

#### РОЗДІЛ 4. СОЦІАЛЬНА РОБОТА

DOI : <https://doi.org/10.51706/2707-3076-2025-12-16>  
УДК 316.4.063.3-054.73(=161.2):316.3(430)]-047.37

Tetiana Zhytnik,  
ORCID iD <http://orcid.org/0000-0003-2250-7251>  
Doctor of Pedagogical Sciences,  
Associate Professor  
Bogdan Khmelnytsky Melitopol State Pedagogical University,  
Melitopol, Zaporizhia region, Ukraine  
[zhitnik.zp.network@gmail.com](mailto:zhitnik.zp.network@gmail.com)

#### RESEARCH FINDINGS ON THE CHARACTERISTICS OF SOCIOCULTURAL INTEGRATION OF UKRAINIAN REFUGEES INTO THE SOCIAL ENVIRONMENT OF GERMANY (2022-2023)

*The scientific article presents the results of the research project within the framework of the implementation of the Hamburg program for scientists who are in dangerous living conditions, Science Bridge for Ukraine (duration 01.12.22 – 30.09.23) (hereinafter the Project). The purpose of the article is to investigate the civic activism of refugees from Ukraine in Germany as the main factor in their and their children's successful integration into the foreign-language social environment. Research methods: quantitative and qualitative research: online survey (the questionnaire contains several blocks, a series of questions allowing to study the demographic characteristics of the respondent group, to determine the sociocultural factors of successful integration of refugee children from Ukraine).*

*One of the important conditions of adaptation is the conscious activity of forced migrants, which involves continuous exchange with the new social environment, the host community. Such activity is possible only under the condition of awareness of oneself as a subject of such a process, the desire to become a part of the host community, albeit temporarily.*

**Key words:** foreign language environment, social adaptation, culture, socio-cultural integration, social environment, Ukrainian refugees

**Introduction.** The relevance of this research is determined by the unprecedented influx of Ukrainian refugees into Germany after the beginning of Russia's full-scale invasion. This situation makes the understanding of the specifics of their sociocultural integration extremely important for developing effective support strategies and for promoting harmonious cooperation between the host community and newcomers.

Our attention is focused on studies dedicated specifically to the category of Ukrainian refugees who, after being displaced since the end of February 2022, have found themselves in the countries of Western and Central Europe. We emphasize scientific works and practical experiences of EU countries that have faced this social challenge—namely, the large number of Ukrainian refugees, their mental health, emotional state, and life crisis. Important materials for our research were also provided by the project “Early Childhood

Development in Emergency for Refugees from Ukraine (ECDUR)” (2022–2023). The project is implemented by UNICEF and the European Association of Service Providers for Persons with Disabilities (EASPD). Due to its many years of activity in Ukraine, UNICEF has built strong partnerships with key communities and is now expanding these partnerships across all regions of Ukraine. EASPD's main areas of work include: arts and culture, education, inclusive education, workforce development, funding of social services, employment, early childhood intervention, and technology. In July 2022, UNICEF and EASPD signed a partnership agreement to support early childhood development for children affected by the war in Ukraine.

The monograph by Ukrainian researchers V. Zlyvkova, S. Lukomska, N. Yevdokymova, and S. Lipinska (2023) “Children and War” also deserves attention. It presents the problems of transgenerational and collective trauma,

psychological reactions, and most importantly-practical recommendations on psychosocial support and correctional activities with children and adolescents affected by the war, as well as the experience of Ukrainian psychologists working in bomb shelters and with internally displaced persons.

The manual "Fundamentals of Rehabilitation Psychology: Overcoming the Consequences of Crisis" (authors: L. Hrydkovets, T. Weber, N. Zhuravlova, O. Zaporozhets, O. Klymyshyn, D. Kreimeyer, A. Mokrousova, N. Prorok, N. Syrotych, T. Sirenko, L. Tsarenko, N. Shaposhnyk, 2018) discusses the organization of psychological assistance for different population groups in overcoming the consequences of the crisis in Ukraine. It presents the main directions of psychosocial support for those affected by psychotrauma and emphasizes the general principles of psychological rehabilitation. The authors justify the need to use global strategies in the creation of a national rehabilitation system.

The research by O. Blynova (2016), which analyzes the specifics of the socio-psychological adaptation of forced migrants in the context of studying the phenomenon of acculturation, is also valuable. Special attention should be given to the methodological guidelines by Susanne Stein (2017) in the publication "The Child and the Liberation from the Shadow of Their Enormous Fear". The author presents her approach to organizing post-trauma support for parents and children who experienced war and forced displacement.

The methodological basis of our study is not limited to the mentioned developments, but they significantly influenced the choice of measures, methods, and content of work with refugee children from Ukraine and their parents-during the collection of quantitative data, live dialogue, personal interviews, and in the course of educational and social interaction.

Thus, the problem of our research lies in the need to study the features of the sociocultural integration of Ukrainian refugees, especially their civic activity as a key factor of successful adaptation in the German-speaking social environment of Germany, under the conditions of mass forced displacement after the beginning of the full-scale war in Ukraine. Within the context of this research, special attention is paid to understanding the role of parents

and children in intercultural dialogue, overcoming the consequences of psychotrauma, and developing effective support strategies that take into account both cultural and psychosocial characteristics of the target group.

**The purpose of the article** is to investigate the civic activism of refugees from Ukraine in Germany as the main factor in their and their children's successful integration into the foreign-language social environment.

**Methodology and research methods.** Quantitative and qualitative research (online survey) (Zhytnik, Alt, 2023). As part of the research project «Integration and formation of human values in refugee children from Ukraine in Germany through familiarization with German culture», a questionnaire was developed for the quantitative analysis of the results for children and their parents who suffered from the war in Ukraine. The questionnaire is aimed at adult Ukrainian refugees (potential parents of refugee children and people who take care of refugee children from Ukraine).

The questionnaire was developed to study the civic engagement of refugees from Ukraine in Germany as a key factor in successful integration into a foreign-language environment. The developer of the questionnaire is the author of the article, as the main grantee for research funding from the German Federal Ministry of Education and Research (within the specified project). The implementation of the online survey took place within the framework of cooperation with charitable organizations and foundations caring for refugees from Ukraine in Germany (a list of partner organizations is in the «Acknowledgements» section). The questionnaire contains several blocks, the series of questions of which allows to study the demographic characteristics of the group of respondents, to determine the socio-cultural factors of the successful integration of refugee children from Ukraine and the methods of developing their universal values (according to adults). It is important to note that the questionnaire contains a control block that will allow to determine the degree of integration of the adults themselves (parents of refugee children from Ukraine) and the degree of their readiness to be active in the integration process (Zhytnik, Alt, 2023).

Demographic block (block A – standard) – general information about the group of recipients

(age, gender, education, place of residence, family composition). The information obtained after the analysis will make it possible to clearly navigate the needs of different groups, distinguish methods of influence, expectations and planning for the successful integration of refugees from Ukraine in Germany according to standard demographic indicators.

Control block (block B – main) – information on the civic activity of refugees from Ukraine in Germany as the main factor of successful integration into the social environment and one of the main factors of successful integration of their children (areas of activity, reasons for lack of activity, possible prospects, effective methods, means and forms of influence regarding motivation for activities). It is important to note that the results of both groups of recipients do not depend on whether they stay in Germany or return home, civic activism is important both for successful integration into the socio-cultural environment and for the reconstruction of a democratic society in Ukraine based on the EU experience.

Socio-cultural (Block B – clarifying) – information from parents of refugee children from Ukraine regarding the effective integration of refugee children from Ukraine and the development of human values in refugee children from Ukraine in the process of living in a different socio-cultural environment. The questions of the block are based on qualitative indicators, analysis and in-depth interviews with refugee children from Ukraine in Germany. In this material, the results of the control block are not presented, because they have a different task.

This study is additional to the main one. The findings obtained will contribute to the optimization of adaptation programs, the consideration of the specific

needs of Ukrainians, and the minimization of potential social challenges within German society.

The online survey within the framework of the research project «Integration and formation of human values in refugee children from Ukraine in Germany through familiarization with German culture» lasted from June to August 2023. The purpose of the online survey is to investigate effective directions, methods, and forms of successful integration into a foreign-language society of refugees from Ukraine, that is, potential parents of refugee children from Ukraine, who have the greatest influence on the successful integration of their children into a foreign-language environment. To investigate the degree of their awareness of the fact that they (parents of refugee children from Ukraine) are one of the main factors in the successful integration of their children as a significant group for the child. To specify the degree of awareness and responsibility of the parents of refugee children from Ukraine of the fact that the development of universal human values in their children is possible only with the active participation of parents in this process, and not only educational, cultural and social structures. It is important to note that this influence (the influence of parents on the development of universal human values of children) is primary and key.

**Research results and discussion.** The total number of participants in the online survey (as an additional survey of Ukrainian refugees, including parents of refugee children from Ukraine) is 260 refugees from Ukraine who are currently in Germany.

We will remind you that the first block of questions was of a general nature. He gave general information about the group of recipients (age, gender, education, place of residence, family composition). These are the first six questions (diagrams 1–6).

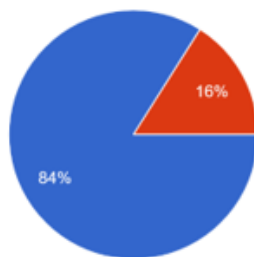


Diagram 1. Gender of recipients. (Source: author's data).

The result: 84 % are women (215 people), 16 % are men (41 people).

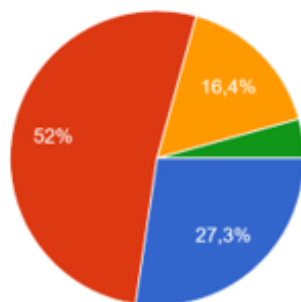


Diagram 2. Age of recipients. (Source: author's data).

Result: 52 % 36–45 years old (133 people), 27,3 % – 18–35 years old (70 people), 16,4 % – 46–55 years old (42 people), 4,3 % – more than 55 years old (11 people).

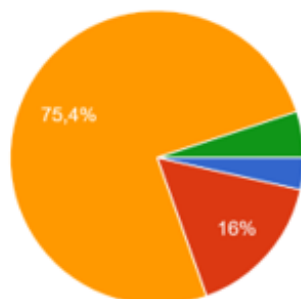


Diagram 3. Education of recipients. (Source: author's data).

The result: 75,4 % have a higher education (bachelor, master) (193 people), 16 % have a special secondary education (technical school, school, college) (41 people), 5,1 % have a higher education (13 people), 3,5 % – incomplete secondary education (9 people).

We can draw general conclusions: the results of diagrams 1 and 2 and the percentage ratios give us the opportunity to say that the active participants in the survey are refugees from Ukraine who have a higher education, a certain percentage of which is in

the age category of 36–45 years. The majority are women. But we do not consider this indicator liquid due to the fact that men did not have the same conditions for changing their place of residence as women.

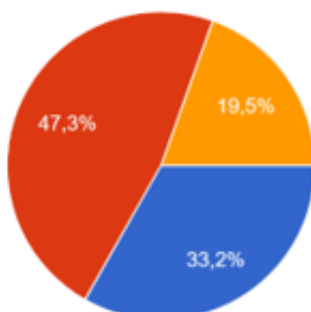


Diagram 4. Number of children of recipients. (Source: author's data).

The result: 43 % have more than one child (121 people), 33,2 % have one child (85 people), 19,5 % have no children (50 people).

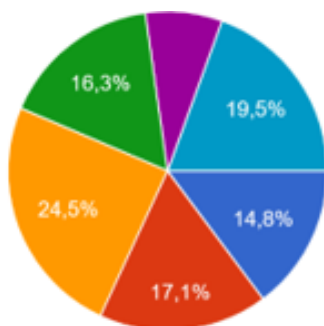


Diagram 5. What is the age of the recipients' children. (Source: author's data).

Result: 24,5 % 6–12 years old (63 people), 19,5 % – have no children (50 people), 17,1 % 4–7 years old (44 people), 16,3 % 13–18 years old ( 42 people), 7,8 % are over 18 years old (20 people).

We can draw general conclusions: almost 20% of recipients have the opportunity to more actively participate in various activities aimed at their successful integration into the socio-cultural space of Germany, due to the fact that they have more time for

self-employment and self-realization. This indicator is indicative and is not 100 % reliable (due to the fact that the degree of employment and activity among recipient persons among age categories was not investigated separately).

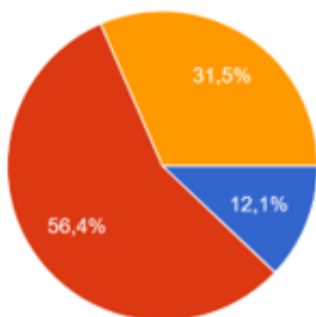


Diagram 6. In which country do the recipients see their future. (Source: author's data).

The result: 56,4 % in Germany (145 people), 12,1 % in Ukraine (31 people), 31,5 % undecided (81 people).

Summary of the first (demographic block): the majority of recipients who took part in the survey are women. Among the total number of respondents, the majority see their future in Germany, that is, they do not plan to return to Ukraine either during the war or after its end. It can be assumed that among the group of respondents (including) people aged 36–45 who plan to stay in Germany. The vast majority of the total group of recipients have higher education (including).

The last two conclusions can be drawn on the basis of the results in the percentage measurement, the so-called «grey zone», when we take the 56,4 % (those who plan to stay in Germany) as a basis and

compare them with other general percentage indicators. That is, all indicators (for all questions) that exceed 56,4 % (have a higher percentage) are a group that potentially falls under the group that has certain characteristics and characteristics (age, characteristics by education, number of children, age children), which probably falls into this percentage of those who remain.

*Let's dwell in more detail on the results of the second block of the questionnaire (control).* The results of the answers provide an opportunity to obtain information about the civic activity of refugees from Ukraine in Germany as the main factor of successful integration into the social environment and

one of the main factors of the successful integration of their children. To determine the spheres of their activity, the reasons for the lack of activity (in Ukraine and/or Germany), possible prospects for the use of effective methods, means and forms of influence on the activity of refugees from Ukraine, as keys to their successful integration, to determine the motivation for activities among Ukrainian refugees.

It is important to note that the results of both groups of recipients, regardless of whether they remain in Germany or return to Ukraine, are important for modeling successful integration into the socio-cultural environment of Germany, and when rebuilding a democratic society in Ukraine based on the EU experience. The results are shown in charts 7–16.

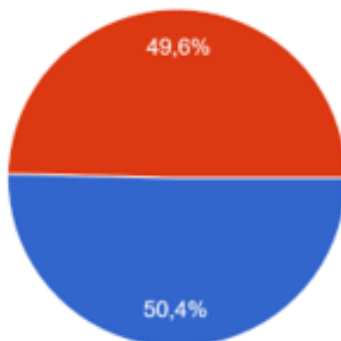


Diagram 7. Did the recipients have experience in civic activism. (Source: author's data).

Result: 49,6 % have experience of civic activism (128 people), 50,4 % have no experience of civic activism (130 people). It is important to note that during the survey, a list of civil activities related only to local self-government and interaction only with local authorities was proposed: any local initiatives, social activities, self-organization bodies of the population, consultations and discussions, rallies and appeals, etc. In order not to affect the indicators of the results, taking into account the «difficulty» of influencing the decisions of authorities at higher levels (district, regional, state), it was decided to indicate in the list only the local level of civic activity, as such, which is available to every citizen of the state.

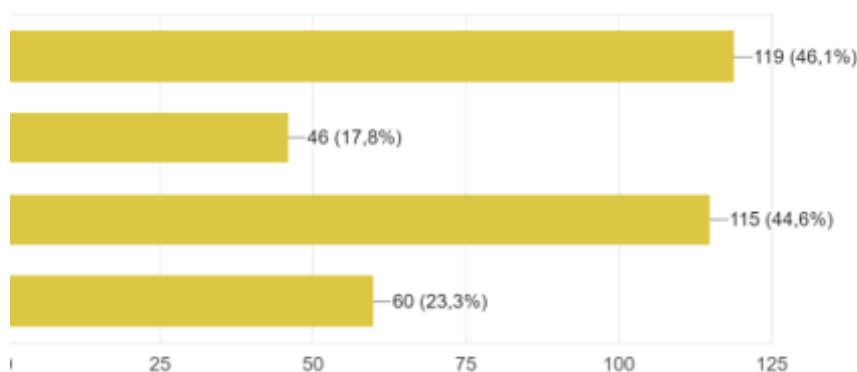


Diagram 8. Do you have experience in sustainable development (lifelong learning) over the past 5 years. (Source: author's data).

The result: 46,1 % were trained in professional development programs (119 people), 44,6 % were in programs/courses for personal growth and development (115 people), 17,8 % were in programs/courses for professional retraining and obtaining a new profession (46 people), 23,3 % did not have additional training based on personal and/or professional interests.



Certain conclusions can be drawn: almost half of the group of recipients (46,1 %) improved their professional skills during the last 5 years. It can be assumed that this percentage of recipients has decided on a professional direction and is trying to move in one professional direction and/or improve them. We also see that 17,8 % of recipients (46 people) had the opportunity to retrain or get a new profession. It can be assumed that this segment of recipients is ready, under certain conditions, not only to improve their professional skills, but also to retrain to obtain new competencies and under certain conditions.

44,6 % (115 people) of recipients completed programs/courses for their personal development. This is a group showing personal activity, looking for topics, methods, and forms that will influence their further self-perception. This, in turn, will affect their

successful implementation in society, in particular, in German society.

23,3 % had no experience of additional training based on personal / professional interests in the last 5 years (60 people). It can be assumed that this percentage of recipients has low motivation (external and/or internal) and needs additional attention from the organizations concerned with the successful integration of Ukrainians in Germany.

It is important to note that during the survey, the recipients were able to choose no more than 2 answer options. 258 answers were received to this question. Thus, each of the participants chose one option, which makes it possible to clearly distinguish the answers by categories and clearly determine the percentage of the chosen options from the proposed ones.

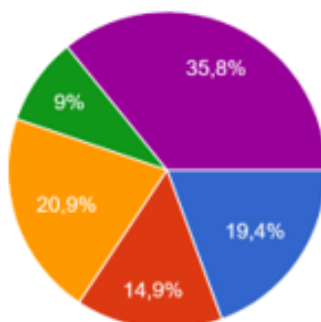


Diagram 9. Choose the reason why you did not have the opportunity to participate in various types of activity. (Source: author's data).

The result: 35,8 % (24 people) have external reasons that were not listed in the list, 19,4 % do not know about this possibility (13 people), 20,9 % believe that it is expensive (14 people), 14,9 % do not have time for it (10 people), 9 % it is not interesting/enough busy (6 people).

Based on the results of this diagram, certain conclusions can be drawn. Recipients had the opportunity to choose from 5 proposed answer options, which were formulated in such a way that three questions included the possibility of being responsible for «lack of personal and professional activity». These options are: I don't have time (I don't have time and that's why I didn't do it), it's expensive (it's expensive for me and I couldn't pay for it), I'm not interested in it/I'm busy enough (I'm not interested in it for some reason/I sufficiently loaded). That is, the recipients realize that they are responsible for the fact that their activity was not at the proper level. They speak clearly about their

position. One question out of 5 is the question of «taking partial responsibility». This is the answer option: I don't know about such possibilities (I don't know and I don't do anything to find out/I don't do enough to find out). One of the proposed options – «other external reasons» makes it possible to interpret such an answer as «transferring responsibility to external circumstances». The key words here are the words «other», «external» (I am not responsible).

You can draw certain conclusions with the results of diagrams 7, 8, 9. So, 50,4 % of the recipients had no experience of civic activism in the last five years. These are 130 people – refugees from Ukraine who

currently live in Germany. Among this group, 60 people (23,3 %) were not active in personal and professional growth. We can claim that 24 persons (35,8 %) from this category are refugees from Ukraine, who will most likely find «other external reasons». It is possible to assume that 13 people (19,4 %) who do not know about the possibilities of social activity and do not take the initiative to find out about it. Thus, by combining the percentage of these two groups, we get 37 people who can be classified in the «difficult category» out of 130 people who were discussed in chart 7 (had no activities). The other 30 people are ready to take responsibility for their actions, planning, and evaluation of achievements. With proper work on the part of the organizations, this category can be offered convenient time, inexpensive services and an interesting format. We will remind that for this question we received 67 answers, approximately, out of a possible 130 of those who had

no activity and had to give the answer «for what reason».

So, we can assume that approximately 14,4 % (37 people) of Ukrainian refugees may be a «difficult category». This is relative to the total number of respondents (258 people). Another category of respondents (30 people or 11,4 %) are those who will need additional incentives and motivations. We cannot fail to say about the category that did not choose any of the options – 63 people (24,4 %) who will need motivation for activities at the beginning of work, during activities and at the end. Because having chosen the position «I do not have any activities», they did not explain their choice, stopping in the middle. If we add up the percentages for the three groups, we get a percentage that is consistent with the result of chart 7, where 49,6 % answered that they «had no activities».

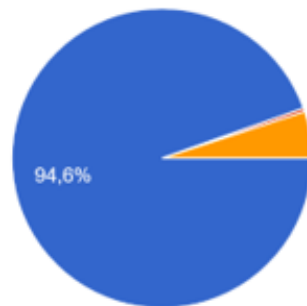


Diagram 10. Is there a desire to increase one's professional/personal development. (Source: author's data).

Result: 94,6 % (244 people) would like to increase their professional/personal development, 5 % do not know/hard to say (13 people), 0,4 % no, do not want to (1 person).

This question (to diagram 10) is intermediate. It does not contain any meaningful information, because the question is not correct. One person answered honestly. 5 people – did not want to tell the truth (rather

no than yes). The other 244 people are those among whom many answered yes, I want to increase my professional/personal development, but I don't plan to do anything for this (want doesn't mean I will).

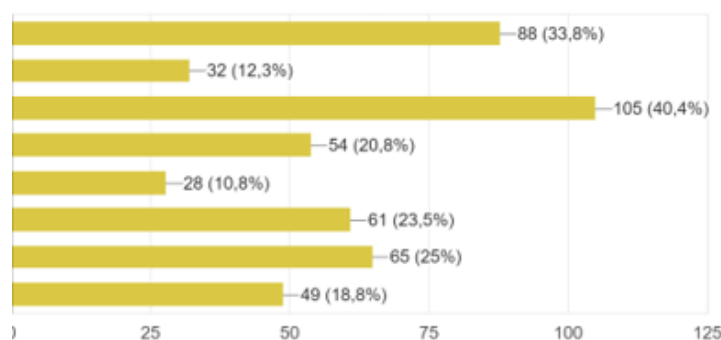


Diagram 11. In which areas of development would you like to be involved. (Source: author's data).



Result: 40,4 % (105 people) business and management, 33,8 % education (88 people), 25 % volunteering (65 people), 23,5 % art and culture (61 people), 20,8 % transport, social protection, health care (54 people), 12,3 % democracy, rights and responsibilities (31 people), 10,8 % ecology and natural resources (28 people), 18,8 % other (there were none of the proposed options that the recipients wanted) (49 people).

According to the results of the answers, we can see that each of the participants chose only one option (out of 2 possible) – 260 answers.

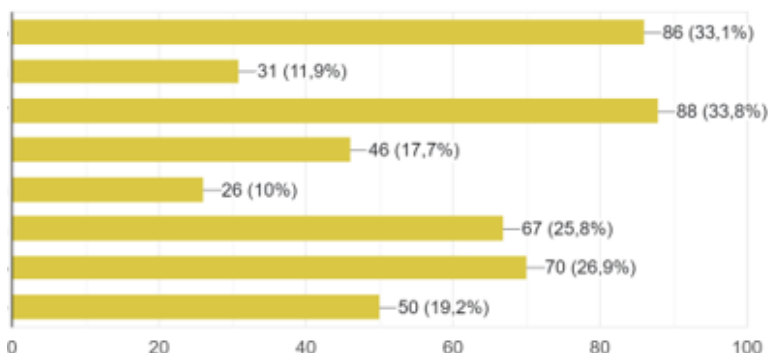


Diagram 12. Whichever topics of development directions you would like to pursue. (Source: author's data).

Result: 33,8 % (88 people) business and management, 33,1 % education (86 people), 26,9 % volunteering (70 people), 25,8 % art and culture (61 people), 27,7 % transport, social protection, health care (46 people), 12,3 % democracy, rights and responsibilities (31 people), 10,8 % ecology and natural resources (28 persons), 18,8 % other (of the proposed options, there was none that the recipients wanted) (49 persons).

According to the results of the answers, we can see that each of the participants chose only one option (out of 2 possible) – 260 answers.

Let's dwell on the difference in indicators according to diagrams 11 and 12. The difference in these diagrams is that one offers the passive activity of «participating», the other the activity of «conducting, initiating». Let's try to analyze the real readiness for an active life in society:

Business and management 40,4 % (105 people) – «passive group», 33,8 % (86 people) – «active group». We can assume that this percentage of people are potentially active: those who will come to events, but not those who are ready to be involved in the organization and implementation. Certain conditions, interest, motivation, etc. are possible. The difference is 6,6 % (19 people). This is almost 20 % relative to the total number of «business and management».

Education 33,8 % (88 people) – «passive group», 33,1 % (86 people) – «active group». These results indicate that almost all groups of recipients can be attributed to an active group that is ready to participate in social and cultural life. The difference is 0,7 % (2 people). This is 2,2 % relative to the total amount of «education».

Volunteering 25 % (65 people) – «passive group», 26,9 % (70 people) – «active group». We can also see that there have been no significant changes, except that it has increased. It can be considered that this percentage is an active segment in the socio-cultural space, ready to interact, cooperate, initiate, etc. The difference is 1,9 % (5 people). This is +7,1 % relative to the total number of «education».

Art and culture 23,5 % (61 people) – «passive group», 25,8 % (67 people) – «active group». The description of this type of activity coincides with the previous one. The changes are not significant. Almost the entire group can be an «active segment». The difference is 2,3 % (6 people). This is +8,90 % relative to the total number of «education».

Transport, social protection, health care 20,8 % (54 people) – «passive group», 17,7 % (46 people) – potentially «active group». The changes are significant. Not the entire group can be an «active segment». The difference is 3,1 % (8 people). This is – 14,8 %, respectively, of the total number of «transport, social protection, health care».

Democracy, rights and responsibilities 12,3 % (31 people) – «passive group», 11,9 % (31 people) – potentially «active segment». The results are unchanged. The whole group is an «active segment».

Ecology and natural resources 10,8 % (28 people) – «passive group», 10 % (26 people) – potentially «active segment». The results are almost unchanged. This is 7,1 %, respectively, of the total number of «ecology and natural resources».

Others (of the proposed options were not what the recipients wanted) (18,8 %, 49 people) – «passive group», 19,2 % (50 people) – potentially «active segment». Almost unchanged – 2 % (1 person).

Summary to diagram 12. Refugees from Ukraine involved in the fields of «Art and Culture», «Education» and «Business and Management» can

be considered an active segment. Potentially, these can be people who have a relevant profession or interest.

It is important to note about the group of recipients «volunteering». An active segment is important, which can be from any of the listed areas. But, most likely, there will be more of them from the field of «business and management» than from others. Since he underwent certain changes (–20%) in the survey «about the desire to be involved in a certain type of activity».

Professions related to education and enlightenment will be an active segment.

The results of the «other activities» category remain undetermined. Recipients can be an active segment in a more detailed study of «directions of activities, types of activities, etc».

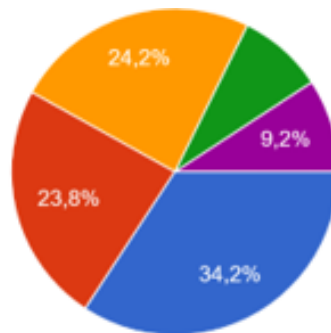


Diagram 13. What type of employment do you choose? (Source: author's data).

Result: 34,2 % (90 people) choose seminars, workshops or meetings, 23,8 % (63 people) choose business training, 24,2 % distance learning on a permanent basis (64 people), 8,4 % one-time assistance in conducting the event (22 people), 9,2 % other options (24 people).

Certain conclusions can be drawn: the group of recipients who chose individual seminars and workshops (34,2 %) corresponds to the percentage (diagram 8) who chose measures aimed at personal development (approximately 44,6 %). But 34,2 % are those who are ready to come to events and be active with 44,6 %

The group of recipients who chose business education and lifelong learning (23,8 % and 24,2 % respectively) together has 48 %. This is the percentage of those who, in chart 8, chose activities related to professional orientation (total answer options 1+2 = 63,9 %). Roughly, we can

assume that approximately 48% will come to the events, out of a possible 63,9 %. Since this percentage has internally determined and can say about it, what forms of participation will suit them. Other participants of the survey may have chosen the topic of events that they are interested in, but have no idea and planning about further actions.

«one-time assistance» options (8,4 %) are a group of recipients who, under certain circumstances and conditions, let's say, not always, are ready to be active and participate in activities. Because the key word in this point is «once».

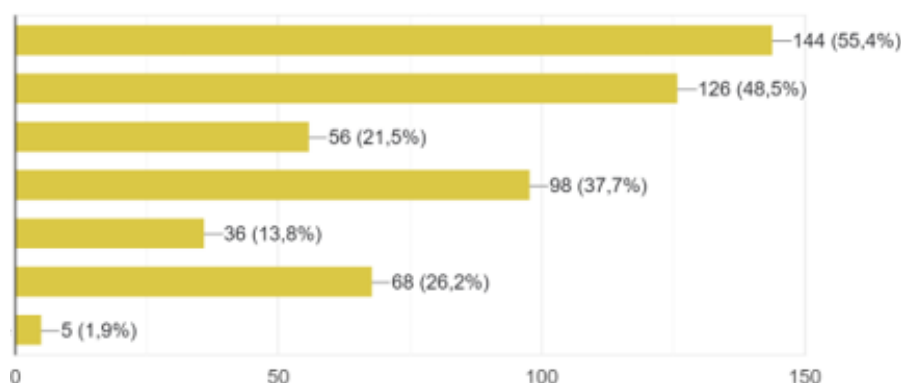


Diagram 14. Your expectations. (Source: author's data).

The result: 55,4 % (144 people) increase in the level of professional qualities (approximately coincides with the results of diagrams 8.13 – the average value between the percentages of willingness to participate and readiness to participate), 48,5 % (126 people) personal growth and opinions about career (the comment is similar to the previous description). Both of these options refer to internal professional motives. 37,7 % expansion of the circle of acquaintances and friends (98 people), 21,5 % obtaining a certificate and diploma (56 people). These are categories of recipients who are motivated by external superficial motives. 26,2 % internal emotional need (68 people), 13,8 % internal own civic position (36 people). These categories correspond to the inner motive, which is important for the «active position» of the individual.

Thus, almost half of the group of recipients may be interested in measures aimed at their professional qualities and competences (from 48,5 to 55,4 %).

Almost a third of the group of recipients will focus on external «goodies» and «self-interest» (from 21,5 to 37,7%). From 13,8% to 26,2% – the group of recipients who will choose events,

depending on the «large-scale importance of the idea / theme» of the event. Despite the fact that the topic of the event, the form of participation, etc. do not coincide with professional needs. These can be measures designed to shape public opinion, change it, have a general social goal (when hiring, in the subjective opinion of the recipient).

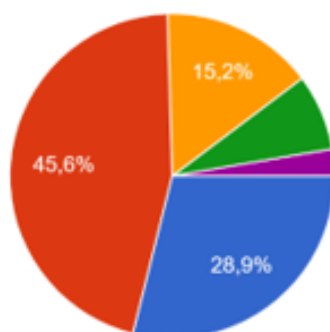


Diagram 15. What can motivate activities. (Source: author's data).

Result: 45,6 % (120 people) own motive and a good idea, 28,9 % (76 people) like-minded people and suggestions regarding activities and participation from them, 15,2 % (40 people) suggestions from heads of institutions, 7,6 % do not think that I will be able to participate on my own (20 people), 7,2 % have other options (7 people).

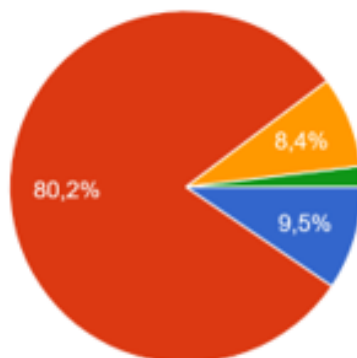


Diagram 16. Where do you currently live. (Source: author's data).

The result: 80,2 % (211 people) have been living in Germany since the beginning of the war (the reason for moving is the war); 9,5 % (25 people) lived in Germany before the war began (the reason for moving was «not the war»), 8,4 % have lived in Germany for no more than six months; 1,9 % (5 people) do not currently live in Germany, but did for a time during the war.

So, it is possible to summarize the survey results for the II block (diagrams 7 – 16).

50 % have been active in the last 5 years. Of which: 46,1 % were trained in professional development programs, 44,6 % were in programs/courses for personal growth and development, 17,8 % were in programs/courses for professional retraining and obtaining a new profession, 23,3 % had no additional study according to personal and/or professional interests.

The difference between the indicators according to diagrams 11 and 12 is that one offers the passive activity of «participating», the other the activity of «conducting, initiating». The active segment can be considered refugees from Ukraine involved in the field (Art and culture 23,5 % (61 people) – «passive group», 25,8 % (67 people) – «active group»), Business and management 40,4 % (105 people) – «passive group», 33,8 % (86 people) – «active group», Education 33,8 % (88 people) – «passive group», 33,1 % (86 people) – «active group». Potentially, these can be people who have a relevant profession or interest.

It is important to note about the group of recipients «volunteering». An active segment is important, which can be from any of the listed areas. But, most likely, there will be more of them from the field of «business and management» than from others. Since he underwent certain changes (-20%) in the survey «about the desire to be involved in a certain type of activity».

Professions related to education and enlightenment will be an active segment. The results of the «other activities» category remain undetermined. Recipients can be an active segment in a more detailed study of «directions of activities, types of activities, etc».

Summary of the second (control unit). Almost half of the group of recipients may be interested in measures aimed at their professional qualities and competences (from 48,5 to 55,4 %). Almost a third of the group of recipients will focus on external «goodies» and «self-interest» (from 21,5 to 37,7 %). From 13,8 % to 26,2 % – the group of recipients who will choose events, depending on the «large-scale importance of the idea / theme» of the event.

**Conclusions.** Process of social and cultural adaptation is constant and continuous and can take place for a long, long time, depending on the conditions and internal readiness for this process. In contrast to social adaptation, integration is a process that forces the subject of this process to include, join other groups, adapt and accept the conditions and rules of other social groups and learn to interact with other social groups, often at the expense of abandoning previous rules, norms, settings, etc. It can be said that integration is the result of successful adaptation of the individual.

The result of the successful adaptation of refugees from Ukraine is their adaptability to new living conditions, which is characterized by the ability of an individual to satisfy their internal and external

needs in a particular situation in a specific social environment, as well as perform the following functions: adequately perceive the surrounding reality and oneself; adequately build a system of relations and communication with others; to be able to study, organize leisure and recreation. One of the important conditions of adaptation is the conscious activity of forced migrants, which involves continuous exchange with the new social environment, the host community. Such activity is possible only under the condition of awareness of oneself as a subject of such a process, the desire to become a part of the host community, albeit temporarily. It is also necessary to take into account that the process of adaptation to a certain social environment is always two-way. Therefore, the success of adaptation depends not only on the individual and psychological characteristics of the individual, but also on the readiness of the new social environment to perceive the new person.

The results of the study show a significant potential for civic engagement among Ukrainian displaced persons in Germany: nearly 50 % of respondents have participated in educational, volunteer, or professional development initiatives. At the same time, about 23% have not been involved in any such activities, which highlights the need for targeted motivational and support measures. The main barriers to participation are external factors (35,8 %), lack of information (19,4 %), and financial difficulties (20,9 %). This allows us to distinguish at least three groups based on their integration needs: those who need basic informational support, those who require additional motivation, and those in a state of deep social passivity. The strongest interest was shown in the areas of education (33,8 % willing to engage) and volunteering (26,9 %), indicating a focus on socio-cultural and educational integration. The most preferred forms of participation include seminars, business trainings, and online learning (24–34 %). The main expectations relate to improving professional skills (55,4 %) and personal development (48,5 %), which points to the dominance of internal motivation. More than 45 % of respondents joined activities on their own initiative or through influence from their social circle, while institutional offers encouraged only 15,2 %. Therefore, effective integration programs should take into account the importance of personal motivation, the role of social

environment, and the need for adapted informational support. The vast majority of participants (80,2 %) arrived in Germany after the beginning of the full-scale invasion, which increases the relevance of comprehensive integration support that considers psychological conditions, social uncertainty, and adaptation challenges.

**Perspectives for Future Research.** Further research could focus on a more in-depth examination of the dynamics of sociocultural integration of Ukrainian refugees in the long term, particularly after the initial adaptation phase. An interesting direction is to study the impact of regional differences within Germany on integration processes, as well as a comparative analysis of the integration experiences of different age and social groups of refugees. Separate attention should be paid to the study of the role of the language barrier and ways to overcome it, as well as the influence of psychological factors, such as traumatic experiences, on the integration process. Future research may also concentrate on the development and evaluation of the effectiveness of specific programs and initiatives aimed at supporting the sociocultural integration of Ukrainian refugees into German society.

**Compliance with Ethical Standards.** The research was conducted in compliance with the fundamental ethical principles of scientific research, including voluntary participation of respondents, anonymity, and confidentiality of the data provided. Before completing the online questionnaire, all participants were informed about the purpose of the study, the data collection procedure, and their right to withdraw from participation at any stage. The collected data were stored securely and used exclusively for scientific purposes.

**Funding Source.** The research was carried out within the framework of the Hamburg Programme for Researchers at Risk, Science Bridge for Ukraine, funded by the German Federal Ministry of Education and Research.

**Conflict of Interest.** The author of the article, Tetiana Zhytnyk, is the main grantee for research funding from the German Federal Ministry of Education and Research (within the specified project). Katrin Alt participated in the research as a research fellow within the Science Bridge for Ukraine project. The authors declare no other financial or



personal conflicts of interest that could have influenced the objectivity of the presented research results.

**Thank you for your cooperation.** Special thanks to the representatives of partner organizations of the research project within the framework of the implementation of the Hamburg program for scientists (Science Bridge for Ukraine) – doctor, professor of the department of social work, professor of child education and educational sciences Katrin Alt from the Hamburg University of Applied Sciences (HAW), Olga Sukennyk – members Associations of

Ukrainians in Northern Germany, to the head of the Ukrainian Saturday School in Hamburg, Sukennyk Rostyslav – the union of Ukrainian organizations is ready in Germany, Maria Reznikova – co-founder of the German-Ukrainian society DACH (Lübeck). Special thanks to the coordinators of the Alliance of Ukrainian Organizations – Nataliya Pryhornitskaya and Kateryna Pavlova, the Association of German-Ukrainian Cooperation Feine Ukraine e.V. Anna Rempel, psychologist Maria Lomberg, event organizer and project manager of the Association – Taras Burns.

### References

- Blynova, O. (2016). Socio-psychological adaptation of forced migrants: Approaches and challenges in studying the phenomenon of acculturation. *Scientific Bulletin of Kherson State University. Series "Psychological Sciences"*, (3, Vol. 1),: Helvetyka. 111–117 (ukr).
- Hrydkovets, L., Weber, T., Zhuravlova, N., Zaporozhets, O., Klymyshyn, O., Kreimeyer, D., Mokrousova, A., Prorok, N., Syrotich, N., Sirenko, T., Tsarenko, L., & Shaposhnyk, N. (2018). Fundamentals of rehabilitation psychology: Overcoming the consequences of crisis. Textbook (Vol. 3) (L. Hrydkovets, Ed.) (ukr).
- Stein, S. (2017). The child and the liberation from the shadow of their enormous fear: An illustrated book on post-trauma support for parents and children who have experienced war and forced displacement (Y. Marushko, Trans.; Rev. ed., first ed. 2014). [www.susannestein.de](http://www.susannestein.de) (Accessed: 04.02.2025)
- Zhytnik, T., & Alt, K. (2023). Integration and development of universal human values in refugee children from Ukraine in Germany: Research findings from the Hamburg program for scholars at risk, Science Bridge for Ukraine (01.12.2022–30.09.2023). Kamianets-Podilskyi: Publisher Zvoleiko D.H. (ukr).
- Zlyvkova, V., Lukomska, S., Yevdokymova, N., & Lipinska, S. (2023). Children and war: Monograph : Publisher Lysenko M.M. (ukr).

### Література

- Блинова О. Соціально-психологічна адаптація вимушених мігрантів: підходи і проблеми вивчення феномена акультурації. *Науковий вісник Херсонського державного університету. Серія «Психологічні науки»*. Херсон : Гельветика. 2016. Вип. 3, том 1. С. 111–117.
- Гридковець Л., Вебер Т., Журавльова Н., Запорожець О., Климишин О., Креймейер Д., Мокроусова А., Пророк Н., Сиротич Н., Сіренко Т., Царенко Л., Шапошник Н. Основи реабілітаційної психології: подолання наслідків кризи. Навчальний посібник. / Заг. ред.: Л. Гридковець. 2018. Том 3. Київ, 236 с.
- Житнік Т., Альт К. (2023). Інтеграція та розвиток загальнолюдських цінностей дітей-біженців з України в Німеччині. Результати дослідницького проекту в рамках реалізації Гамбурзької програми для науковців, які перебувають у загрозованих умовах життя, Science Bridge for Ukraine (тривалість 01.12.22-30.09.23). Кам'янець-Подільський. Видавець ПП Зволейко Д.Г. 128 с.
- Зливков В., Лукомська С., Євдокимова Н., Ліпінська С. (2023). Діти і війна : монографія. Київ. Ніжин : ПП Лисенко М.М. 221 с.
- Штайн С. Дитина і звільнення від тіні її надзвичайно великого страху. Ілюстрована книга про допомогу після травматичного досвіду для батьків і дітей, які пережили війну і вимушений переїзд. / Переклад на українську мову: Юлія Марушко.; Доп. вид., версія 2017 (перше видання 2014). 60 с. URL : [www.susannestein.de](http://www.susannestein.de) (Дата перегляду: 04.02.2025)



**РЕЗУЛЬТАТИ ДОСЛІДЖЕННЯ ОСОБЛИВОСТЕЙ  
СОЦІОКУЛЬТУРНОЇ ІНТЕГРАЦІЇ УКРАЇНСЬКИХ БІЖЕНЦІВ  
У СОЦІАЛЬНЕ СЕРЕДОВИЩЕ НІМЕЧЧИНИ (2022-2023 роки)**

**Тетяна Сергіївна Житнік, доктор педагогічних наук, доцент кафедри дошкільної освіти і соціальної роботи Мелітопольського державного педагогічного університету імені Богдана Хмельницького, Мелітополь, Україна, e-mail: zhitnik.zp.network@gmail.com**

У науковій статті представлені результати дослідницького Проєкту в рамках реалізації Гамбурзької програми для науковців, які перебувають у загрозливих умовах життя, Science Bridge for Ukraine (тривалість 01.12.22 – 30.09.23) (надалі Проєкту). Мета статті – дослідити критерії успішної інтеграції в іншомовне суспільство українців-біженців у Німеччині. Методи дослідження: кількісне та якісне дослідження: онлайн-опитування (опитувальник містить декілька блоків, серія питань яких дозволяє дослідити демографічні характеристики групи респондентів, визначити соціокультурні чинники успішної інтеграції дітей-біженців з України).

Результати дослідження засвідчили наявність суттєвого потенціалу громадянської активності серед українських біженців у Німеччині. Всього було охоплено опитуванням 260 осіб. З них майже 50 % мають досвід залучення до освітніх, волонтерських або професійно-розвивальних ініціатив. Водночас близько 23 % не брали участі в жодній з таких форм діяльності, що вказує на потребу у спеціальних мотиваційних і підтримувальних заходах. Основними бар'єрами до активної участі виступають зовнішні чинники (35,8 %), брак інформації (19,4 %) та фінансові обмеження (20,9 %), що дозволяє виділити щонайменше три категорії учасників за рівнем інтеграційної потреби: ті, що потребують базової інформаційної підтримки, ті, кого необхідно додатково мотивувати, і ті, хто перебуває в стані глибокої соціальної пасивності. Найбільший інтерес опитаних українських біженців (з дітьми) виявлено до сфер освіти (33,8 % готові долучитися) та волонтерства (26,9 %), що свідчить про орієнтацію на соціально-культурну та освітню інтеграцію. Серед бажаних форм участі, зазначених респондентами, переважають семінари, бізнес-тренінги та дистанційне навчання. Основні очікування опитаних стосуються підвищення професіоналізму (55,4 %) та особистісного розвитку (48,5 %), що вказує на домінування внутрішньої мотивації. Понад 45 % респондентів ініціювали участь самостійно або під впливом оточення, тоді як інституційна пропозиція мотивувала лише 15,2 %. Таким чином, ефективні інтеграційні програми мають враховувати пріоритетність індивідуальної мотивації, соціального середовища та потребу в адаптованій інформаційній підтримці. Переважна більшість опитаних (80,2 %) прибула до Німеччини після початку повномасштабного вторгнення, що підсилює актуальність комплексної інтеграційної підтримки з урахуванням психологічного стану, соціальної невизначеності та адаптаційних викликів.

Отже, однією з важливих умов адаптації є свідомо діяльність вимушених переселенців, яка передбачає безперервний обмін із новим соціальним оточенням, громадою, що приймає біженців. Така діяльність можлива лише за умови усвідомлення себе як суб'єкта такого процесу, бажання стати частиною громади, хоча й тимчасово.

**Ключові слова:** іншомовне середовище, соціальна адаптація, культура, соціокультурна інтеграція, соціальне середовище, українські біженці.

Стаття надійшла до редакції / Received 14.03.2025  
Прийнята до друку / Accepted 25.04.2025  
Унікальність тексту 96 % («StrikePlagiarism» ID 331142166)  
© Житнік Тетяна Сергіївна, 2025