Self-realization as a Driver of Sustainable Social Development: Balancing Individual Goals and Collective Values

By Olesia Stoliarchuk[1], Qi Yang[2], Mykola Diedkov[3], Oksana Serhieienkova[4], Alla Ishchuk[5], Olena Kokhanova[6], Oksana Patlaichuk[7]

ABSTRACT:

Self-realization is integral to the social aspect of sustainable development, as it enables individuals to boost mental health and personal well-being by achieving and enhancing their potential and life goals. This study explores how self-realization functions as a driver for sustainable social development in the face of adversity. The research, which involved 122 adult Ukrainians, utilized written surveys, statistical analysis, qualitative assessment, and ranking to collect data. Despite the persistent threats and crises, Ukrainians exhibit significant motivation and engagement in self-realization across various domains, including professional endeavors, family interactions, and parenting. The wartime environment has introduced new dimensions to self-realization, such as involvement in volunteering and charitable activities. Key areas of self-realization include professional and family roles, which highlight the effectiveness of personal fulfillment. Nonetheless, respondents encounter common challenges, such as procrastination, laziness, and emotional strain. The majority acknowledge the connection between their self-realization and sustainable social development, particularly its social dimensions. While self-actualization is essential for life fulfillment during the ongoing conflict in Ukraine, it necessitates targeted psychological support to tackle individual-specific challenges. Self-actualization remains a vital process for life fulfillment in wartime Ukraine, yet it requires targeted psychological support to address individual challenges.

Keywords: self-realization, personality, development, societal sustainable development, social component of societal sustainable development, adult personality, communication

1. Introduction

Ukraine's steady movement towards European integration in the context of the ongoing war with Russia presents increasing issues for realizing sustainable societal

|¹ Doctor of Psychology, Professor, Psychology of Personality and Social Practices Department, Borys Grinchenko Kyiv Metropolitan University, http://orcid.org/0000-0003-4252-2352

² PhD (Religious Studies), Researcher at the Philosophy Department, Borys Grinchenko Kyiv Metropolitan University, https://orcid.org/0000-0002-4435-0825

³ PhD (History), Professor, Department of Ukrainian Studies and General Language Training of National University "Zaporizhzhia Polytechnic", https://orcid.org/0000-0002-5434-6432

⁴ Doctor of Psychology, Professor, Head of Psychology of Personality and Social Practices Department, Borys Grinchenko Kyiv Metropolitan University, https://orcid.org/0000-0002-1380-7773

⁵ PhD (Philosophy), Associate Professor, Department of the Germanic Languages, Dragomanov Ukrainian State University, http://orcid.org/0000-0001-7825-4295. (Corresponding Author)

⁶ Associate Professor, Psychology of Personality and Social Practices Department, Borys Grinchenko Kyiv Metropolitan University, https://orcid.org/0000-0003-4019-3663

⁷ PhD (Philosophy), Associate Professor, Department of Psychology, Philosophy and Social-Humanitarian Disciplines, Admiral Makarov National University of Shipbuilding, Ukraine, https://orcid.org/0000-0002-1448-3360

development. Implementing the social component of sustainable development of society involves maintaining and enriching individuals' mental and psychological health. A significant internal resource in this process is self-realization, which provides a platform for unlocking individual potential and fostering resilience. We conceptualize self-realization as a fundamental manifestation of an individual's capacity to act as an autonomous agent in their life, characterized by the ability to discover and enrich an individual's potential and life independently. Self-actualization is a process of self-knowledge and self-improvement and indicates personal growth, involving an endless series of situations that demand free choice and responsibility for it. The opportunities for self-realization of citizens serve as a critical marker and a determinant of the sustainable development of society.

2.   Literature review

The concept of self-realization has gained significant attention in recent years, particularly in relation to personal and societal development in the context of sustainability. As proposed by Tønnesvang (2006), it illustrates the need for a balanced approach to individual self-assertion and collective values. This duality of self-realization highlights that personal growth is inherently relational, occurring within a broader context of interconnectedness and shared societal values.

A robust understanding of professional self-realization is crucial, as it shapes individual identity and enhances overall well-being. In contemporary society, professional self-fulfillment is often more significant than familial roles in personality development. However, satisfaction in both professional and familial domains, along with value orientation, plays a pivotal role in the self-actualization process, particularly for women pursuing careers (Tyshchenko, 2014). Social and cultural conditions, as well as gender-related challenges, further influence this dynamic.

Motivation is another critical factor in the pursuit of self-realization. Bedan et al. (2021) argue that individuals with higher levels of self-realization are primarily driven by intrinsic motivators, such as creativity and self-improvement, whereas those with lower self-realization seek external rewards. This distinction suggests that a balance of intrinsic and extrinsic motivational factors is crucial for meaningful professional growth and personal potential. However, societal pressures, particularly in Western contexts, create additional challenges. Chronic stress from societal expectations can lead to mental health issues, such as depression, which pose significant barriers to authentic self-realization (Petersen, 2011). This relationship between mental health and personal development illustrates the need for a supportive environment that encourages individuals to navigate their personal and professional aspirations without the weight of unrealistic societal demands.

In post-industrial societies, self-realization is increasingly linked to adaptability and the ability to engage in ongoing self-development (Vatkovska, 2014; Sirris, 2023). The media, while serving as a source of inspiration, also functions as a manipulative force that shapes personal aspirations (Ishchuk, O. & Ishchuk, A., 2023). This emphasizes the need for critical thinking and discernment in navigating the complexities of self-realization in a media-saturated world.

The educational landscape plays a crucial role in fostering self-realization, particularly among youth. It is important to allow students to actively participate in their own development. Active participation in personal development is essential, as Smorodskyi et al. (2023) note, with additional education offering significant opportunities for self-realization beyond compulsory schooling According to Kuznetsova & Kuznietsova (2016), younger students exhibit greater risk-taking behavior and an external locus of control, whereas older students demonstrate increased responsibility and an internal locus of control. Effective professional orientation, realistic expectations, and psychosocial training enhance the self-realization process. Setting life goals and fostering effective goal-setting strategies contribute to higher levels of self-awareness and the ability to balance short-term and long-term perspectives. Psychological support and targeted interventions to improve motivation and resilience are essential in promoting personal and professional growth, particularly in challenging environments (Reva, 2015; Krasmik et al., 2024). However, self-realization remains a lifelong process that culminates in richer experiences as individuals age (Laceulle & Baars, 2014).

In the academic domain, self-realization holds particular significance. Daugela and Zydziunaite (2024) assert that academic self-realization is fundamental for both individual growth and the well-being of the academic community. Their phenomenological-hermeneutic approach reveals that integrating personal interests within academic settings enriches the self-realization process, thereby fostering both personal and scientific development. This perspective aligns with a holistic approach to education that promotes freedom, personal choice, and critical engagement (Jiménez & Rabell, 2016). Viewing education as a process rooted in love and self-realization enables educators to cultivate environments that nurture individual development.

Resilience and meaning-making in the face of adversity also play a pivotal role in self-realization (Norris, 2023). Empirical evidence indicates that individuals who find meaning and realize personal capacities during difficult times tend to maintain better health and exemplify resilience (Ryff, 2014). Structured programs, such as the residential immersive life skills programs explored by King et al. (2023), significantly enhance youth autonomy and self-realization, especially among marginalized groups, thereby contributing to broader societal resilience.

In the digital age, self-realization is further complicated by the emergence of virtual identities. Lyubiviy & Samchuk (2020) argue that as individuals navigate digital environments, their identities expand through creative exchanges and collaborative projects, emphasizing the integration of virtual dimensions into one's self-concept. The blurring of lines between online and offline experiences complicates the understanding of user behavior and self-presentation, with the decreasing importance of anonymity in social networks (Gradinaru, 2013).

Ecological identity and ethical considerations also contribute to self-realization (Stoliarchuk et al., 2023). Valera (2018) suggests that understanding human nature through a relational and ecological lens enables a deeper exploration of environmental ethics and personal identity within a broader ecological framework.

Autonomy and self-determination are increasingly valued in contemporary economics, alongside welfare, efficiency, and equality. Deci and Ryan's self-determination theory (2012) emphasizes intrinsic motivation and autonomy as key drivers of self-

realization. However, the historical perspectives on self-realization reveal a tension between individual autonomy and societal expectations, with Stromberg (2015) and Sugden (2024) emphasizing the moral and ethical dimensions of individual agency and its contribution to societal progress.

The neo-liberal perspective that freedom of choice in the market leads to self-realization is criticized for failing to account for genuine recognition and fulfillment (Willig, 2009). The cognitive dissonance between choices and actual self-realization demonstrates that deregulation does not necessarily translate into authentic self-fulfillment or social recognition.

Thus, self-realization is a multifaceted and dynamic process influenced by various internal and external factors, including societal expectations, educational practices, personal motivation, and digital engagement. A nuanced understanding of these dimensions is essential for fostering sustainable personal and societal development, paving the way for individuals to navigate their paths toward self-fulfillment in an ever-evolving world.

3.   Materials and methods

The research, conducted from March to May 2024, explored individuals' perspectives and efforts toward self-realization as a driving force for promoting sustainable social development. This study builds upon our previous investigation (Stoliarchuk et al., 2024). The current research sample comprised representatives of the adult age as active agents of self-realization, involving 122 participants in early and middle adulthood, including 108 women and 14 men. Their age range is from 21 to 60 years, with an average age of 40.5 years. All participants were informed in advance about the purpose of the study, assured of the anonymity of their responses, and provided their voluntary consent to participate in the study.

The diagnostic toolkit employed included a written anonymous survey administered via a Google form. For empirical data processing, the SPSS software (version 29.0) was used to mathematically process the survey data by calculating the average and percentage values of the diagnostic data.

Given the general recognition of family and professional domains as primary spheres of personal fulfillment, ensuring the sample distribution reflected the status differentiation present in Ukrainian society was important. Accordingly, the study involved respondents of different social statuses due to close relationships, as shown in Fig. 1.
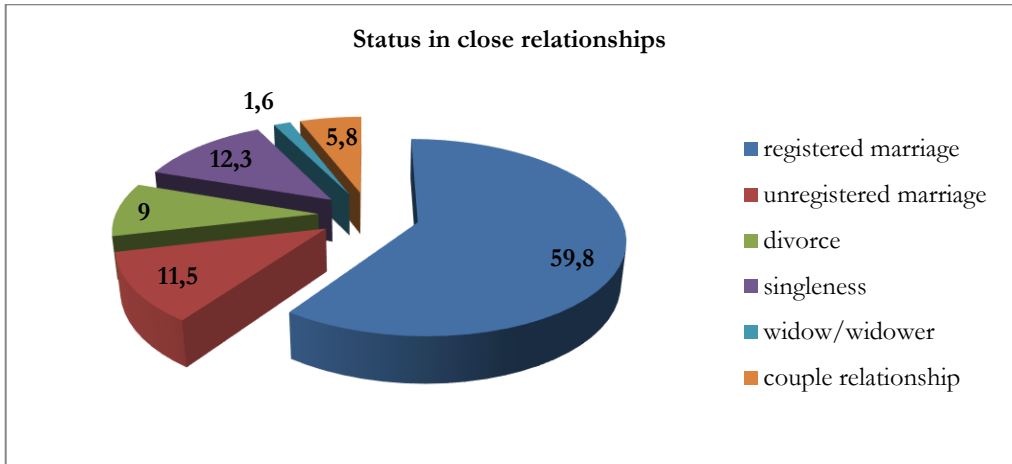
Status in close relationships

1,6
5,8
12,3
9
11,5
59,8

- registered marriage
- unregistered marriage
- divorce
- singleness
- widow/widower
- couple relationship

Figure 1. Respondents' designation of their social status (% of choices)

As the diagram shows, the study involves representatives from all social statuses. Furthermore, the differentiation of Ukrainian society in general is reflected in terms of the professional status of the survey participants, as shown in the diagram in Fig. 2.
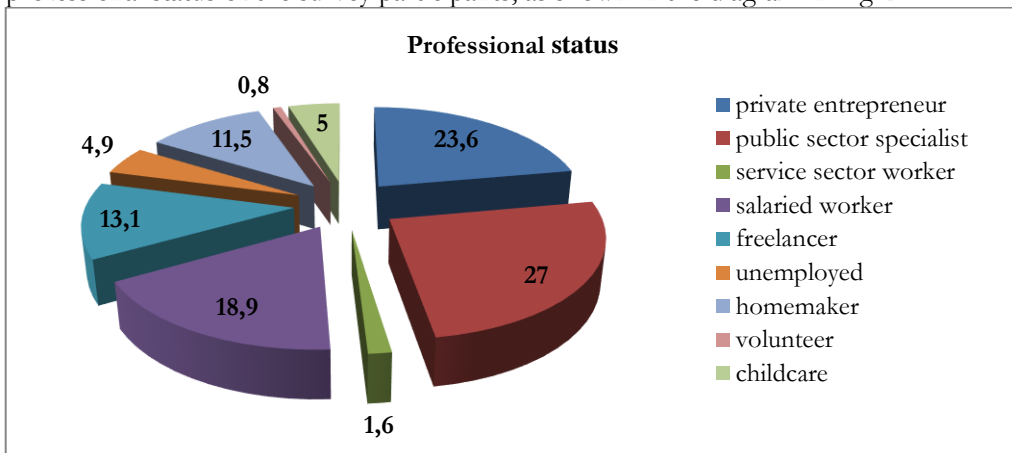
Professional status

0,8
5
4,9
11,5
13,1
18,9
23,6
27
1,6

- private entrepreneur
- public sector specialist
- service sector worker
- salaried worker
- freelancer
- unemployed
- homemaker
- volunteer
- childcare

Figure 2. Respondents' designation of their professional status (% of choices)

While this study primarily emphasizes self-realization as a driver of sustainable social development, it acknowledges the significance of exploring how gender influences this process, particularly regarding professional versus family roles. The gender breakdown of participants provides a foundational understanding, but the intricate dynamics, such as societal pressures, cultural expectations, and gender-based challenges, merit further examination. Recognizing these factors could enrich future research, leading to a more comprehensive understanding of self-realization across different genders within the context of societal norms and expectations.

4. Results

In clarifying the functional aspects of self-realization from the respondents' perspective, the primary response identified was the discovery and enrichment of their own potential (Table 1).

Table 1. The content of self-realization

Response options	Respondents' choice* (%)	Ranking position
Discovering and enriching one's own potential	77,9	1
Combining personal well-being and social welfare	65,6	2
Identifying and fulfilling one's vocation, life mission	63,9	3
Enhancing one's own stress resistance, adaptability, and flexibility	26,2	4
Serving people, community, society	24,6	5
Engaging in interesting and beloved activities	1,6	6

* The question had multiple choice options.

The personal and social dimensions of self-realization are reflected in the response concerning the combination of personal well-being and societal well-being, which was selected by 65.6% of respondents. Additionally, more than half of the respondents consider self-realization as the identification and fulfillment of their vocation and life mission. Fewer than a third of respondents perceive self-realization as a manifestation of personal resilience, while approximately a quarter of the respondents see it as serving people, the community, and society. A minority of respondents described self-realization as engaging in interesting and enjoyable activities.

The survey further explored how the respondents perceived the impact of the war in Ukraine on their self-realization. The findings indicate that nearly half of the respondents reported experiencing difficulties in self-realization due to the Russian-Ukrainian war (Table 2).

Table 2. The impact of war on self-realization.

Response options	Respondents' choice (%)
Complications due to security risks and unfavorable emotional state	36,9
Complications due to changes in life values and priorities	8,2
Improvement through new areas of self-realization	19,7
Simplification due to identification of the most important life priorities	9,0
No significant impact	13,9

On the other hand, approximately one-fifth of the respondents reported improvements in self-realization due to the emergence of new areas of possible activity (e.g., volunteering, weaving camouflage nets, military service, etc.).

Some respondents noted that self-realization has become more accessible through the identification of key life priorities (e.g., defending the homeland, protecting children, providing a "home front" for a military family member). Nearly 14% of the respondents perceived no significant impact of the war on their self-realization. One respondent mentioned that the onset of the war coincided with the birth of a child and maternity leave,

presenting a dual challenge for the woman, but also serving as a basis for reevaluating self-realization areas.

While this study emphasizes the immediate effects of war on self-realization, it also raises important questions about how prolonged conflict might reshape personal goals, values, and motivations over time. Understanding the coping mechanisms individuals adopt in response to these challenges could yield deeper insights into their capacity for adaptation amidst significant external stressors. However, the primary focus of this research is to explore the current impact of the war rather than delve into the long-term dynamics that could arise from ongoing conflict.

The study also aimed to identify the specific areas of self-realization in which the respondents are engaged. As anticipated, the majority of responses were focused on the professional sphere and marital/family interaction (Fig. 3).
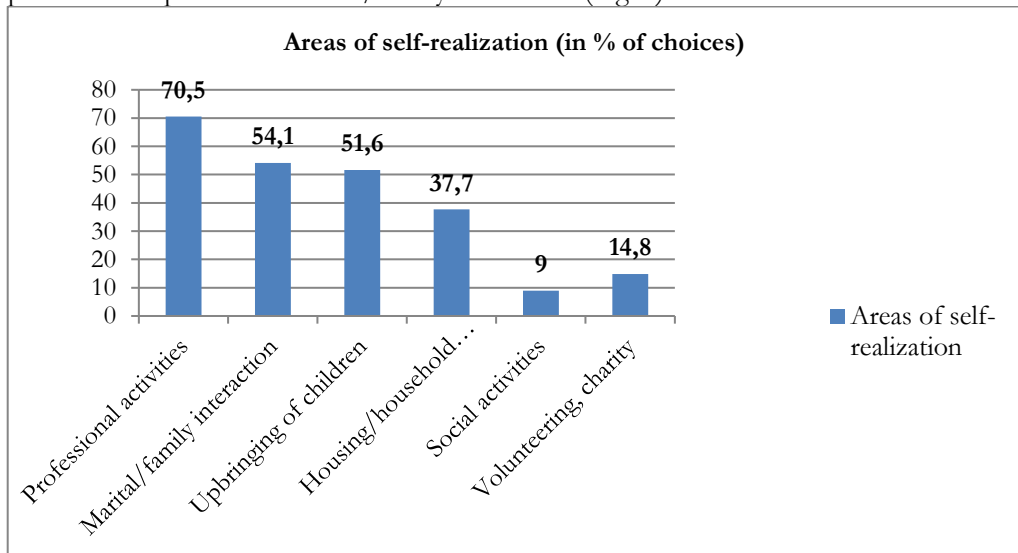

Areas of self-realization (in % of choices)

Figure 3. Statistics on engagement in different areas of self-realization

More than half of the respondents realize self-realization through raising their own children. It is important that 37.7% of respondents see self-realization in the improvement of housing and everyday life, including those associated with internal displacement. Compared to the pre-war period, the number of people who realize self-realization through volunteering and charity has increased significantly. Public activity as a sphere of self-realization is typical for 9% of respondents. One respondent sees his or her self-realization in the cognition of existence, and another respondent mentioned communication with people with common/close views. Only 7.4% of the respondents admitted that they currently do not realize self-realization in any area.

Next, we found out how the respondents' self-realization is related to the goals of sustainable development of Ukrainian society. Echoing the answers to the previous question, more than half of the respondents see this connection in caring for the future generation (Table 3). The second ranking position was taken by the answer about the implementation of sustainable development in improving the personal well-being and health of other people, which is typical for 40.2% of respondents. The triad of answers

reflecting the connection between self-realization and the social component of sustainable development was complemented by respondents' overcoming gender discrimination, although it took only the fifth position in the rating.

Table 3. The link between self-realization and sustainable development of society

Response options	Respondents' choice* (%)	Ranking position
Caring for the future generation	51,6	1
Improving personal well-being and health of other people	40,2	2
Contributing to the economic development of the country	21,3	3
Implementing innovations and advanced technologies	18,0	4
Overcoming gender discrimination	12,3	5
Preserving and restoring the environment and natural resources	9,8	6
Overcoming poverty, increasing the income of other people	6,6	7

* The question had multiple choice options.

The third and fourth positions in the rating are occupied by responses linking self-realization of respondents to the economic component of sustainable development. The environmental component of sustainable development is a focus of 9.8% of respondents. A small portion of respondents (6.6%) associate their self-realization with the sustainable development of society through overcoming poverty and increasing the income of other people. One respondent mentioned that the connection is made through their contribution to the development of other individuals. Additionally, 9% of the respondents do not perceive a connection between their self-realization and Ukraine's sustainable development, and 7.4% of respondents confirmed that they are not currently pursuing self-realization.

While our study highlights the respondents' awareness of the link between self-realization and sustainable development, we acknowledge the importance of exploring this connection further. Future research could delve into how individual empowerment not only contributes to personal growth but may also drive systemic changes in societal structures, examining whether these efforts lead to lasting impacts beyond localized effects.

Respondents identified professional activity aligned with their vocation as the primary marker of successful self-realization (first rank), as illustrated in Table 4. The second-ranked position was shared by attributes such as financial security, material independence, and effective marital/family interaction, selected by over half (52.5%) of the respondents. This indicates the importance of pragmatic and communicative areas of personal self-realization for the respondents. Nearly half of the sample considers work-life balance to be a marker of successful self-realization. Established communication with children and their upbringing are also significant for many respondents, with 42.6% identifying it as a sign of self-realization. Effective support of vital resources is seen as a marker of successful self-realization for over a third of the respondents. Socially oriented

attributes, such as mentoring, charity, and popularity on social networks, are not common indicators of successful self-realization among respondents.

Table 4. Indicators of successful self-realization

Response options	Respondents' choice* (%)	Ranking position
Professional activity according to one's vocation	58,2	1
Financial security, material independence	52,5	2
Effective marital/family interaction	52,5	2
Work-life balance	49,2	3
Established communication with children, their upbringing	42,6	4
Physical/sexual activity and health maintenance	39,3	5
Successful professional career building	32,8	6
Caring for the future generation, mentoring	27,0	7
Systematic charity	18	8
Popularity on social networks, wide social circle	4,9	9

* The question had multiple choice options.

The absence of relevant self-realization was confirmed by 7.4% of the sample. One respondent notably highlighted a personal indicator of successful self-realization: in his vision, it is the recognition that one is living the right life.

After identifying the common indicators of self-realization, it was relevant to determine the obstacles preventing Ukrainians from achieving it. The most frequently cited obstacles according to the respondents, are procrastination and laziness (Table 5). The second most common barrier is an unfavorable emotional state, which affects more than half of the respondents. Notably, threats and restrictions associated with the war rank lower than the two aforementioned obstacles, taking third place. Financial difficulties were acknowledged as an obstacle to self-realization by less than one-third of the respondents (fourth rank). Unfavorable communication conditions, such as loneliness, limited close supportive communication (fifth rank), destructive family relationships, such as conflicts, violence, and manipulation (seventh rank), are also cited as obstacles to self-realization by some respondents. For 12.3% of the respondents, the priority of adapting to new living conditions due to forced migration (sixth rank) hindered self-realization, while 8.2% were impeded by serious health problems and chronic diseases (seventh rank). Additionally, some respondents reported obstacles related to their professional activities, including low status at work (ninth rank) and unemployment or frequent job changes (tenth rank).

Table 5. Obstacles to successful self-realization

Response options	Respondents' choice* (%)	Ranking position
Procrastination, laziness	54,1	1
Unfavorable emotional state	53,3	2
Lack of security and limited opportunities due to the war	42,6	3
Financial difficulties	30,3	4

Loneliness, limited close supportive communication	14,8	5
Priority of adapting to new living conditions due to forced migration	12,3	6
Destructive family relationships (conflicts, violence, manipulation)	8,2	7
Serious health problems, chronic illnesses	8,2	7
Lack of respect and recognition from a spouse and/or family members	6,6	8
Low status at work	5,7	9
Unemployment or frequent job changes	4,1	10

* The question had multiple choice options.

9% of respondents reported having no obstacles to self-realization. Two respondents (1.6%) each identified such obstacles as addictions (e.g., workaholism, alcoholism, drug addiction, gambling) and a lack of self-awareness or clarity about their life path. One respondent mentioned challenges related to relocating and having a child, while another cited a lack of time.

When identifying the most important conditions for successful self-realization, the respondents prioritized a favorable emotional and physical state (Fig. 4). This is followed by a strong desire (motivation) and a clear understanding of the necessary areas for self-realization. Adequate financial resources ranked third. For the majority of respondents, support of a marital partner was also seen as essential. The previously mentioned conditions appear to be even more important for respondents than personal safety. For one-third of the respondents, having the mental and physical potential, along with sufficient willpower, was critical for self-realization. Only 20.5% of the sample indicated that they need social support in the process of self-realization.
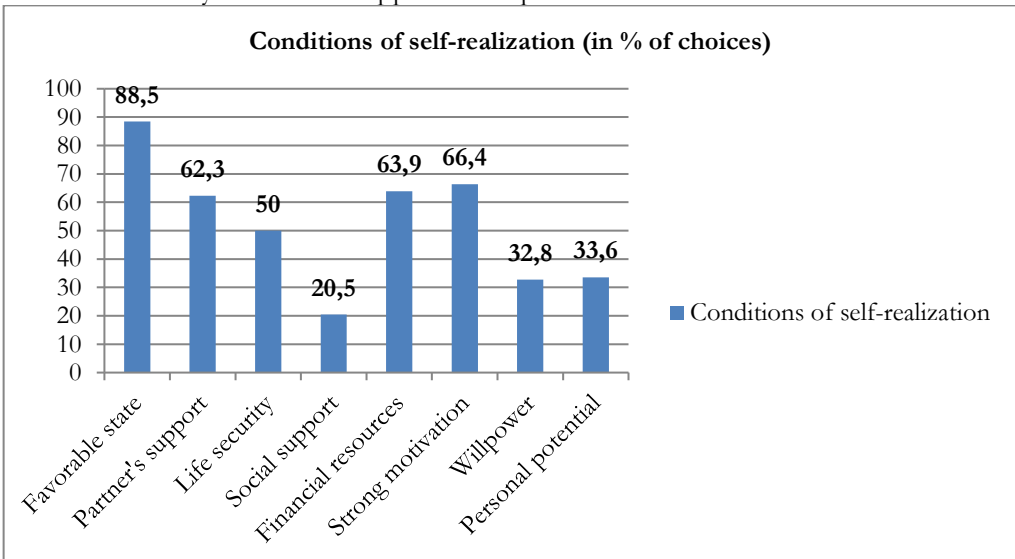

Figure 4. Statistics on the significance of self-realization conditions

The survey concluded with a question about identifying the problems and negative aspects respondents encountered in the process of self-realization. It was found that the most common issues reported by respondents were workaholism and emotional burnout (Table 6). Almost half of the sample experienced disappointment and depression when they were unable to achieve their desired level of self-realization (second rank). Many respondents (41.8%) admitted to experiencing confusion regarding the values and meanings of their lives during the self-realization process. Conversely, 35.2% of the respondents identified focusing on only one area of life, while neglecting others as a negative aspect of their self-realization (fourth rank). Additionally, 18% of the respondents experienced manifestations of perfectionism, while 6.6% reported encountering egocentrism and ignoring the needs of other people (fifth and sixth rank, respectively).

Table 6. Negative aspects of self-realization

Response options	Respondents' choice* (%)	Ranking position
Workaholism and emotional burnout	59,8	1
Disappointment and depression due to the inability to achieve the desired level of self-realization	49,1	2
Confusion about the values and meanings of one's own life	41,8	3
Focusing on only one area of life while neglecting others	35,2	4
Perfectionism	18,0	5
Egocentrism and ignoring the needs of other people	6,6	6

* The question had multiple choice options.

It has been confirmed that 7.4% of the sample currently have no self-realization. 4% of the respondents did not identify any negative aspects of their own self-realization.

5. Discussion

Against the backdrop of the ongoing war in Ukraine, we are aware of and find practical evidence of the challenges that adult Ukrainians face in the process of self-realization. At the same time, the study has shown that despite mental and vital threats, Ukrainians continue to demonstrate strong motivation and engagement in self-realization. For many respondents, this encompasses several areas of life, such as professional activities, family interaction, and child-rearing. It has been established that, in the context of the war, a significant number of Ukrainians have discovered new areas of self-realization, such as volunteering, charity, etc.

The results of the survey revealed that the leading aspects of self-realization for the respondents are the disclosure and enrichment of their own potential, as well as the combination of their own well-being and social well-being. About half of the sample reported complications in self-realization due to the Russian-Ukrainian war, while a fifth of respondents reported an improvement in self-realization.

As anticipated, the primary areas of self-realization for the surveyed Ukrainians were professional activity and family interaction. The success in these areas was noted as a marker of effective self-realization for the Ukrainians. Despite the war, Ukrainians strive not to neglect self-realization but face common obstacles such as procrastination, laziness,

an unfavorable emotional state caused by security breaches, threats and restrictions related to the war. These psychological barriers can significantly hinder self-empowerment. Applying critical thinking to analyze their own self-realization experiences, the respondents identified negative aspects, such as workaholism, emotional burnout, frustration, confusion about values and meanings, perfectionism, etc. Addressing the emotional strain experienced by respondents is crucial for understanding the underlying challenges they face. Tailoring psychological support to meet these individual-specific needs could facilitate more meaningful and sustainable interventions. The leading conditions for self-realization, according to the respondents, are a favorable emotional and physical state, strong motivation, understanding of the necessary areas for self-realization, and adequate financial resources.

The majority of respondents are clearly aware of the link between their self-realization and sustainable social progress. They primarily implement its social component through caring for the future generations (e.g., raising children, professional mentoring) and improving personal well-being and health of other people (e.g., self-development, volunteering, charity).

We recognize that our study could benefit from the use of standardized diagnostic questionnaires, which would facilitate the collection and analysis of valuable empirical data on adults' aspirations for self-realization, its specific implementations, and its impact on personal well-being. While the absence of standardized tools may present some limitations, our findings still offer important insights into self-realization among adults in the context of the ongoing conflict. Future research could enhance reliability and comparability by incorporating validated psychological scales, particularly when analyzing adult aspirations for self-actualization. Additionally, examining the dynamics of motivation for self-realization throughout different periods of adulthood and its effect on age-related crises would be beneficial.

The findings of the diagnostic analysis show how Ukrainians' self-realization amid prolonged war underscores key aspects of their personal development. This contributes to increased resilience, resource identification and enrichment, and the manifestation of creative abilities. We believe it is especially important that Ukrainians' systematic, consistent, and integrated pursuit of self-realization positions them as active and responsible contributors to the sustainable development of society.

6. Conclusions

In summary, this study highlights the essential role of self-realization in the social aspect of sustainable societal development. Our findings indicate that when individuals work towards self-realization, they can enhance their mental health and overall well-being. By tapping into and enriching their potential, people can achieve their life goals, which plays a significant role in building their psychological resilience. This journey of self-realization is closely tied to how individuals identify themselves and their confidence in their own experiences, showcasing the personal and subjective nature of this process.

The results of our study show that self-realization enables individuals to express their intellectual, value-driven, and communicative potential fully. This ability to express oneself becomes especially crucial in challenging times, like the ongoing war in Ukraine,

where many face serious threats to their well-being. The confidence and sense of achievement that come from self-realization serve as vital tools for navigating and overcoming the difficulties that many Ukrainians are currently facing.

However, it is important to recognize the challenges individuals face in achieving self-realization, especially during the war. The results indicate that while self-actualization remains a key process for many Ukrainians, targeted psychological support is crucial for addressing the specific difficulties they encounter on their journeys. The challenging context of war creates additional obstacles to achieving personal fulfillment, such as trauma, loss, and uncertainty about the future.

Psychological strategies like resilience training, cognitive-behavioral techniques, and mindfulness practices can be essential in helping individuals in self-realization. These approaches can empower people facing crises to cultivate personal fulfillment and improve their mental health. By promoting a sense of agency and providing individuals with the tools to tackle challenges, this support not only enhances personal well-being but also advances the broader goal of sustainable social development. Future research could also explore the role of gender in self-realization, examining how emotional barriers may differ across demographics and influence the process of personal fulfillment. Additionally, the long-term psychological effects of war on self-realization and the strategies individuals use to navigate these emotional barriers warrant further study.

We also need to acknowledge the study's limitations. The research focused on a specific group of 122 adult Ukrainians, which may not represent the wide range of experiences in the general population. Moreover, the subjective nature of self-realization makes it difficult to measure and apply the findings universally. Future studies should aim for a more diverse group to better understand self-realization in various contexts and among different communities.

Long-term studies could offer deeper insights into how self-realization changes over time, especially as societal conditions and personal situations evolve. Examining the effects of targeted psychological interventions on self-realization outcomes will also be beneficial. Such research could investigate the effectiveness of different strategies in fostering resilience and personal growth, ultimately guiding best practices for psychological support in crisis situations.

In conclusion, this research highlights how important self-realization is for driving sustainable social development, especially in tough times. By understanding the value of psychological support and recognizing the different paths to self-actualization, we can better promote the well-being of individuals and communities facing challenges. Through our collective efforts, we can create a resilient society that can tackle the complexities of modern life while working towards both sustainable development and personal fulfillment.

References

Bedan, V., Brynza, I., Budiianskyi, M., Vasylenko, I., Vodolazska, O., Ulianova, T. (2021). Motivative Factors of Professional Self-Realization of the Person. BRAIN. Broad Research in Artificial Intelligence and Neuroscience, 12(2), 18–37. https://doi.org/10.18662/brain/12.2/189

Daugela, M., Zydziunaite, V. (2024). Academic Self-Realization of Researchers in Higher Education: Phenomenological Research-Based Evidence. Education Sciences, 14(8):823. https://doi.org/10.3390/educsci14080823

Deci, E. L., Ryan, R. M. (2012). Self-Determination Theory. In P. A. M. Van Lange, A. W. Kruglanski, & E. T. Higgins (Eds.), Handbook of Theories of Social Psychology, 1, 416–437). Thousand Oaks, CA: Sage. https://doi.org/10.4135/9781446249215.n21

Gradinaru, C. (2013). Vocabularies of digital self-realization and the problem of anonymity. Studies on literature, discourse and multicultural dialogue: language and discourse. The Proceedings of the International Conference Literature, Discourse and Multicultural Dialogue. Section: Language and Discourse, 1, 131–141. https://www.diacronia.ro/en/indexing/details/V473

Ishchuk, O., Ishchuk, A. (2023). Communication in the Media Space and Manipulation During Wartime. Proceedings of the II International Interdisciplinary Scientific and Practical Conference "Open Science of Ukraine: Visionary Discourse in the Context of Martial Law", 27–29 September 2023, 267–268.

Jiménez, G. G., Rabell, M. B. (2016). Educar es amar y autorrealizarse / Education is love and self-realization. Revista De Comunicación De La SEECI, 0(39), 162–183. https://doi.org/10.15198/seeci.2016.39.162-183

King, G., Kingsnorth, S., McPherson, A. C., & Tajik-Parvinchi, D. (2023). Autonomy, self-realization, and psychological empowerment: a prospective mixed methods study of the effects of residential immersive life skills programs for youth with physical disabilities. Disability and Rehabilitation, 46(14), 3097–3107. https://doi.org/10.1080/09638288.2023.2243222

Krasmik, Y., Aimaganbetova, O., Iancheva, T. et al. Motivational determinants of athletes' self-realisation depending on their professional qualification. (2024). BMC Psychology, 12, 416. https://doi.org/10.1186/s40359-024-01895-3

Kuznetsova, I., Kuznietsova, N. (2016). Self-realization as an issue of humanistic psychology. Science and education, 2–3, 129–134. https://doi.org/10.24195/2414-4665-2016-2-3-23

Laceulle, H., Baars, J. (2014). Self-realization and cultural narratives about later life. Journal of Aging Studies, 31, 34–44. https://doi.org/10.1016/j.jaging.2014.08.005

Lyubiviy, Y. V., Samchuk, R. V. (2020). Virtualization of identity in the context of self-realization of a personality. Anthropological Measurements of Philosophical Research, 18, 102–112. https://doi.org/10.15802/ampr.v0i18.221397

Norris, A. (2023). Dewey, Self-Realization, and Romanticism. Philosophy Today, 67, 2, 331–348. https://doi.org/10.5840/philtoday202354481

Petersen, A. (2011). Authentic self-realization and depression. International Sociology, 26(1), 5–24. https://doi.org/10.1177/0268580910380980

Reva, M. (2015). Specifics of life goal-setting of youth in the context of the desire for self-realization. Science and education, 10, 104–110. https://scienceandeducation.pdpu.edu.ua/en/archives/2015-journals/journal-10-2015

Ryff, C. D. (2014). Self-realisation and meaning making in the face of adversity: a eudaimonic approach to human resilience. Journal of Psychology in Africa, 24(1), 1–12. https://doi.org/10.1080/14330237.2014.904098

Sirris, S. (2023). Minding the Gaps in Managers' Self-Realisation: The Values-Based Leadership Discourse of a Diaconal Organisation. Religions, 14(6):722. https://doi.org/10.3390/rel14060722

Smorodskyi, V., Tsuranova, O., Smorodska, M., Zimohliad, N., Stepanova, O. (2023). Pedagogical conditions as an applied problem of personal creative self- realization in music education. Synesis, 1, 15. https://seer.ucp.br/seer/index.php/synesis/article/view/2670/3572

Stoliarchuk, O., Liang, K., Khrypko, S., Ishchuk, O., Serhieinkova, O., Kalishchuk, S., & Divchuk, T. (2023). Bridging Education and Sustainable Development: Assessing Future Psychologists' Perspectives. European Journal of Sustainable Development, 12(3), 307–320. https://doi.org/10.14207/ejsd.2023.v12n3p307

Stoliarchuk, O., Serhieienkova, O., Khrypko, S., Prorok, N., Kalishchuk, S., Kolinko M., & Binkivska, K. (2024). Self-development as a vector of sustainable development of society: the perspective of Ukrainian students. European Journal of Sustainable Development, 13 (1), 428–442. DOI: https://doi.org/10.14207/ejsd.2024.v13n1p428

Stromberg, P.G. (2015), Wesleyan Sanctification and the Ethic of Self-Realization. Ethos, 43, 423–443. https://doi.org/10.1111/etho.12099

Sugden, R. (2024). Self-realisation and Usefulness: A Critical Examination of Self-determination Theory. Review of Behavioral Economics, 11, 2, 211–234. http://dx.doi.org/10.1561/105.00000187

Tønnesvang, J. (2006). The structure of self-realisation. Journal of Theoretical and Philosophical Psychology, 26(1-2), 51–77. https://doi.org/10.1037/h0091267

Tyshchenko, I. A. (2014). Concept of self-realization of mature women in the profession. Science and education, 5, 84–89. https://scienceandeducation.pdpu.edu.ua/en/archives/2014/journal-5-2014

Valera, L. Home, Ecological Self and Self-Realization: Understanding Asymmetrical Relationships Through Arne Næss's Ecosophy. Journal of Agricultural and Environmental Ethics, 31, 661–675 (2018). https://doi.org/10.1007/s10806-018-9715-x

Vatkovska, M. (2014). Self-realization of an individual in the post-industrial society. National Academy of Managerial Staff of Culture and Arts Herald, 3, 3–8. https://www.ceeol.com/search/article-detail?id=546842

Willig, R. (2009). Self-Realization Options: Contemporary Marching Order in the Pursuit of Recognition. Acta Sociologica, 52(4), 350–364. https://doi.org/10.1177/0001699309348707