out of such situations without persistent violations, successfully adapt to adverse changes.

High levels of self-acceptance, integral indicator of willingness for forgiveness, personal growth, personal self-efficacy, management of environment increase psychological resilience. A low level of emotional burnout increases psychological resilience.

The results of the empirical research present the migrants' personal resources of their mental health and psychological resilience, at the same time, the conditions for successful vitality in stressful conditions.

The presented findings should be taken into account by persons offering professional support for such a group of persons.

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