

## THE PSYCHOLOGICAL DIMENSION OF RESILIENCE IN THE UKRAINE AND ISRAEL CONFLICTS

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**Abstract:** *The text explores the concept of resilience in the face of conflict, comparing Ukraine and Israel as case studies. Resilience is significantly influenced by psychological factors and the ability of societies to adapt to and recover from traumatic events. In Ukraine, national resilience was initially high due to a surge in national unity and international support but declined over time due to prolonged conflict, war fatigue and decreased trust in the government. Israel, on the other hand, has maintained a higher and more stable level of resilience due to its historical experience with conflict, strong governmental support, social cohesion and well-established mental health and social support systems.*

**Key factors of resilience** identified include trust in government, patriotism, social integration and trust in state institutions. Both countries demonstrate that government support, social cohesion and trust in institutions are crucial in fostering resilience during prolonged conflicts. Israel's continuous state of preparedness and effective mental health infrastructure contribute to its consistently higher individual resilience and morale compared to Ukraine.

**Keywords:** *resilience, mental health, social cohesion, morale, conflicts*

### METHODOLOGY

This methodology is designed to rigorously examine the psychological resilience of populations in Ukraine and Israel amidst ongoing conflicts. It focuses on the impact of governmental support, social cohesion and trust in institutions on national and community resilience. The study aims to provide comprehensive insights into how these factors influence the ability of societies to adapt and recover from traumatic events. The research employs a mixed-methods approach, integrating both quantitative and qualitative data collection and analysis. This approach ensures a holistic understanding of the psychological dimensions of resilience in conflict zones. Existing data from sources like the World Health Organization (WHO), United Nations Development Programme (UNDP) and local health ministries will be analysed to supplement survey findings. The resilience indicators and coping mechanisms will be compared between Ukraine and Israel to identify similarities and differences. This comparative analysis will help in understanding the unique and shared factors influencing resilience in these conflict zones.

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