

Conflict, trauma and healing in Eastern Ukraine

Results of a face-to-face survey in
Luhansk Oblast (GCA) and
complementary online survey




«I was very scared and I'm afraid to experience something like that again»

Elena, 59, Lysychansk



Why this survey?

- Understanding of divided communities as a cause and consequence of the 2014 crisis and ongoing conflict in the East based on personal history and conversations
 - Project “Healing of broken communities” was developed with the aim to enable social healing through dialogue between people “from both sides of the divide”
 - Social healing paradigm: focusing on human suffering rather than on “right versus wrong”
 - Acknowledging the existence of the suffering of “the other” as first step towards healing and reconciliation
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Objectives

- Empirical evidence of presumed social divide?
- Level of traumatization and coping strategies?
- Perspectives for peace?
- Preparing the ground for community dialogue

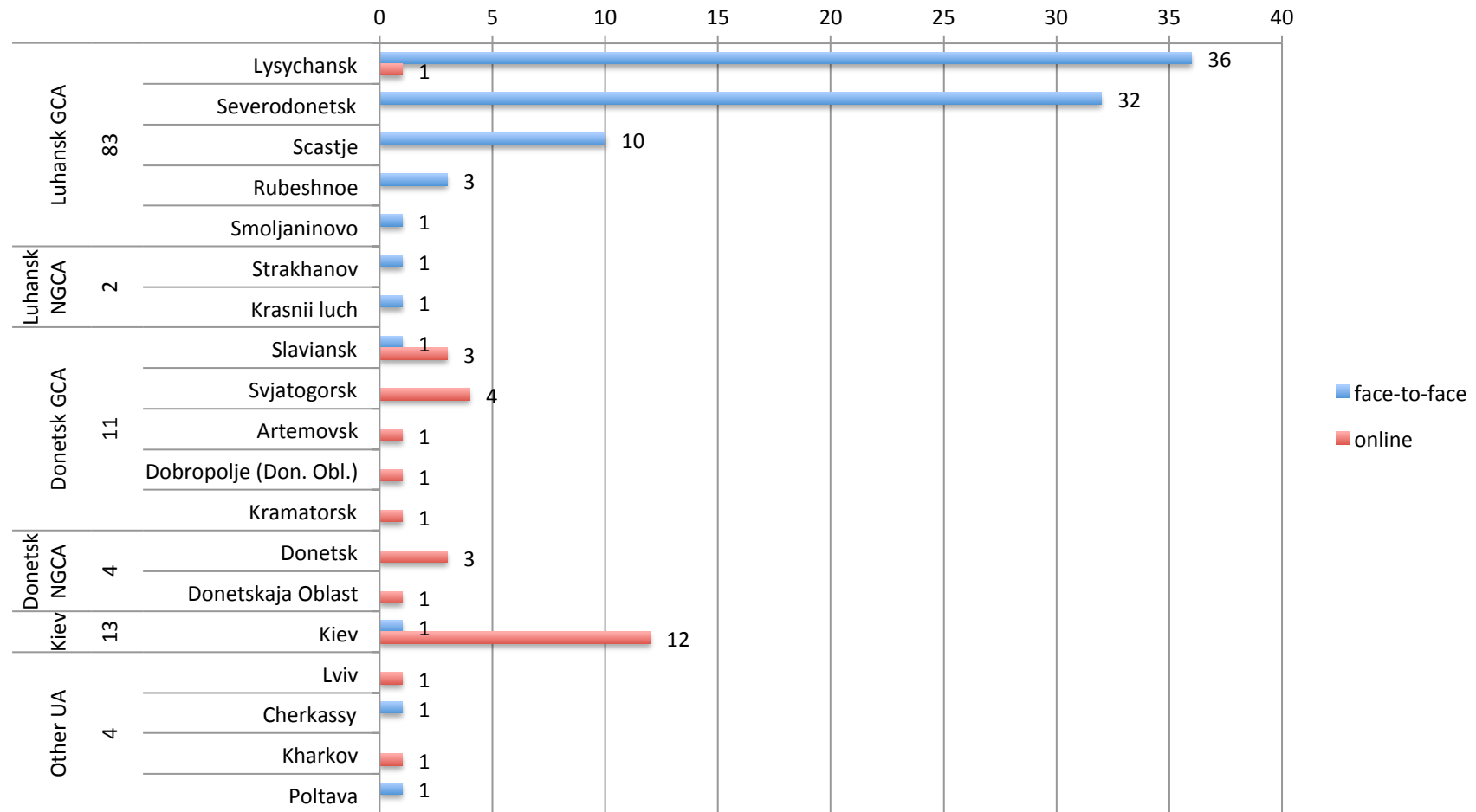


Survey outline

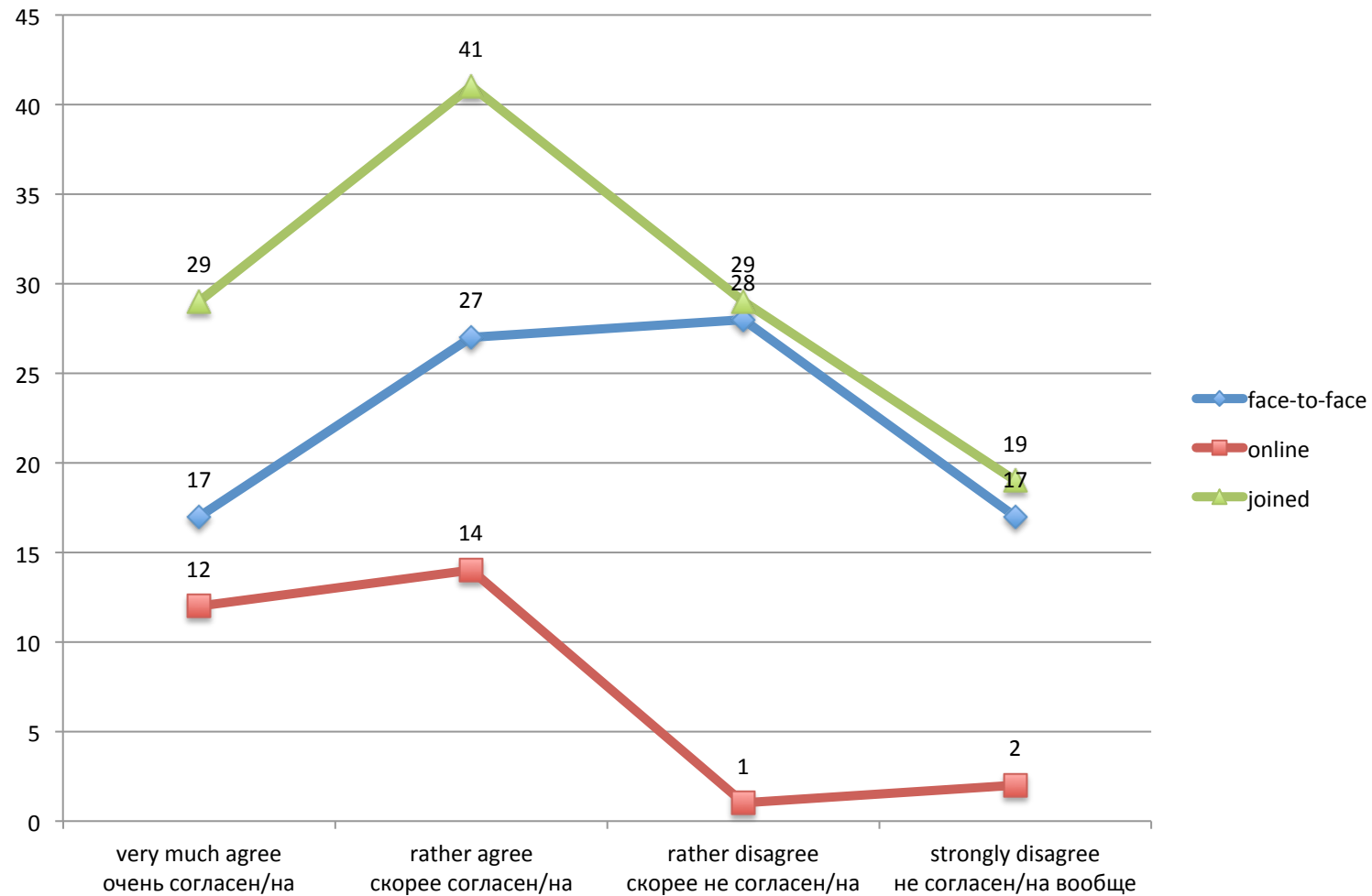
- March 2018 online survey within Ukrainian dialogue community
- April 2018 face-to-face interviews with citizens in Luhansk Oblast
- Focus on Luhansk Oblast
- Online data as “comparison group”



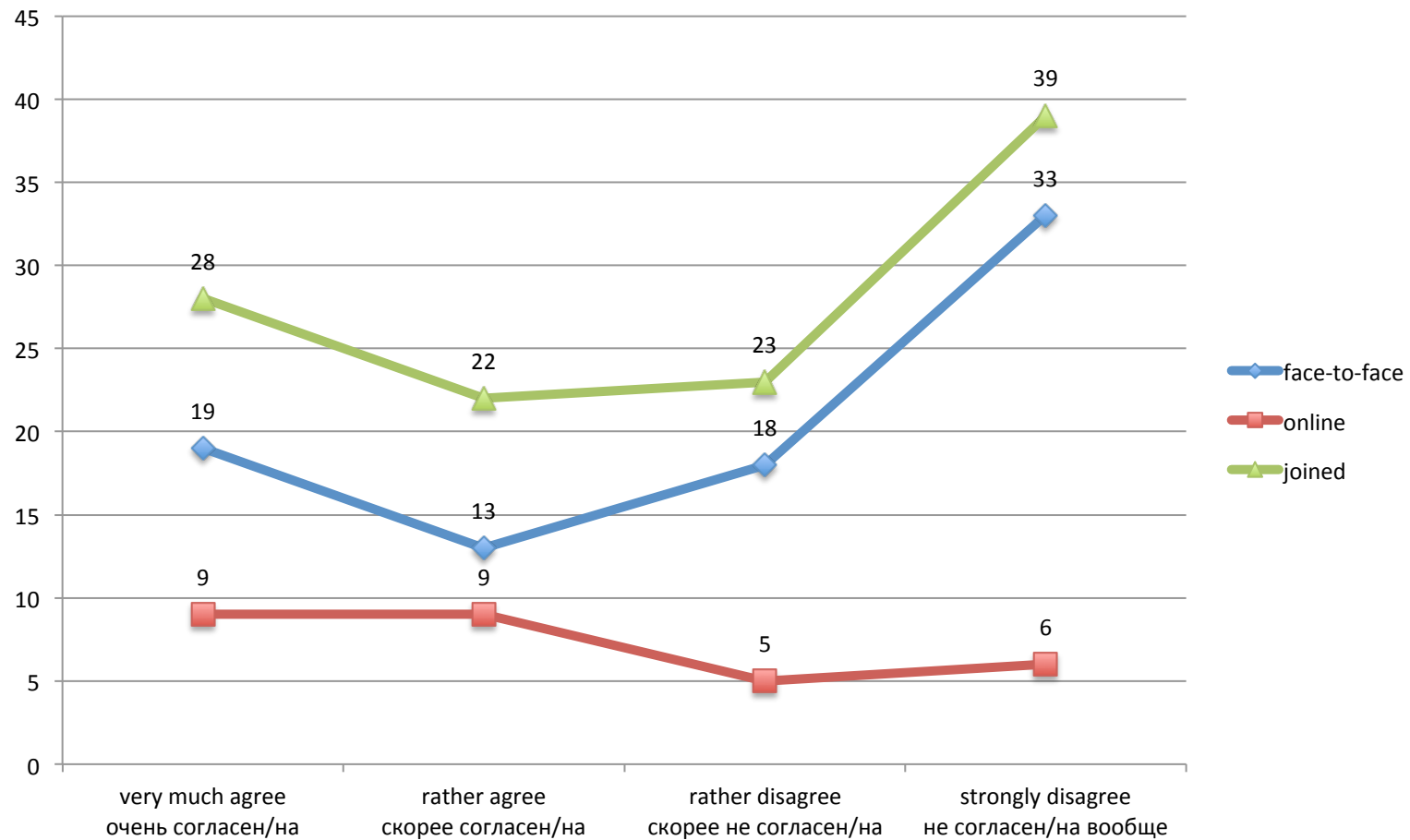
Respondents' location



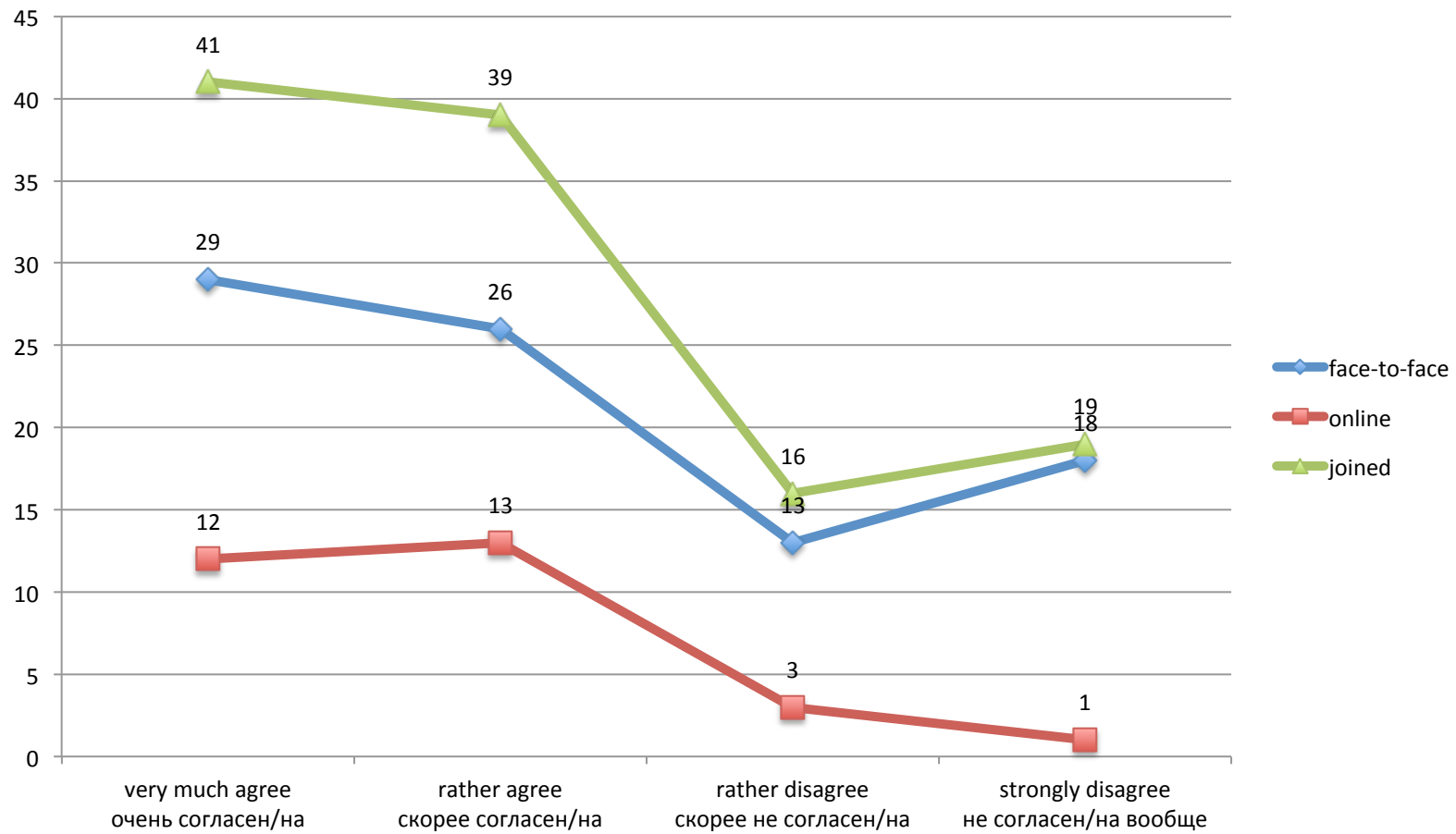
I consider myself an active citizen



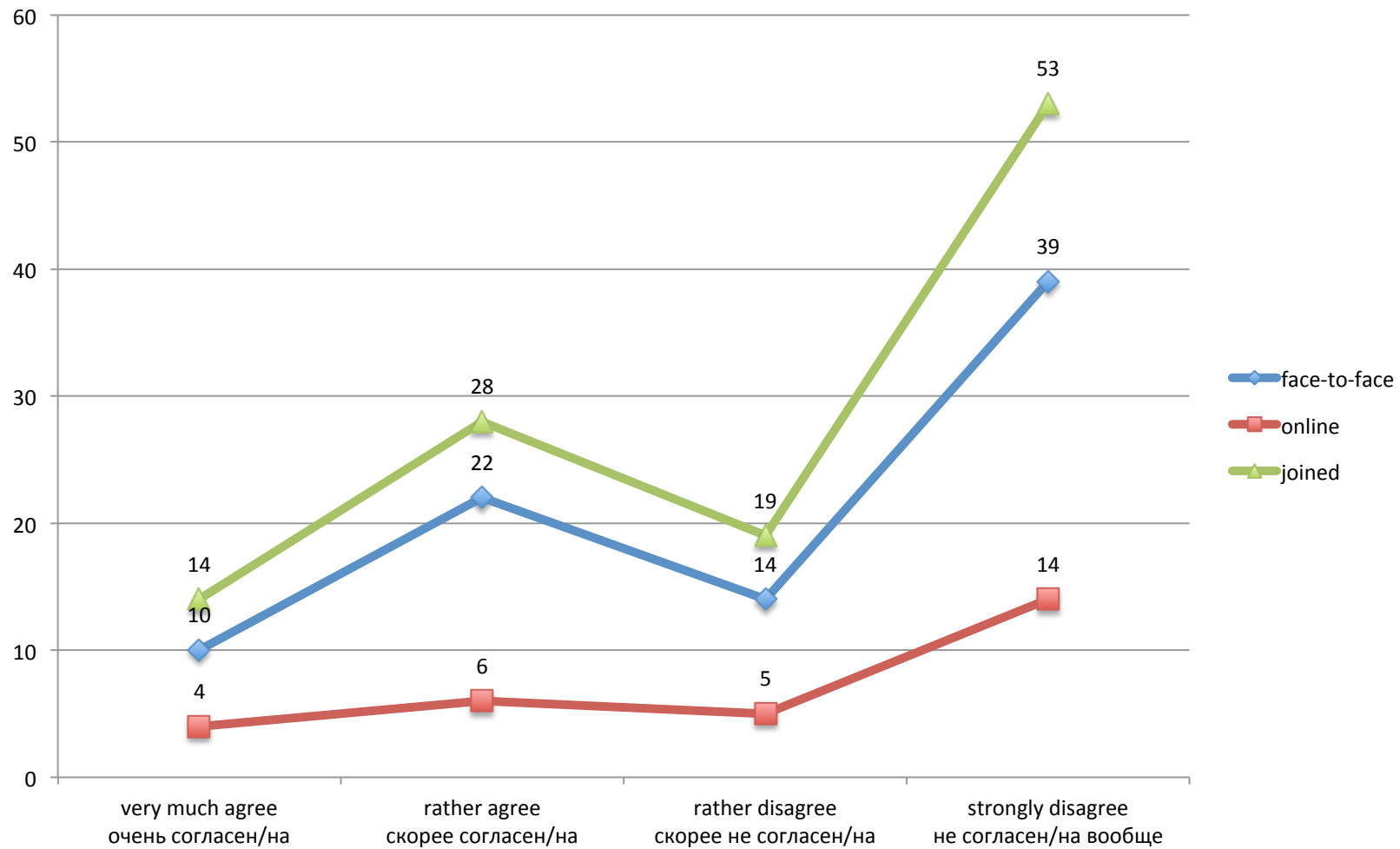
«Maidan» 2013-14 was aimed at the improvement of lives of Ukrainians



The causes of the conflict in Ukraine are of a geopolitical nature



I met the actions of «militants» in 2014 with understanding



«The actions of militiamen were directed to secession from Ukraine, are very aggressive, and I do not agree with this»

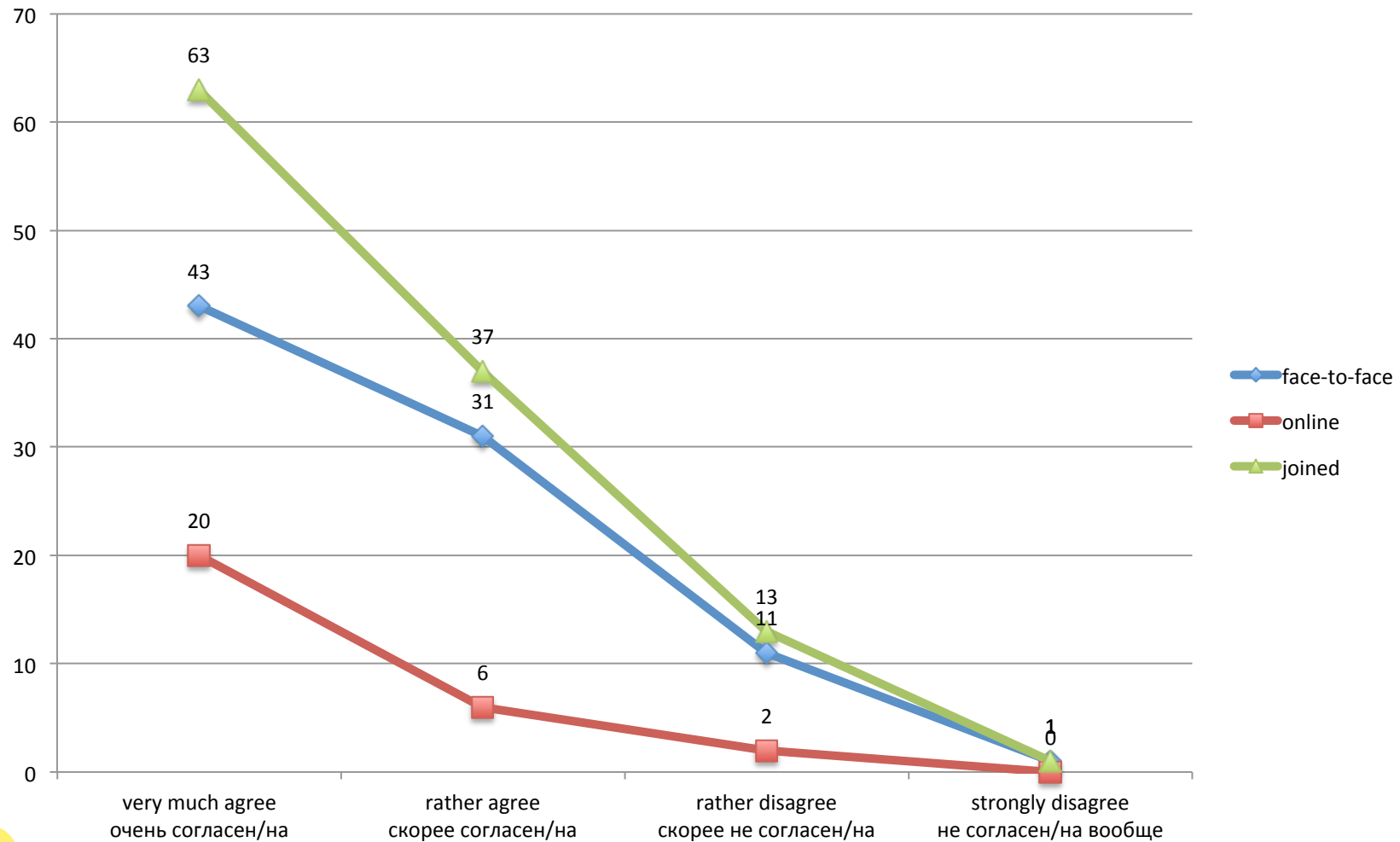
Galina, 66, Scastje

«People stood up for the Russian language, for the economic independence of Donbass»

Galina, 62, Lysychansk



I personally suffer from the consequences of the war

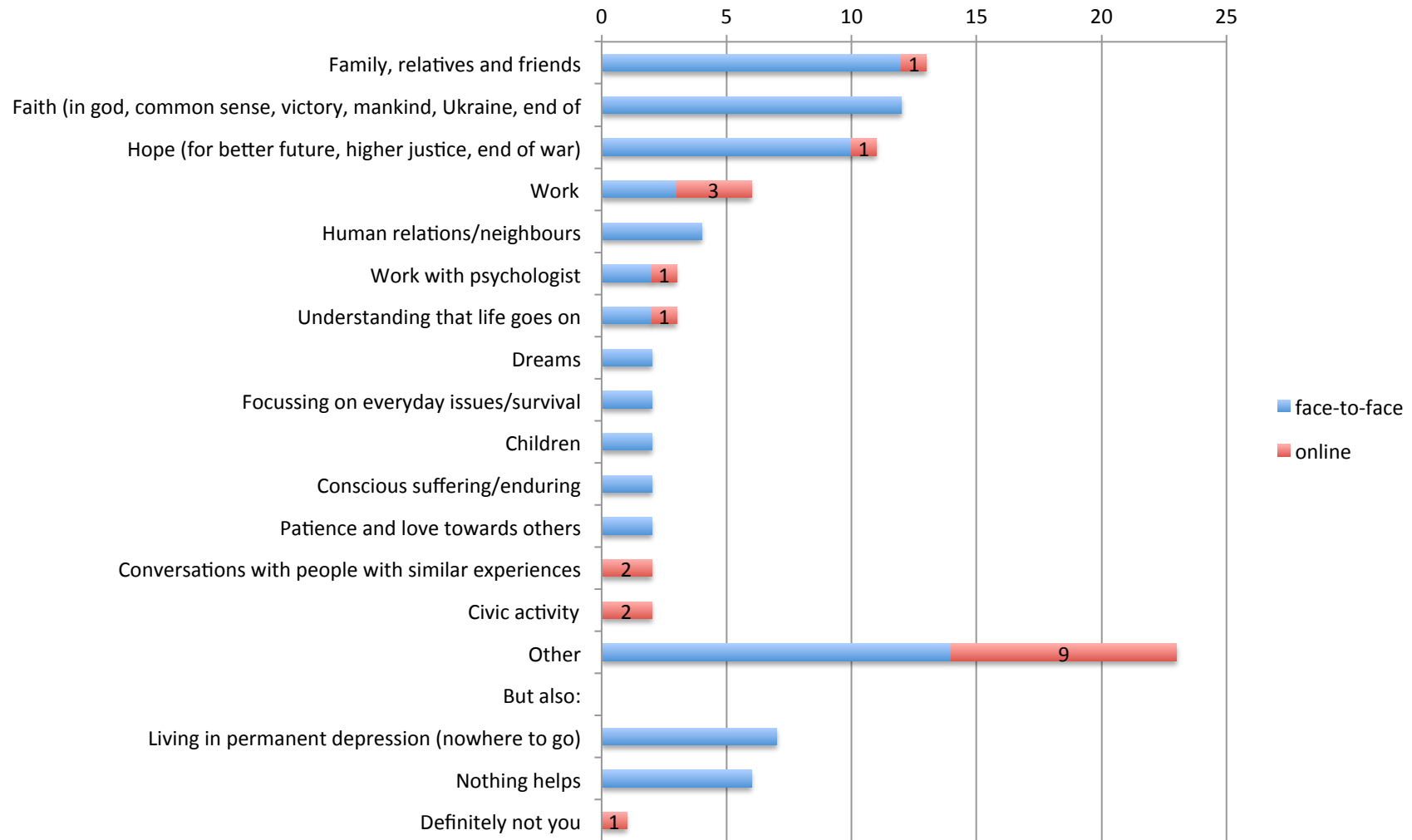


«A lot of pain. It hurts.»

Respondent from Severodonetsk



What helps you most to deal with this suffering?

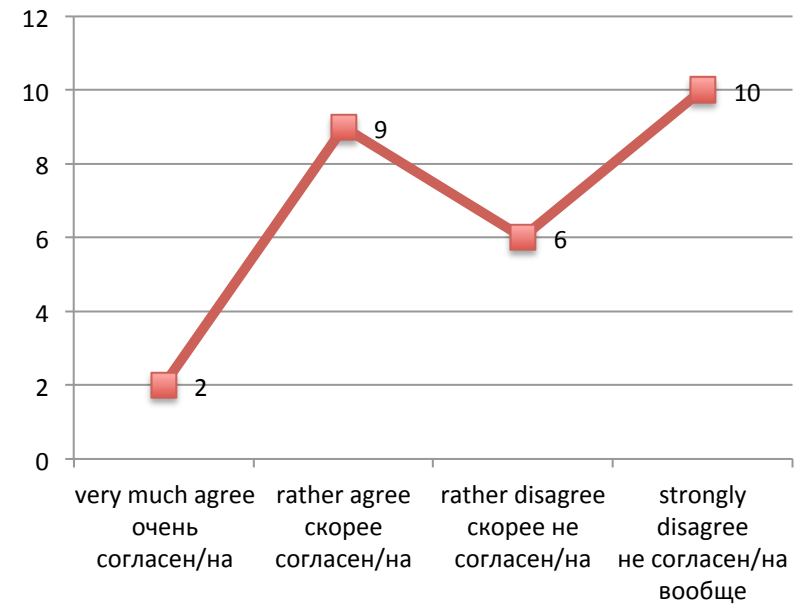
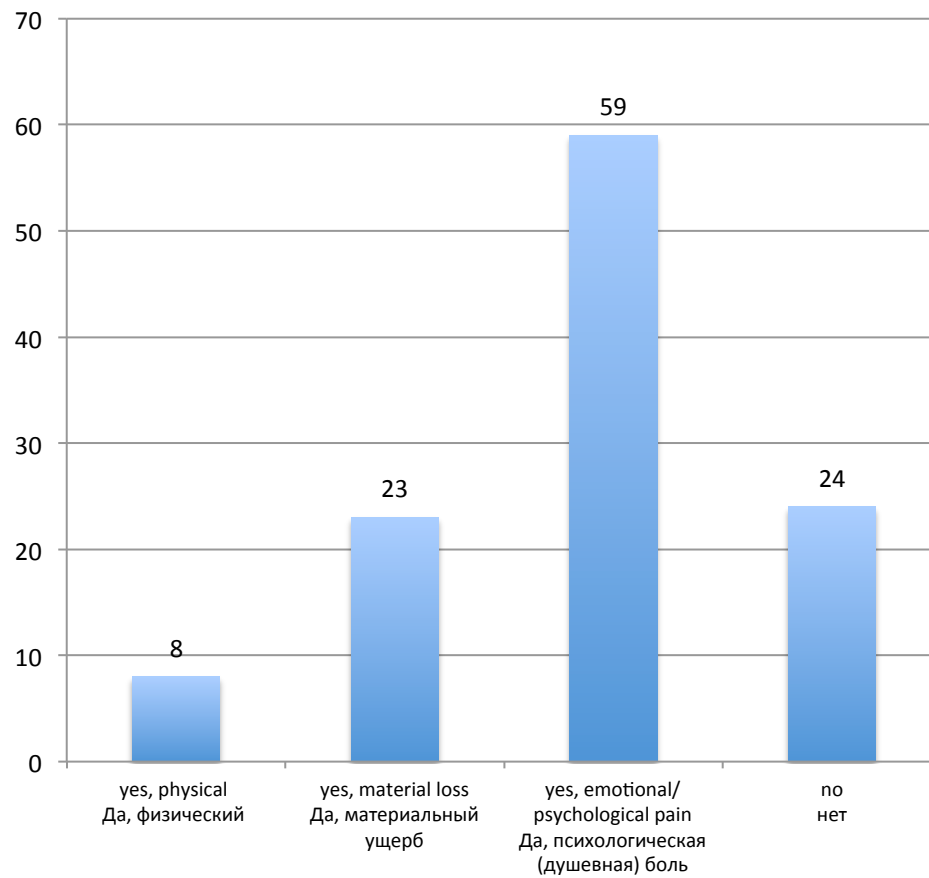


«Faith, hope, love. By the way, these are the names of my wife, daughter and mother.»

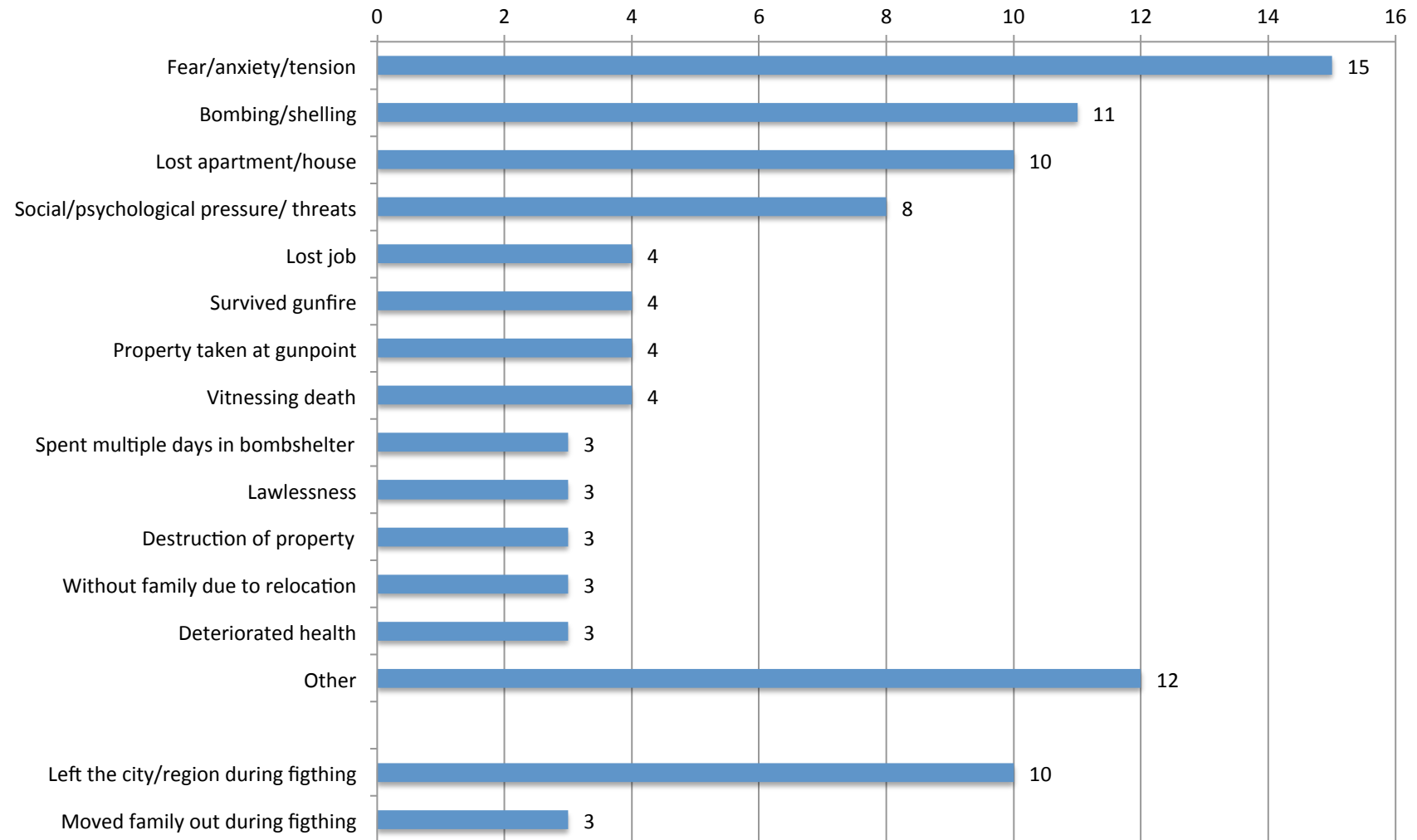
Alexandr, Lysychansk



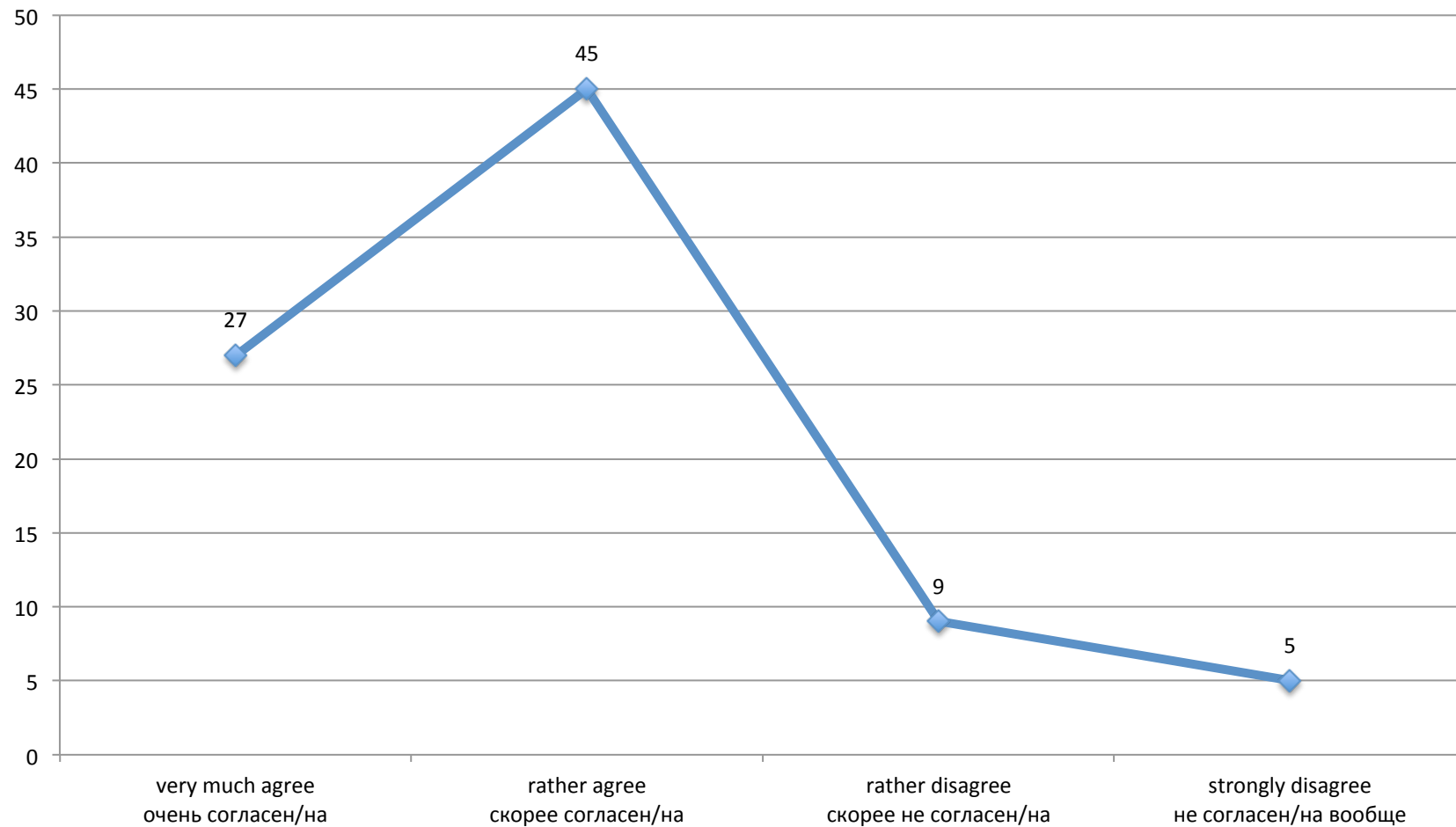
During the war, I was a victim of violence



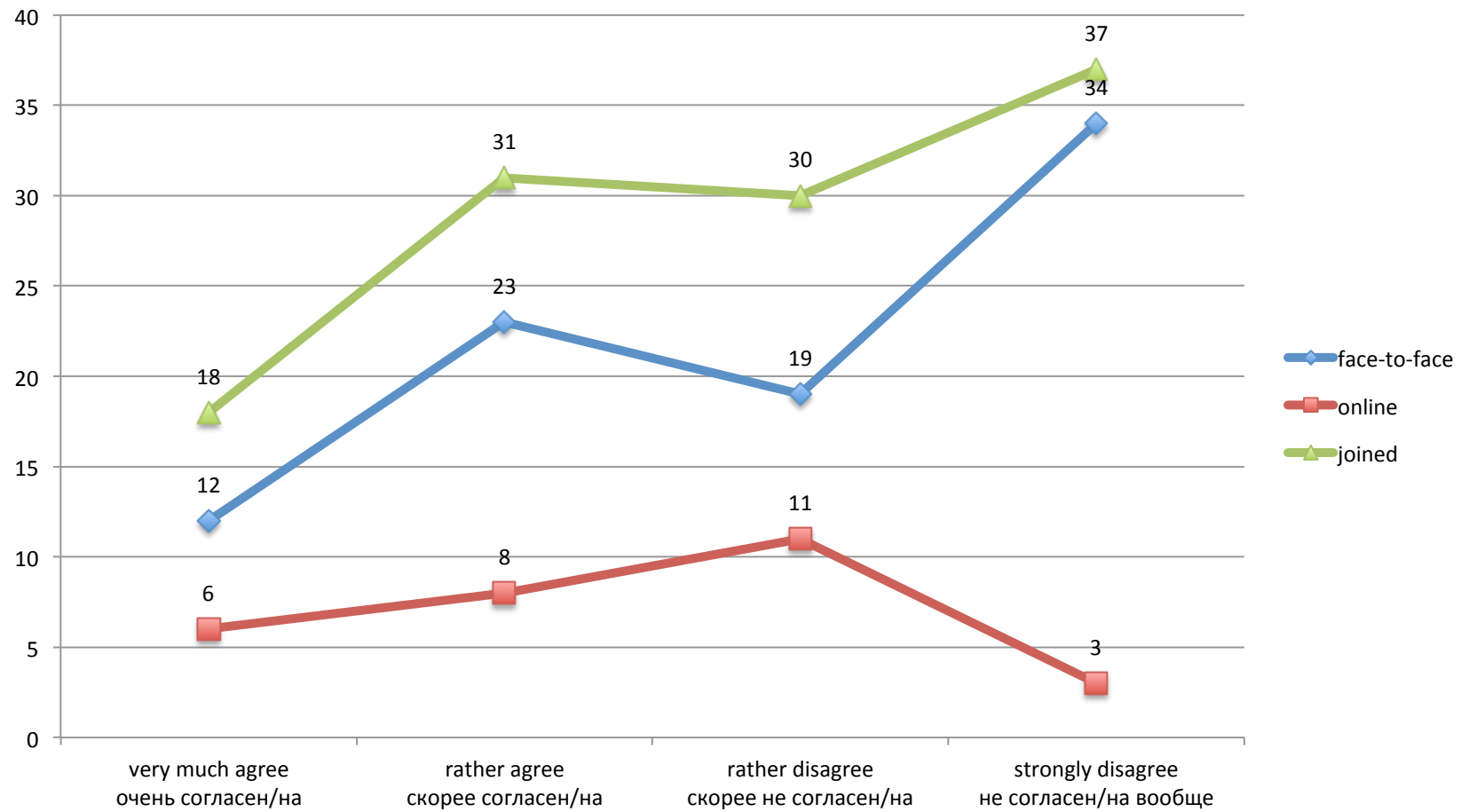
Forms of violence experienced



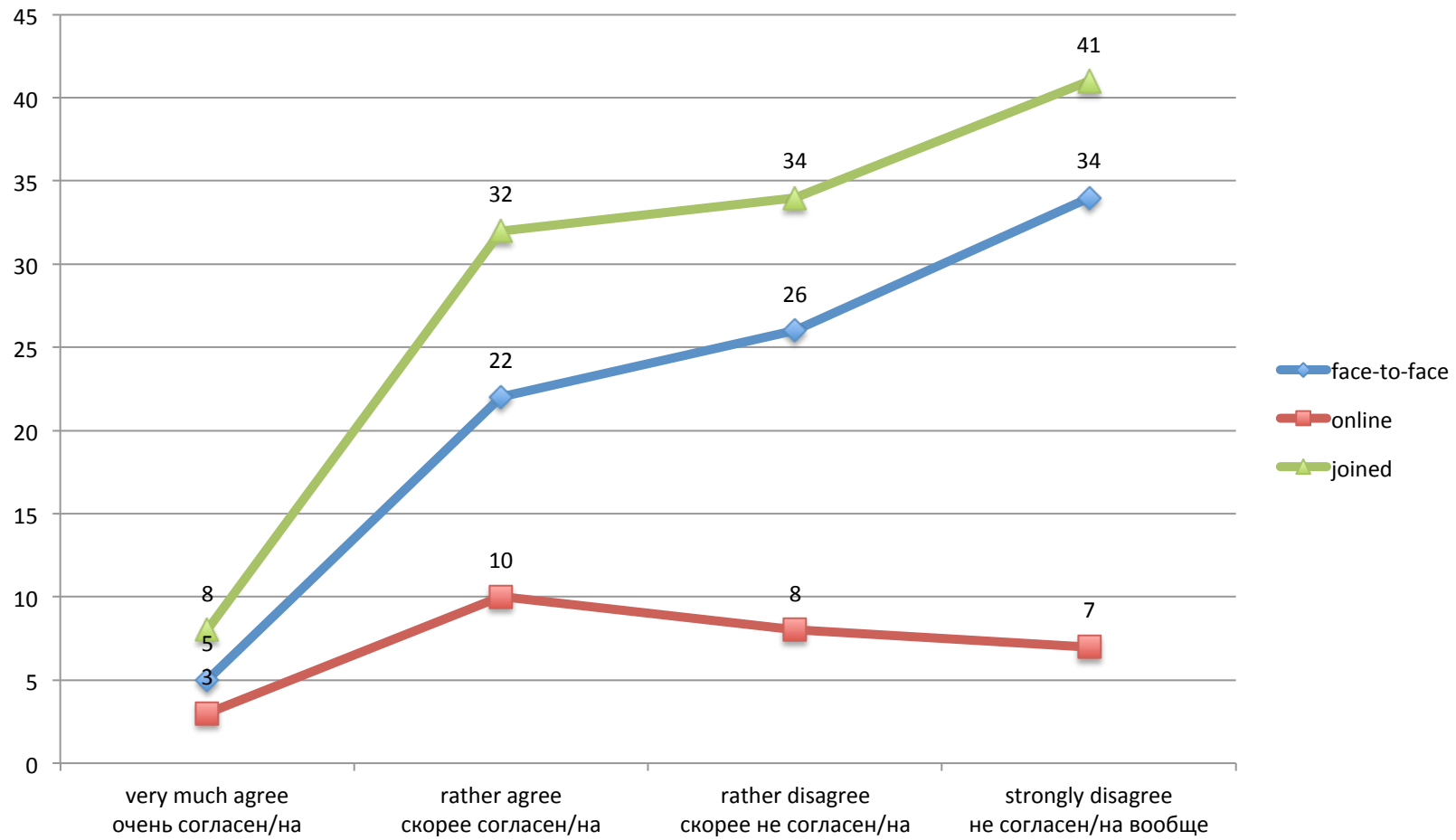
As a consequence of war in Donbas(s), people in society split up



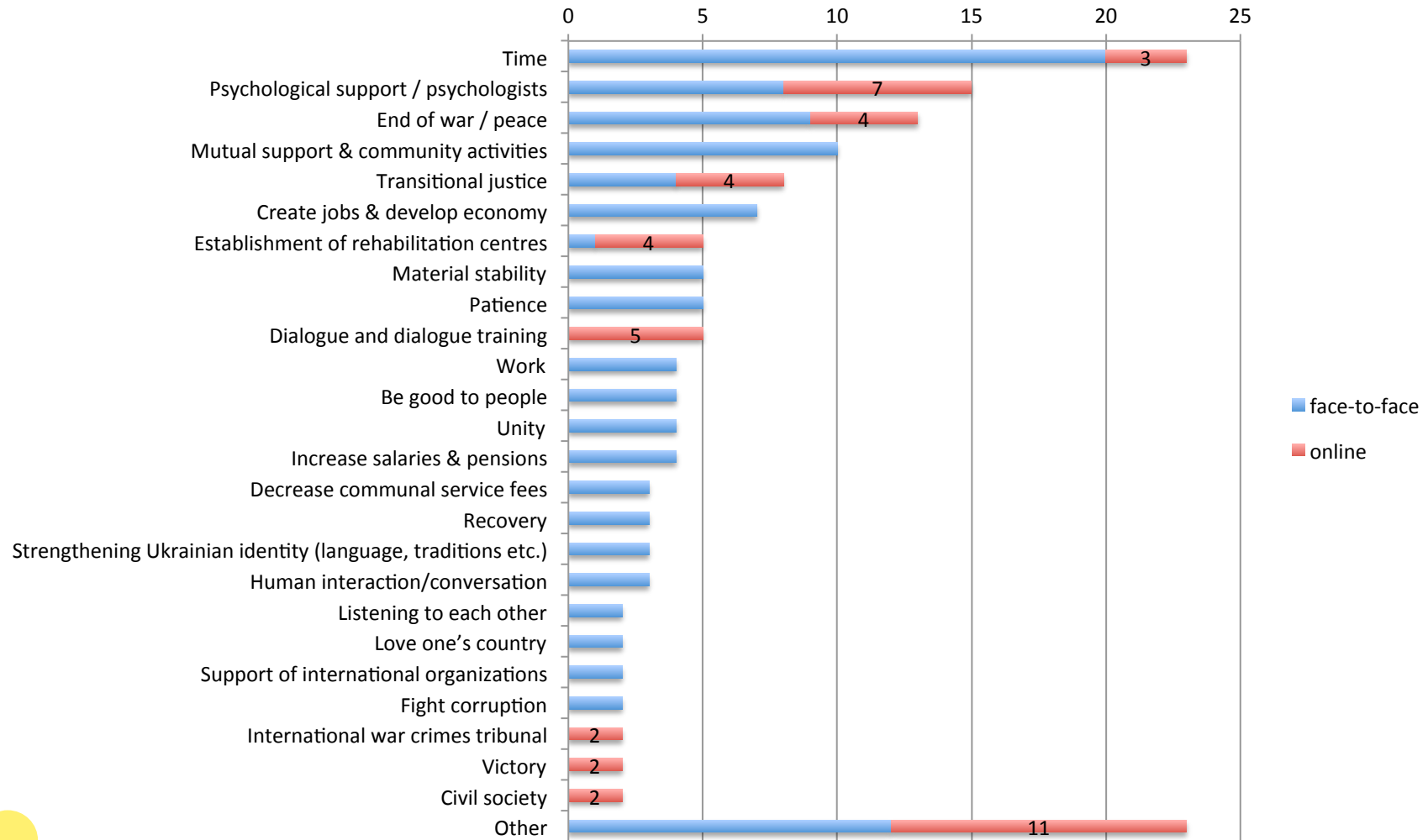
War in Donbas(s) negatively affected my social relations



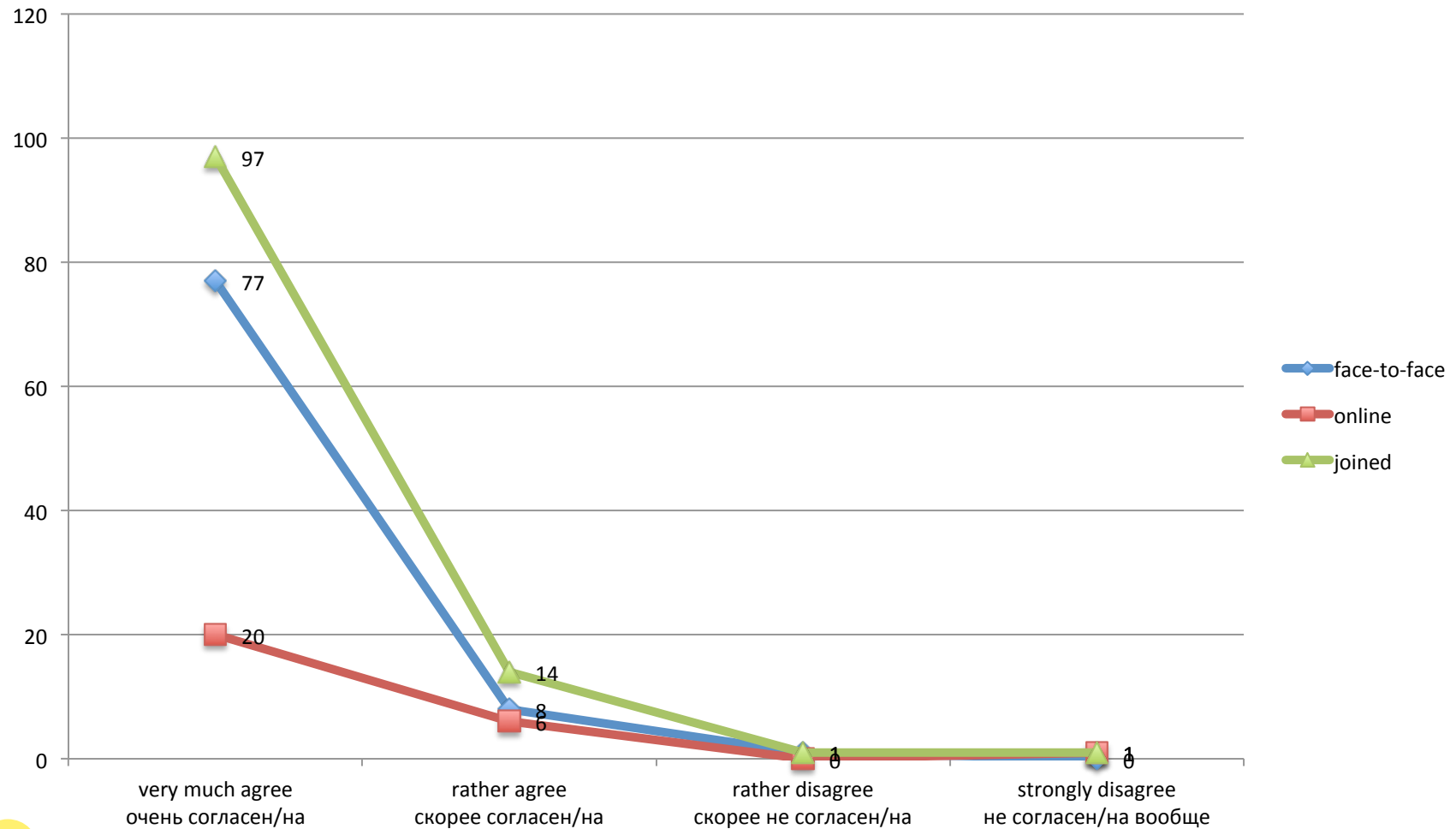
I often have sleepless nights



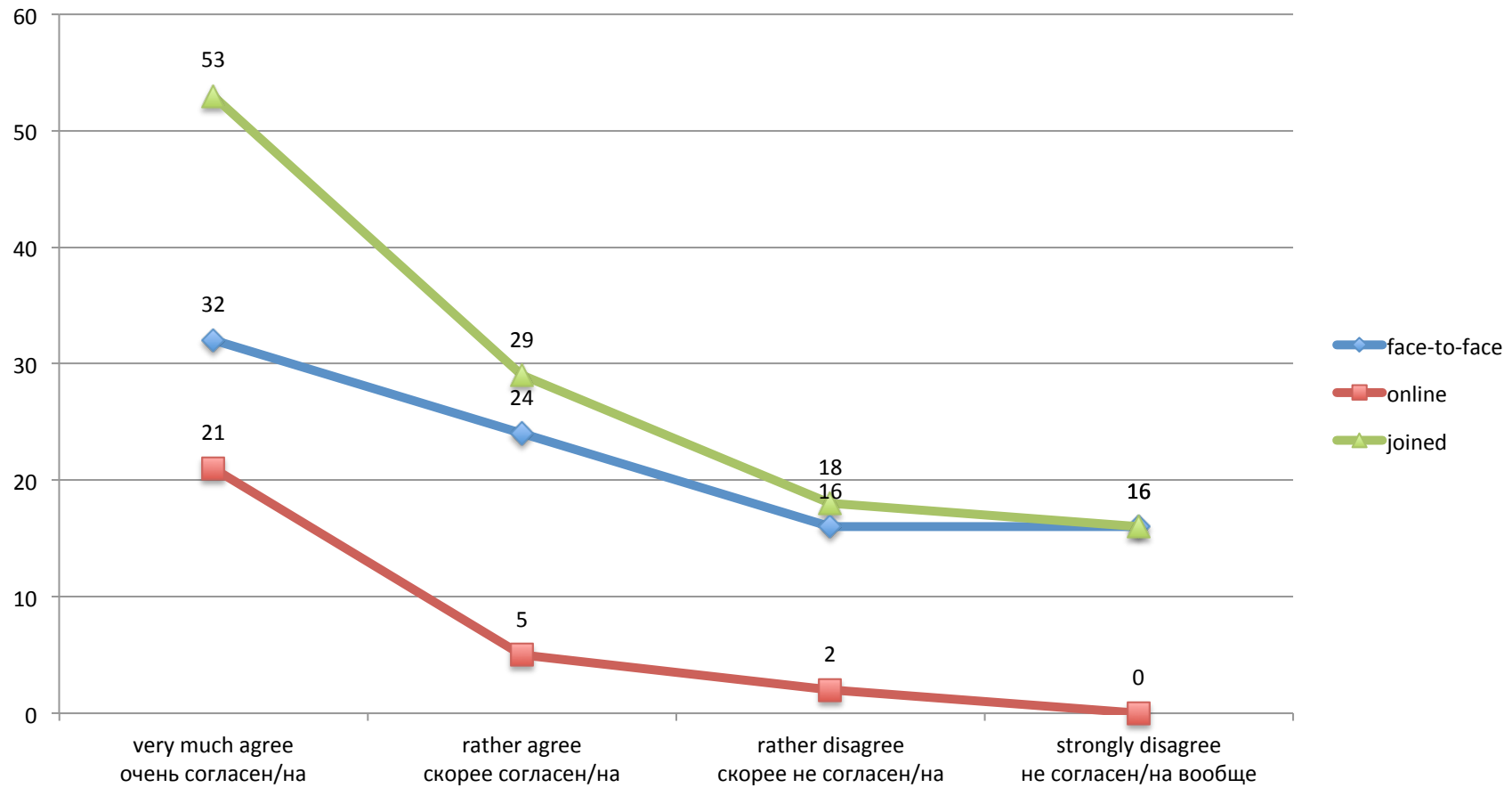
Ways to overcome trauma in Ukrainian society



It is time to end the conflict and undertake measures towards peace



I am ready to personally contribute to peace within my environment



Conclusions

- While there is a general perception that the conflict deepened the divide in society, social relations of one third to one half of the population in Luhansk Oblast are negatively affected.
- People “from both sides” suffer intensely from the consequences of the war. Most have experienced some sort of violence.
- One third of respondents have insomnia, which may indicate PTSD (Post-Traumatic Stress Disorder).
- Besides time and the end of fighting, psychological and community support are the most frequent mentions to overcome trauma.
- An overwhelming majority of respondents believe that it is time to end war and undertake steps towards peace. Most are ready to contribute personally.

