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PSYCHOLOGICAL MECHANISMS OF EXPERIENCING LONELINESS UNDER CONDITIONS OF UNCERTAINTY

Abstract. The article examines psychological mechanisms of loneliness under conditions of uncertainty, particularly in prolonged war-related stress, social instability, and forced migration. The relevance is due to the growth of emotional maladaptation among people experiencing chronic uncertainty caused by military actions, loss of social ties, economic instability, and rapid changes in the social environment.

Loneliness is considered not only as social isolation but as a multidimensional phenomenon including cognitive, emotional, behavioral, socio-perceptual, and existential components. Uncertainty acts as a strong stress factor that reduces predictability and control over life, increases anxiety, and strengthens negative thinking patterns.

In wartime conditions, loneliness is intensified by displacement, breakdown of relationships, social alienation, and emotional tension. It is supported by interconnected mechanisms. Cognitively, it is linked to catastrophizing, negative interpretation of social interactions, and distrust. Emotionally, it manifests as anxiety, depressive symptoms, exhaustion, and hopelessness.

Behaviorally, loneliness is associated with avoidance, reduced social activity, and withdrawal. Socio-perceptually, it includes distorted perception of relationships, expectation of rejection, and feelings of alienation even in communication.

Loneliness, anxiety, and depression form a unified system of emotional maladaptation. Loneliness can be both a cause and a consequence of these states, reinforcing a negative cycle.

Key resources for overcoming loneliness include personal psychological resources, coping strategies, social support, and meaning-making processes that strengthen resilience.

It is concluded that loneliness under uncertainty is an integrative indicator of social and emotional maladaptation requiring comprehensive psychological analysis and intervention strategies.

Keywords: loneliness, uncertainty, war-related stress, psychological mechanisms, emotional maladaptation, anxiety, depression, social isolation, coping strategies, social support, psychological resilience.

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ПСИХОЛОГІЧНІ МЕХАНІЗМИ ПЕРЕЖИВАННЯ САМОТНОСТІ В УМОВАХ НЕВИЗНАЧЕНОСТІ

Анотація. У статті здійснено теоретичний аналіз психологічних механізмів переживання самотності в умовах невизначеності, спричиненої воєнним стресом, соціальною нестабільністю та вимушеною міграцією. Обґрунтовано актуальність проблеми в сучасних кризових умовах, коли руйнування соціальних зв'язків, тривала емоційна напруга, втрата відчуття безпеки й контролю над майбутнім істотно посилюють прояви психологічної дезадаптації особистості. Визначено, що самотність є складним багатовимірним феноменом, який охоплює когнітивні, емоційні, поведінкові та соціально-перцептивні компоненти й не зводиться лише до об'єктивної соціальної ізоляції. Доведено, що невизначеність виступає потужним стресогенним чинником, який активізує тривожність, негативні когнітивні установки, внутрішню напругу та емоційне виснаження. Розкрито основні психологічні механізми переживання самотності, зокрема когнітивні спотворення, катастрофізацію майбутнього, уникнення соціальної взаємодії, зниження довіри до оточення та формування

стійкого почуття відчуження. Встановлено взаємозв'язок між самотністю, тривожними й депресивними проявами, що формують єдину систему психо-емоційної дезадаптації. Особливу увагу приділено ресурсам подолання самотності, серед яких виокремлено емоційну саморегуляцію, активні копінг-стратегії, соціальну підтримку, розвиток психологічної стійкості та смисло-життєві орієнтації. Зроблено висновок, що самотність в умовах невизначеності є інтегративним показником емоційної та соціальної дезадаптації особистості. Підкреслено необхідність розроблення ефективних психокорекційних програм, спрямованих на зміцнення психологічної стійкості особистості, покращення соціальної адаптації та зниження рівня емоційного дистресу в умовах тривалої суспільної кризи та соціальної нестабільності.

Ключові слова: самотність, невизначеність, воєнний стрес, психологічні механізми, тривожність, депресія, соціальна ізоляція, психологічна дезадаптація, соціальна підтримка, психологічна стійкість.

Statement of the Problem. Contemporary social conditions are characterized by a significant increase in uncertainty driven by wars, mass migration, economic instability, the transformation of social institutions, and information overload in the digital environment.

Under such conditions, individuals are forced to function in a constantly changing life context, which complicates adaptation, self-regulation, and the maintenance of psychological stability.

Against this background, loneliness becomes a complex, multidimensional psychological phenomenon that extends beyond an emotional experience and includes cognitive, emotional, behavioral, and socio-existential components. It may arise both as a consequence of objective social isolation and as a subjective experience of insufficient social support and a disrupted sense of belonging.

According to the World Health Organization, social isolation and loneliness constitute significant risk factors for physical and mental health. They are associated with an increased risk of depression, anxiety disorders, and premature mortality [1].

Meta-analytic data reported by J. Holt-Lunstad and co-authors confirm that social isolation and loneliness affect mortality to an extent comparable with traditional behavioral risk factors, such as obesity and smoking [2].

It is also emphasized that prolonged stress and a sense of uncertainty activate physiological stress systems, leading to the depletion of adaptive resources and an increase in an individual's psychological vulnerability [3].

In the Ukrainian context, the problem becomes particularly acute due to the consequences of the full-scale war. According to the WHO, the war in Ukraine has caused a significant increase in the need for mental health and psychosocial support, including trauma, depression, and anxiety disorders among the population [4]. The destruction of social ties, forced displacement, and chronic threat to life intensify the experience of uncertainty and loneliness.

Consequently, loneliness in conditions of uncertainty emerges as a complex psychological phenomenon, shaped by the interaction of social, cognitive, and emotional factors, and requires systematic scientific analysis.

Analysis of Recent Research and Publications. The problem of loneliness under uncertainty is interdisciplinary and is actively studied in contemporary psychology, psychiatry, and social sciences. Current research focuses on both the general mechanisms underlying the emergence of loneliness and its specific manifestations in crisis-related social situations, particularly war, migration, and social instability.

In international scientific literature, loneliness is regarded as a significant risk factor for mental and physical health. A meta-analytic study by J. Holt-Lunstad and co-authors demonstrates that social isolation and loneliness significantly increase the risk of premature mortality, comparable in impact to traditional medical risk factors [2]. This has become a basis for understanding loneliness not only as a psychological but also as a medico-social phenomenon.

Further research indicates a complex structure of loneliness, with both social and emotional components. Classic works by R. Weiss highlight the distinction between social and emotional loneliness [5], while contemporary studies demonstrate the link between social interactions and subjective feelings of isolation [6].

A separate direction of research concerns the impact of stress and uncertainty on mental health. It is well known that chronic stress activates physiological mechanisms, leading to depletion of the body's adaptive resources [7]. At the same time, uncertainty acts as a powerful trigger for anxiety and cognitive disorganization [8].

In Ukrainian scientific discourse, considerable attention is paid to the psychological consequences of war and forced migration. Research shows that the full-scale war in Ukraine has led to an increased level of psychological distress, anxiety, and social isolation among the population, particularly among internally displaced persons and refugees [9]. It has also been identified that the loss of social ties and the disruption of family systems are key factors in intensifying the experience of loneliness [5].

Specifically, the study [6] shows that the experience of loneliness in conditions of war is closely linked to psychological isolation and the loss of social ties. Some research focuses on the socio-psychological features of experiencing loneliness in the context of war challenges. For example, O. Markivska found that loneliness is accompanied by anxiety-depressive symptoms, emotional exhaustion, and disruption of the social support system [10].

Several works dedicated to Ukrainian migrants and forcibly displaced persons demonstrate that the combination of social isolation, loss of a stable environment, and uncertainty about the future creates an increased level of loneliness, which directly correlates with anxiety and depressive symptoms [10].

Another important research direction concerns the internal psychological mechanisms of loneliness. In particular, it has been found that the experience of

loneliness is related to attachment styles: anxious and avoidant types intensify the subjective feeling of isolation [11].

Ukrainian psychologists also emphasize the role of personal adaptive resources. Specifically, T. Tytarenko stresses that the ability for self-regulation, meaning-making, and using social support are key factors in overcoming crisis states, including loneliness [12].

Therefore, the analysis of contemporary research indicates that the problem of loneliness under uncertainty is multilevel and is studied in three main directions. First, loneliness is examined as a socio-psychological phenomenon. Second, it is interpreted as a consequence of stress and the experience of uncertainty. Third, loneliness is analyzed as a result of crisis social conditions, particularly war and migration processes.

At the same time, the psychological mechanisms of experiencing loneliness under conditions of combined chronic uncertainty and war stress remain insufficiently investigated. Specifically, the following aspects require clarification: the influence of cognitive appraisal of uncertainty on the intensity of loneliness experience; typical mental defense mechanisms activated under these conditions; transformation of the social support structure during prolonged crisis; and integration of existential experiences, including loss of meaning and the image of the future, into the experience of loneliness.

Consequently, the analysis of current research indicates that the problem of loneliness under uncertainty is multilevel. It is investigated as a socio-psychological phenomenon, a consequence of stress, and a result of crisis-like social conditions. At the same time, the psychological mechanisms of experiencing loneliness under the combined effect of war-related stress and chronic uncertainty remain insufficiently explored. The present study is devoted precisely to these unresolved aspects.

This article aims to provide theoretical substantiation of the psychological mechanisms underlying the experience of loneliness in the context of uncertainty, specifically in the context of war-related stress, and to identify the key factors that influence the intensity and specific nature of this experience. To achieve this aim, the article focuses on the following objectives: analysis of contemporary scientific approaches to understanding the phenomenon of loneliness; clarification of the role of uncertainty as a psychological factor in emotional maladaptation; delineation of the main psychological mechanisms of experiencing loneliness under war-related stress; substantiation of the interrelationship between loneliness, anxiety, and depressive manifestations; and identification of resources for coping with loneliness during prolonged social instability.

Presentation of the Main Research Material with Full Substantiation of the Obtained Scientific Results. The problem of experiencing loneliness under uncertainty becomes particularly relevant in the context of prolonged war-related stress, social instability, and forced migration, which significantly transform the structure of social ties and the psychological functioning of the individual. Within the

framework of this study, loneliness is conceptualized as a complex, multidimensional phenomenon emerging at the intersection of cognitive assessments, emotional reactions, and an individual's social experience.

The theoretical foundation of this research is the contemporary understanding of loneliness as a subjective experience of a deficit in meaningful social connections. This experience is not identical to objective social isolation, although it may accompany it. Another important premise is that uncertainty in life circumstances acts as a powerful psychological factor in maladaptation, reducing the sense of control and predictability of the future and thereby increasing emotional tension and individual vulnerability.

In contemporary psychological science, the phenomenon of loneliness is regarded as a complex, multidimensional, and interdisciplinary phenomenon that integrates cognitive, emotional, and social components of individual functioning. Its analysis is conducted within several interrelated theoretical approaches, each focusing on different aspects of the origins and experience of loneliness.

One of the fundamental approaches is the cognitive approach, which defines loneliness as a discrepancy between the desired and the actual levels of social connections. In this context, loneliness is interpreted as a subjective experience of deficient social interaction arising from negative evaluation of one's own interpersonal relationships [5; 6]. A key premise of this approach is that loneliness does not depend solely on objective social isolation but is shaped by the individual's perception and interpretation of social reality.

The cognitive model of development is the socio-cognitive approach, which emphasizes the role of social information processing and the interpretation of interpersonal signals. According to this approach, lonely individuals tend to exhibit heightened sensitivity to social threats, negative interpretations of others' behavior, and reduced trust, which create a vicious circle of social isolation [6; 13; 14]. Consequently, loneliness is considered a dynamic process maintained by cognitive distortions and social experience.

An important contemporary direction is the social neuroscience approach, which investigates the neurophysiological mechanisms underlying loneliness. Research indicates that the experience of loneliness is associated with increased reactivity to social threats, alterations in the reward system, and violations of social cognition [3; 5]. These findings confirm that loneliness has not only a psychological but also a neurobiological basis, affecting the processing of social information.

Phenomenological and existential approaches represent a distinct perspective, within which loneliness is considered a fundamental condition of human existence. In these conceptual frameworks, it is interpreted as an experience of alienation, loss of social embeddedness, and the impossibility of fully overcoming the gap between the self and others [8]. Such an approach emphasizes the profound, existential nature of loneliness, which extends beyond social interactions.

Within the socio-behavioral approach, loneliness is explained as a consequence of deficient social skills, unique behavioral patterns, and difficulties in establishing

interpersonal contacts. Individuals experiencing loneliness may employ behavioral strategies that paradoxically intensify their isolation, such as avoiding social situations or reducing self-disclosure [10].

Modern generalizing models integrate these approaches and view loneliness as the result of interactions among cognitive evaluations, emotional reactions, behavioral strategies, and social context, which together form a closed cycle of emotional and social maladaptation [6; 9]. In this context, loneliness is understood as a process with a regulatory function, indicating a mismatch between the need for social interaction and the level of social interaction.

Therefore, contemporary scientific approaches have shifted from viewing loneliness as a simple state of social isolation to interpreting it as a complex psychological construct encompassing cognitive, affective, behavioral, and neurobiological mechanisms.

Uncertainty in contemporary psychological science is considered a key stress-related factor, significantly affecting a person's emotional functioning and adaptive capacity. It is defined as the subjective experience of a lack of clarity, predictability, and control over future events, accompanied by increased cognitive tension and emotional instability [1].

Within the cognitive-behavioral approach, uncertainty is viewed as a central mechanism in the development of anxiety disorders, because it activates a tendency to catastrophize future events and reduces tolerance of ambiguous situations [2]. According to R. Carleton's model, intolerance of uncertainty is a stable cognitive disposition that determines how intensely a person reacts to uncertain situations and acts as an important predictor of anxiety and emotional maladaptation [2].

From the position of R. Lazarus and S. Folkman's transactional model of stress, uncertainty becomes pathogenic when an individual evaluates a situation as exceeding his coping resources. In this case, the person makes a primary cognitive assessment of the situation as threatening, which triggers a cascade of emotional reactions, including anxiety, tension, and a sense of helplessness [1].

Empirical studies confirm that a high level of uncertainty is associated with a greater intensity of negative emotional states, including anxiety, depression, and emotional exhaustion [4]. At the same time, prolonged exposure to uncertain life conditions leads to stable emotional maladaptation, which is characterized by reduced emotion regulation, deterioration of self-control, and increased sensitivity to stressful stimuli.

The problem of uncertainty becomes especially relevant under conditions of chronic social stress, including war, forced migration, and destruction of a familiar social environment. In such conditions, uncertainty is no longer only a situational factor. Instead, it becomes a constant background of life, creating a state of psychological instability and chronic emotional tension [5].

According to recent studies, prolonged exposure to uncertainty activates mechanisms of hypervigilance toward threats, disrupts the sense of safety and stability,

and contributes to the formation of negative cognitive schemes about the future. This, in turn, leads to lower psychological resilience and stronger symptoms of emotional maladaptation [6].

In the context of social interaction, uncertainty also negatively affects the quality of interpersonal relationships, as it reduces trust, makes it more difficult to predict other people's behavior, and increases social alertness. As a result, a person may gradually shift towards avoidant patterns of behavior, which further strengthen feelings of isolation and loneliness [7].

Eventually, uncertainty functions not only as an external situational factor but also as a profound psychological mechanism that shapes a person's level of emotional resilience. Its influence is manifested through cognitive evaluation of the situation, emotional reactions, and behavioral strategies, thereby forming a complex structure of emotional maladaptation.

War-related stress creates a specific psychological context in which the experience of loneliness becomes systemic and multi-layered. Unlike "ordinary" social isolation, loneliness under wartime conditions results from the simultaneous impact of life-threatening circumstances, disrupted social bonds, forced migration, and chronic uncertainty about the future.

Psychological mechanisms of experiencing loneliness under uncertainty and war-related stress should be considered as a multilevel system that includes cognitive, emotional, behavioral, socio-perceptual, and integrative levels.

A cognitive mechanism involves the reinterpretation of social reality under the influence of stress. Under wartime conditions, a specific perception of the world emerges, characterized by danger, unpredictability, and uncontrollability. This leads to cognitive distortions, including catastrophizing the future, overgeneralizing negative experiences, and reduced trust in the social environment. As a result, social bonds are perceived as unstable or potentially threatening, intensifying the experience of alienation.

Emotional mechanism is characterized by the dominance of anxious and depressive states that develop in response to chronic stress. Wartime conditions maintain prolonged activation of the stress system, which is manifested in emotional exhaustion, increased anxiety, and feelings of hopelessness and loss of meaning. Such emotional states directly intensify the experience of loneliness as a form of emotional alienation.

The behavioral mechanism manifests as an increase in avoidant response strategies. In these conditions, there is a tendency to limit social contacts, reduce the level of self-disclosure, and avoid new interactions because of the fear of loss or repeated traumatization. This creates a closed cycle in which social avoidance leads to reduced support, which, in turn, intensifies feelings of loneliness.

The socio-perceptual mechanism is associated with changes in how people perceive others. In wartime, distrust of the social environment increases, expectations of rejection grow stronger, and a feeling of "strangeness" may develop even within

familiar social groups. As a result, a subjective experience of social isolation may arise even when formal contacts are present.

The integrative mechanism reflects the interaction among the above-mentioned levels within a unified psychological system that maintains loneliness. The combination of chronic stress, loss of social stability, and uncertainty about the future, which determines the persistence and self-sustaining nature of this experience, plays a key role.

Therefore, psychological mechanisms underlying the experience of loneliness under conditions of war-related stress should be examined as a multilevel system of interconnected processes. This system includes cognitive, emotional, behavioral, and socio-perceptual levels, which together form an integral structure of emotional maladjustment (Table 1).

Table 1

Emotional maladaptation structure

Level	Content	Function
Cognitive	assessing the world as dangerous	triggers alarm
Emotional	anxiety, depression	reinforces isolation
Behavioral	avoiding contacts	reduces support
Socio-perceptual	mistrust, alienation	distorts social connections
Integrative	interaction of all levels	forms stable loneliness

At the cognitive level, the specific ways of interpreting social reality play the leading role. Under conditions of war-related stress, these interpretations are marked by an increased tendency toward catastrophizing, negative forecasting, and a reduced basic level of trust in the social environment. Such cognitive distortions contribute to the formation of a worldview that is unpredictable and potentially threatening, directly affecting the perception of interpersonal relationships as unstable or insufficiently reliable.

The emotional level is mainly represented by the predominance of anxious and depressive reactions, which develop in response to the chronic impact of wartime stressors. Constant emotional tension, a sense of danger, and the loss of control over life events contribute to emotional exhaustion, which, in turn, intensifies the subjective experience of isolation and alienation.

The behavioral level is manifested in changes in coping strategies, with avoidant forms of response, social passivity, and reduced initiative in establishing new interpersonal contacts becoming dominant. Such behavioral patterns are compensatory. Nevertheless, in practice, they lead to a reduction in social interactions and, consequently, to an intensification of loneliness as a subjective state.

The socio-perceptual level reflects changes in the perception of other people and the social environment as a whole. In wartime conditions, distrust, expectations of

rejection, and a sense of social distance increase even within the existing contacts. This creates an internal experience of social isolation, notwithstanding the actual number of interpersonal relationships.

The integrative level functions as a system-forming component that unites certain psychological processes into a single dynamic structure of emotional maladaptation. Within this level, loneliness does not appear as a set of isolated reactions, but rather as a stable psychological state maintained by the cyclical interaction of cognitive distortions, negative emotions, avoidance behavior, and impaired social perception.

Therefore, the interaction of these levels forms a closed system of psychological maintenance of loneliness, in which cognitive distortions intensify negative emotional states. Emotional maladaptation influences behavioral strategies, and changes in social perception reinforce the feeling of isolation. Taken together, this makes it possible to consider loneliness under wartime conditions as an integrative phenomenon of a person's emotional and social maladjustment.

In contemporary psychological science, loneliness is considered not only as a separate emotional state, but also as an important component of a broader complex of psycho-emotional distress, closely associated with anxiety and depressive manifestations. Most recent studies show that these phenomena are in relation to mutual reinforcement and form a stable system of emotional maladaptation [1; 2].

From the standpoint of the cognitive approach, loneliness is associated with negative patterns of thinking, including expectations of rejection, low self-esteem, and beliefs about one's own social unacceptability. Such cognitive attitudes contribute to the development of anxiety, as the individual constantly expects negative evaluation from others, as well as depressive states, expressed through feelings of hopelessness and loss of social significance [3; 4].

The emotional aspect of this relationship is reflected in the fact that persistent negative experiences, including anxiety, sadness, internal tension, and emotional exhaustion, accompany loneliness. Studies show that a statistically high level of loneliness significantly correlates with indicators of anxiety and depression. This allows these states to be considered as interconnected components of a single distress syndrome [2; 5].

According to the socio-neuropsychological approach, loneliness activates mechanisms that increase sensitivity to social threats, leading to a constant state of hypervigilance. This hyperactivation strengthens anxiety responses, while its prolonged persistence depletes emotional resources and contributes to the development of depressive symptoms [5].

At the same time, depressive manifestations have a reverse effect on the level of loneliness. Decrease in motivation for social interaction, anhedonia, and emotional withdrawal, characteristic of depression, leads to a decrease in social contacts and deterioration in their quality. As a result, a closed cycle is formed in which loneliness intensifies depression, while depression, in turn, intensifies loneliness [6].

A similar mechanism can be observed in the case of anxiety. Increased social anxiety contributes to the avoidance of interpersonal contacts because of fear of negative evaluation or rejection. This reduces both the number and the quality of social ties, which, in turn, strengthens the experience of loneliness [4].

Empirical studies confirm significant correlations among these indicators. In particular, it has been found that the level of loneliness is positively associated with anxiety ($r \approx 0.50-0.60$) and depression ($r \approx 0.60-0.70$), which indicates their close integration within the structure of a person's psycho-emotional state [2]. These results are consistent with meta-analytical data, which emphasize the role of loneliness as a predictor of mental disorders [1].

This relationship becomes especially distinct under conditions of chronic stress, including wartime stress. A constant sense of danger, uncertainty about the future, and disruption of social stability intensify both loneliness and anxiety-depressive manifestations, forming a unified system of emotional maladaptation [7].

Consequently, the relationship between loneliness, anxiety, and depression is bidirectional and dynamic. Loneliness acts both as a factor contributing to anxiety-depressive states and as a consequence of them, while their interaction forms a closed system, which psychologically maintains maladaptation. This makes it possible to regard these phenomena not in isolation, but as interconnected elements of a single psycho-emotional process.

Overcoming loneliness in the context of prolonged social instability is a complex, multilevel process that involves both internal and external personal resources. Contemporary research shows that coping with loneliness depends not only on the presence of social contacts but also on the specific features of cognitive appraisal of the situation, coping strategies, and the level of social support [1; 2].

Individual psychological resources are internal characteristics that determine a person's ability to function effectively under conditions of uncertainty. The key resources include tolerance for uncertainty, the ability to regulate emotions, the development of self-reflection and awareness of one's own mental states, and the formation of adaptive cognitive attitudes. Empirical data indicate that the use of cognitively oriented strategies, particularly cognitive reassessment and self-reflection, is associated with lower levels of loneliness. In contrast, emotionally avoidant strategies are linked to their intensification [2].

Within the contemporary approach, it is advisable to consider resources for overcoming loneliness as an integrative system, including individual psychological, behavioral, and social components, which, in interaction, ensure the restoration of emotional balance.

Behavioral resources are represented by a coping strategy system aimed at actively overcoming loneliness, including initiating and maintaining social contacts, engaging in different forms of social activity, maintaining physical activity, and developing individual interests and hobbies. These strategies contribute to the expansion of social interaction and to increases in subjective well-being, which indirectly reduce the intensity of loneliness.

Contemporary studies show that problem-focused coping strategies, such as actively seeking solutions and engaging in social activities, are associated with reduced loneliness. In contrast, passive and avoidance-based strategies contribute to its chronic development [2]. Different types of strategies are also identified, ranging from social to cognitive and behavioral ones, and their effectiveness may vary depending on the context [1].

Social resources are among the key factors in overcoming loneliness and are determined by the availability and quality of social support. They include interpersonal connections, particularly family and friendship relationships, various forms of group support, professional psychological assistance, and interaction within social networks and communities. Empirical studies indicate that higher levels of social support are associated with better indicators of mental well-being and lower levels of experienced loneliness [5].

Existential and meaning-related resources become particularly important under conditions of prolonged social instability. They are connected with a person's ability to meaningfully process their own experience and find meaning in difficult life circumstances. This group includes the formation of life goals, value orientations, a sense of belonging and significance, and engagement in spiritual practices. The activation of these resources helps to reduce existential loneliness and strengthen psychological resilience.

To systematize the identified resources for overcoming loneliness under prolonged social instability, it is appropriate to present them in a structured format. A summary of the main groups of resources, their content, and their psychological effects is presented in Table 2.

Table 2

Resources for overcoming loneliness

Group of resources	Content	Psychological effect
Individual psychological	reflection, emotional regulation	reduction of internal tension
Behavioral	active coping strategies	restoration of social activity
Social	support, interaction	reduction of isolation
Existential	meaning, values	stabilization of mental state

The analysis of the data presented in Table 2 indicates that resources for overcoming loneliness have a multilevel structure, encompassing both internal and external aspects of personal functioning. Individual psychological resources perform a basic regulatory function, reducing emotional tension and fostering a more adaptive cognitive appraisal of the situation. It is at this level that the initial understanding of loneliness takes place, as well as its integration into the person's interior experience.

Behavioral resources facilitate a transition from internal experience to external activity, helping restore social interaction and overcome isolation through active coping strategies. Social resources, in turn, serve as a key factor in compensating for the deficit of interpersonal connections by providing support, acceptance, and a sense of belonging.

Existential and meaning-related resources occupy a particularly important place, as they help stabilize the individual's mental state by fostering the development of life goals, value orientations, and a sense of meaning. Therefore, the table does not reflect isolated elements but an interconnected system of resources that, taken together, form the basis for overcoming loneliness.

For a more detailed understanding of how these resources interact, it is expedient to use a graphical model that illustrates the sequence of their activation in overcoming loneliness (Figure 1).

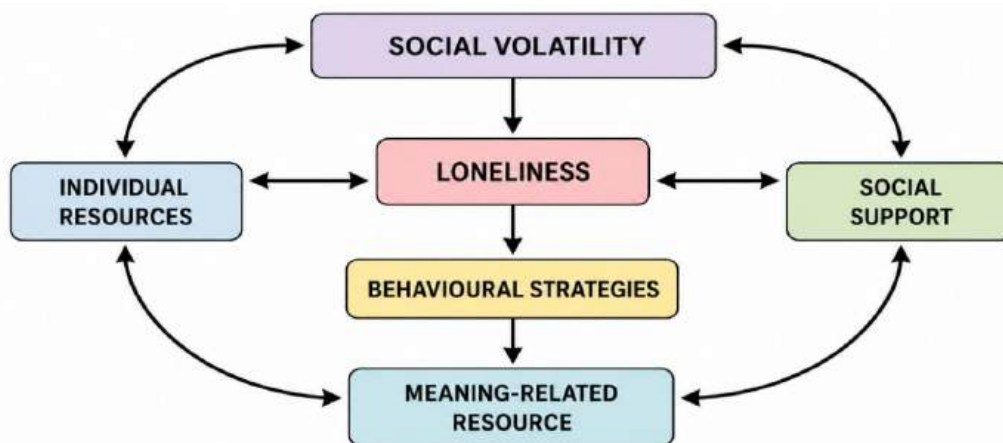


Figure 1. Cyclic model of experiencing and overcoming loneliness under social instability

The model presented in Figure 1 illustrates the sequential activation of distinct groups of resources in overcoming loneliness. The starting point is a situation of social instability, which leads to loneliness as an emotional response to the disruption of the familiar social environment.

At the first stage, individual psychological resources are activated, ensuring awareness and initial regulation of the emotional state. Hereinafter, behavioral strategies are engaged to change the external situation by restoring social activity. The next stage involves mobilizing social resources to help restore a sense of belonging and reduce isolation.

The final level is represented by meaning-related resources, which ensure the deeper integration of experience and the formation of stable psychological adaptation. In this respect, the model reflects the dynamic, stage-based nature of overcoming loneliness, where each subsequent level builds on the previous one.

Overall, overcoming loneliness in the conditions of prolonged social instability is supported by the interaction of the individual's internal and external resources. The combination of cognitive reassessment, active behavioral strategies, and social support plays a key role. Together, they all form the basis of psychological resilience and reduce the risk of emotional maladaptation.

Conclusions. The theoretical analysis performed has shown that loneliness in conditions of uncertainty, especially in the context of wartime stress, is a complex, multidimensional psychological phenomenon formed through the interaction of cognitive, emotional, behavioral, and socio-perceptual processes. It cannot be reduced to objective social isolation, as it is primarily determined by the individual's subjective evaluation of the quality and sufficiency of social connections.

It has been proven that uncertainty acts as a powerful stressogenic factor activating mechanisms of emotional maladaptation, reduces the sense of control and predictability, increases anxiety, and contributes to the formation of negative cognitive schemes. In combination with wartime stress, uncertainty turns into a chronic psychological background that intensifies the experience of loneliness and complicates the processes of adaptation.

It has also been substantiated that psychological mechanisms of experiencing loneliness are integrative in nature and operate at several levels: the cognitive level (negative interpretations of social reality, catastrophizing); the emotional level (anxiety, depressive states, emotional exhaustion); the behavioral level (avoidance-based coping strategies, social passiveness); and the socio-perceptual level (distrust, expectations of rejection).

The analysis indicates that the interaction of these mechanisms forms a self-reinforcing cycle of loneliness, in which cognitive distortions intensify negative emotional states, emotional maladaptation leads to avoidance behavior, and impaired social perception further intensifies feelings of isolation.

A close bidirectional relationship between loneliness, anxiety, and depression has also been confirmed, which allows us to regard these phenomena as interconnected components of a single psycho-emotional distress. Loneliness functions both as a risk factor for anxiety-depressive states and as their consequence, particularly under conditions of chronic stress.

It has been determined that overcoming loneliness in conditions of social instability is a multilevel process supported by the integration of individual psychological, behavioral, social, and existential meaning-related resources. The key roles are the development of emotional regulation, tolerance to uncertainty, active coping strategies, and the restoration of social support.

Therefore, in contemporary crisis conditions, loneliness should be viewed as an integrative indicator of emotional and social maladaptation, requiring a comprehensive approach to its study and to overcoming it.

It is expedient to direct further scientific research to the empirical testing of the proposed model of the psychological mechanisms underlying the experience of

loneliness under conditions of uncertainty, in particular through quantitative analysis of the relationships among cognitive, emotional, and behavioral indicators.

Practically significant are the development and testing of psychological interventions aimed at reducing loneliness, particularly programs to develop social skills, cognitive-behavioral strategies, and meaning-making in conditions of uncertainty.

In this way, future research should be directed both towards a deeper theoretical understanding of the phenomenon of loneliness and towards the development of effective practical tools for psychological support for an individual living under conditions of prolonged uncertainty and social instability.

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