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## Public satisfaction with the quality of life in Ukraine during the war

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## Задоволеність населення якістю життя в Україні під час війни

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### Introduction

The concept of “quality of life” is multi-component and multilevel. Its content is not unambiguous and goes beyond the “standard of living,” which refers only to material human goods [1; 2]. Recently, scientists have expanded the list of components of the concept of “quality of life” to include intangible ones, including social conditions of society (with their economic, social, and environmental indicators), security, health, public life, etc. [3; 4; 5].

Quality of life as a multidimensional concept characterizes, on the one hand, the state of solving general philosophical problems of human existence (meaning of life, justice, good and evil, etc.) and, on the other hand, particular issues in the life of each person, family, and civil society; the level of satisfaction of the country's citizens with living conditions, the degree of realization of their needs [6; 7; 8].

Revealing the essence of the concept of “quality of life,” most scientists [9; 10; 11] are inclined to believe that it contains objective and subjective components: objective components characterize the standard of living of the population (material well-being, prosperity, benefits, etc.), which can be determined, evaluated and compared based on official statistics; subjective components (defined by surveying the population) determine the degree to which each individual satisfies their needs and realizes ideas about a “quality” (good, decent, etc.) life. Our research aimed to investigate the subjective components of the quality of life of the population of Ukraine.

**The aim of the study** is to investigate and compare the subjective level of satisfaction of the Ukrainian population with the quality of life before and during the war

in terms of social, economic, and socio-political components and to develop practical recommendations for improving it.

### Object, materials and research methods

**Participants.** The research was conducted in 2022–2024 at Zhytomyr Ivan Franko State University (Zhytomyr, Ukraine). The research involved 159 adult respondents aged 18 and older who lived in the Zhytomyr oblast of Ukraine at the time of the survey, including temporarily internally displaced persons. The selection of respondents was guided by two criteria for inclusion: voluntariness, according to which only persons who signed an information consent could participate in the survey, and those having full civil capacity, which an individual acquires only at the age of 18. The research was intended to gather subjective information about the average Ukrainian's level of satisfaction with all aspects of life quality. It was believed that such information would help develop general, practical recommendations for improving the quality of life for all segments of the population, regardless of their profession, gender, marital status, place of residence, and other factors. The exclusion criterion was the respondents' willingness to withdraw from the study at any time.

**Research methods:** theoretical analysis of literary sources on the topic of the research (26 sources from 2019–2024 from such databases as Scopus, MedLine, Web of Science, Index Copernicus, and Google Scholar were analyzed); medical and sociological methods (survey) – to determine the subjective level of satisfaction of the population of Ukraine with the quality of their life

by social, economic and socio-political components; analysis and synthesis – to analyze the information received, formulate the conclusions of the research and develop practical recommendations for improving the quality of life in the war and post-war period; mathematical and statistical methods – to process and analyze the results of the research.

The developed questionnaire consists of a block of general information about the respondents and three main blocks with questions (75 questions in total) on the subjective assessment of the quality of life of the population by social, economic, and socio-political components, namely satisfaction with the health care system and personal health, the education system and individual education, personal and collective security, living conditions, financial situation, place of employment, the socio-political situation in the country, social well-being and other aspects. These indicators made it possible to compare the levels of life satisfaction in the pre-war period and the war.

The questionnaire was anonymous without any references to the authors of the article in the answers. The results were used for scientific purposes only. Questionnaire was assessed by the experts in this field (2 professors and 4 associate professors) and was approved by the Academic Council of Zhytomyr Ivan Franko State University (Protocol No. 7 dated 27.06.2022).

**Mathematical and statistical methods.** Data collection, processing, and analysis of the research results were performed on a personal computer using MS Excel, a software package that allows statistical data processing methods. The statistical method was used to process the experimental data obtained. The reliability of the difference between the indicators presented in percentages was determined using Pearson's Chi-square ( $\chi^2$ ) criterion. The significance of the difference was set at  $p<0.05$ . All statistical analyses were performed using SPSS version 10.0 software adapted for medical and biological research.

**Ethical approval.** Consent to voluntary participation in the survey was obtained from all the respondents involved in the study. This research followed the regulations of the World Medical Association Declaration of Helsinki – ethical principles for medical research involving human subjects.

## Research Results

The questions of the Social Environment block (social component) determined the level of respondents' satisfaction with such aspects of quality of life as the healthcare and education system, personal health and education, security, housing conditions, opportunities to purchase their housing, attend cultural and sports events, and rest in health resorts in Ukraine and abroad (Table 1).

It was found that only 34.6% of the respondents are satisfied with the health care system in Ukraine. According to the respondents, the quality of medical care has slightly improved during the war by 1.2%. The answers "average" and "high" before the war were

chosen by 86.2% of the respondents (74.2% respectively), but during the war – by 87.4% of the respondents (71.7% and 15.7% respectively). Medical and psychological care were inaccessible to 6.3% of the respondents before the war, while during the war, the level of care accessibility decreased to 46.8%.

It has been found that the level of satisfaction with the respondents' state of health decreased by 11.4% during the war (from 59.8% to 48.4%). During the war, 42.7% of the respondents stopped adhering to a healthy lifestyle. It has been found that satisfaction with the education system in Ukraine decreased by 31.54% during the war, and access to education for the population declined by 20.2%.

Examining the following indicators of the social component, it was found that 93.7% of the respondents believe that the quality of life directly depends on personal security. Answers to the following two questions allowed us to determine what the respondents meant by the concepts of "personal security" and "collective security" (Table 2).

As can be seen from Table 2, the understanding of personal and collective security is not identical. The priority components of both concepts are peace in Ukraine, a well-equipped army, and the observance of laws. According to the respondents, essential elements of personal security are safety on the streets, trust in the police, and the availability of bomb shelters. In contrast, collective security is a high-quality air defense system and the effectiveness of agreements with other states on collective security. Thus, to create a safe environment as a factor of quality of life, it is necessary to achieve peace in the country, have a well-equipped army and effective police, and become a member of international military alliances that will contribute to common collective security. Comparing the assessment of the level of security before the war and in wartime, we note that 91.2% of the respondents felt safe before the war, while now this figure has dropped to 21.4%, that is, the level of their sense of security decreased by 69.8%.

Housing conditions are an essential indicator of the quality of life. The analysis of the survey results regarding the living conditions of the respondents before the war and during the war differed significantly. Before the war, only 3.2% of the respondents had poor living conditions. During the war, living conditions deteriorated for a third of the respondents (37.7%). It is worth noting that the war also reduced the respondents' ability to purchase their housing. Before the war, 47.8% of the respondents could buy their housing, while only 17.6% could during the war.

Living in a social environment involves people attending cultural and sporting events, playing sports, and having recreation opportunities. The survey results showed that the frequency of visits to museums, theaters, circuses, galleries, art studios, and other cultural institutions decreased from 81.8% to 32.1% during the war. The frequency of the respondents' visits to sports events also reduced from 39.0% (before the war) to 11.9% (during the war). In addition, it was found that

Table 1

**Comparative analysis of the quality of life indicators of Ukrainians (n = 159) before and during the war by social component**

Social component indicators	Answers	Stages of the research		The difference	Significance of the difference ( $\chi^2$ , p)
		Before the war	During the war		
Satisfaction with the functioning of the healthcare system	Yes	58.5	34.6	-23.9	$\chi^2 = 11.489$ $p < 0.001$
Quality of medical care	High	12.0	15.7	+3.7	$\chi^2 = 0.591$ $p > 0.05$
	Average	74.2	71.7	-2.5	
	Low	13.8	12.6	-1.2	
Accessibility of medical and psychological care	Yes	93.7	53.2	-40.5	$\chi^2 = 42.172$ $p < 0.001$
Satisfaction with your own health	Yes	59.8	48.4	-11.4	$\chi^2 = 2.619$ $p < 0.05$
Adherence to a healthy lifestyle	Yes	74.2	31.5	-42.7	$\chi^2 = 36.625$ $p < 0.001$
Satisfaction with the education system	Yes	83.7	52.2	-31.5	$\chi^2 = 22.829$ $p < 0.001$
Accessibility of education	Yes	95.0	74.8	-20.2	$\chi^2 = 16.004$ $p < 0.001$
Personal sense of security	Yes	91.2	21.4	-69.8	$\chi^2 = 99.140$ $p < 0.001$
Accommodation conditions	Good	37.7	18.9	-18.8	$\chi^2 = 37.751$ $p < 0.001$
	Average	59.1	43.4	-15.7	
	Bad	3.2	37.7	+34.5	
Possibility to purchase housing	Yes	47.8	17.6	-30.2	$\chi^2 = 20.731$ $p < 0.001$
Opportunity to visit cultural institutions	Yes	81.8	32.1	-49.7	$\chi^2 = 50.442$ $p < 0.001$
Opportunity to attend sporting events	Yes	39.0	11.9	-27.1	$\chi^2 = 19.361$ $p < 0.001$
Opportunity to do sports	Yes	54.1	30.8	-23.3	$\chi^2 = 11.119$ $p < 0.001$
Opportunities for recreation in health centers in Ukraine	Yes	64.8	17.0	-47.8	$\chi^2 = 47.295$ $p < 0.001$
Opportunity to rest abroad	Yes	49.7	13.2	-36.5	$\chi^2 = 30.912$ $p < 0.001$
Satisfaction with the work of transport	Yes	76.7	56.6	-20.1	$\chi^2 = 9.106$ $p < 0.001$

Table 2

**Comparison of the components' importance regarding the concepts of "personal security" and "collective security" in the understanding of the respondents (n = 159), %**

Components of the concepts	Personal security	Collective security
Safety on the streets	50.3	34.6
Trust in the police	33.3	28.9
Compliance with the law	38.4	38.4
Safe territory	45.9	32.1
Availability of bomb shelters	30.8	37.1
Peace in the country	83.0	79.2
The proper functioning of the hazard warning system	22.0	28.9
High-quality air defense system	45.9	50.3
A well-equipped army	47.2	50.9
Effect of collective security agreements with other states	27.7	42.1

during the war, there was also a decrease in the proportion of the respondents who went in for sports. Before the war, 54.1% of the respondents were regularly engaged in sports, and during the war – 30.8%.

Rest is a prerequisite for restoring the human body and its ability to work. It is an essential indicator

of the quality of life of the population of all countries. According to the analysis of the survey results, it was found that before the war, 64.8% of the respondents could afford to rest in the sanatorium and resort facilities. During the war, only 17.0% could afford to do so. Similar results were obtained regarding vacation abroad: before the war,

49.7% of the respondents had vacationed abroad, while during the war – only 13.2%.

The questions of the Economic Environment block of the questionnaire (economic component) determined the respondents' satisfaction with aspects of quality of life such as material security, place of work, ability to pay for utilities, eat well, and buy clothes and shoes (Table 3).

As shown in Table 3, the level of satisfaction with their financial situation decreased by 15.1% (from 52.8% to 37.7%). Before the war, 6.9% of the respondents assessed their financial situation as very good, 29.6% as good, 54.1% as average, and 9.4% as poor. During the war, 36.5% of the respondent's financial situation deteriorated. It was found that before the war, the vast majority of the respondents (83.0%) were satisfied with their place of work; during the war, this indicator dropped to 67.3 %. At the same time, less than half (44.0%) of the respondents were satisfied with their financial income (salary, pension, scholarship) before the war; during the war, this indicator of the economic component decreased to 41.5%. 6.3% of the respondents lost their property and housing during the war. Almost half of the respondents assessed the cost of utilities before the war as high (47.8%), while during the war, according to the respondents (79.2%), the cost of such services increased significantly. It was found that before the full-scale war, only 10.1% of the respondents ate poorly; now, this indicator has increased to 26.4%. Before the war, 20.7% of the respondents could not afford good clothes and shoes, and now – 39.0%. One-third of the respondents (35.8%) are satisfied with their financial situation. 15.1% of the respondents have lost hope of improving their financial situation. It has been found that 8.8% of the respondents considered their standard of living high, 86.2% – satisfactory before the war. During the full-scale war, the standard of living of the surveyed population has significantly decreased: 4.4% of the respondents consider their standard of living during the war to be high, and 71.1% of the respondents consider it satisfactory. The low standard of living of the population during the war increased by 19.5% (from 5.0% to 24.5%).

The questions of the "Socio-Political Environment" block of the questionnaire (socio-political component) helped to study the impact on the quality of life of such aspects of the socio-political environment as the socio-political situation in the country, nationality, and class position (by income level), language, membership in various public organizations, family relationships, corruption and domestic bribery, adaptation to war conditions, social well-being, and life satisfaction indicators (Table 4).

It was found that during the war, the number of respondents who were dissatisfied with the socio-political situation in the country increased by 30.2% (from 21.4% to 51.6%). It is noteworthy that before the war, 2.5% of the respondents considered themselves upper class, 81.1% – middle class, and 16.4% – lower class; during the war, the share of the respondents who considered themselves lower class increased to 23.3%. 58.5% of the respondents believe there were national confrontations in Ukraine before the war. Now, 83.6% of the respondents think so.

Before the war, the overwhelming majority of the surveyed population spoke Ukrainian (86.8%), while only 9.4% spoke Russian. After the invasion of Ukraine by Russian invaders, the share of the population speaking Ukrainian increased to 91.8%, while the share of Russian decreased to 2.5%. Before the war, 10.1% of the respondents belonged to religious organizations; now, it is 8.8%.

Answering the question, "What interest groups did you belong to before the war and now?" the vast majority of the respondents chose the group based on professional interests (47.8% and 47.2%, respectively). Other positions were redistributed: the number of members of cultural, sports, and feminist groups decreased in favor of members of volunteer groups. A study of the respondents' opinions on the quality of their family relationships revealed a decrease in satisfaction with them during the war in 63.5% of the respondents, compared to 84.9% in the pre-war period. In 0.6% of the respondents, dissatisfaction with family relations is associated with the forced residence of the family outside of Ukraine.

Table 3

**Comparative analysis of the quality of life indicators of Ukrainians (n = 159) before and during the war by economic component**

Economic component indicators	Answers	Stages of the research		The difference	Significance of the difference ( $\chi^2$ , p)
		Before the war	During the war		
Satisfaction with the financial situation	Yes	52.8	37.7	-15.1	$\chi^2 = 4.605$ $p < 0.001$
Satisfaction with the place of work	Yes	83.0	67.3	-15.7	$\chi^2 = 6.619$ $p < 0.001$
Satisfaction with the cost of utilities	High	47.8	79.2	+31.4	$\chi^2 = 21.306$ $p < 0.001$
Opportunity to buy quality food	Yes	89.9	73.6	-16.3	$\chi^2 = 8.944$ $p < 0.001$
Opportunity to buy clothes and shoes	Yes	79.3	61.0	-18.3	$\chi^2 = 8.015$ $p < 0.001$
Standard of living	High	8.8	4.4	-4.4	$\chi^2 = 15.806$ $p < 0.001$
	Satisfactory	86.2	71.1	-15.1	
	Low	5.0	24.5	+19.5	

Table 4

**Comparative analysis of the quality of life indicators of Ukrainians (n = 159) before and during the war by socio-political component**

Socio-political component indicators	Answers	Stages of the research		The difference	Significance of the difference ( $\chi^2$ , p)
		Before the war	During the war		
Satisfaction with the socio-political situation in the country	No	21.4	51.6	+30.2	$\chi^2 = 19.686$ $p < 0.001$
	Upper class	2.5	2.5	0	$\chi^2 = 1.505$ $p > 0.001$
	Middle class	81.1	74.2	-6.5	
	Lower class	16.4	23.5	+7.1	
Confrontation between citizens of different nationalities	Yes	58.5	83.6	+25.1	$\chi^2 = 15.352$ $p < 0.001$
Communication in Ukrainian	Yes	86.8	91.8	+5.0	$\chi^2 = 1.319$ $p > 0.001$
Participation in religious organizations	Yes	10.1	8.8	-1.3	$\chi^2 = 0.098$ $p > 0.001$
Satisfaction with family relationships	Yes	84.9	63.5	-21.4	$\chi^2 = 11.995$ $p < 0.001$
Assessment of the level of corruption	High	74.8	78.0	+3.2	$\chi^2 = 0.284$ $p > 0.001$
Assessment of the level of domestic bribery	High	65.4	65.4	0	$\chi^2 = 0.000$ $p > 0.001$
Social well-being (multiple choice)	I am a worthy member of society	38.4	25.8	-12.6	$\chi^2 = 3.442$ $p < 0.01$
	I live in a democratic state	27.1	7.5	-19.6	
	I am not protected from the arbitrariness of the authorities and officials	15.7	35.2	+19.5	
	I feel alone, I have no one to turn to in case of need	5.0	12.5	+7.5	
Life satisfaction	Yes	76.1	31.5	-44.6	$\chi^2 = 40.061$ $p < 0.001$

The majority of the respondents (74.8%) believe that before the war, Ukraine had a high level of corruption and domestic bribery (65.4%). According to the respondents, the level of corruption increased by 3.2% (to 78.0%) during the war, while the level of domestic bribery remained unchanged.

It was found that before the war, the following feelings and qualities prevailed in the personal spheres of the respondents: proactive attitude – 59.1%; happiness – 56.6%; joy – 54.1%; calmness – 46.5%; optimism – 43.4%. During the years of war, the respondents' emotions, feelings, and personal qualities have radically changed to the following: tiredness – 71.7%; exhaustion – 49.1%; depression – 40.9%; caution – 40.9%. It was also found that before the war, the respondents felt like worthy members of society (38.4%), exercised their rights and fulfilled their responsibilities (42.1%), and had rights enshrined in law (27.0%). During the war, when describing their social well-being, the respondents chose other theses, among which the following prevailed: I am not sure that my rights and social guarantees will be preserved (34.0%); I am not protected from the arbitrariness of the authorities and officials (35.2%); I do not trust anyone (28.9%).

The respondents also identified the most critical indicators of life satisfaction for them: peace in the country (89.9%); good health (59.1%); personal security (49.1%); love of family members (48.4%); well-paid job (47.2%); opportunity to relax (42.8%); opportunity to receive necessary medical care (42.1%). In general, 76.1% of the respondents were satisfied with their lives before the war, and only 31.5% during the war.

Based on our research, we have developed practical recommendations for improving the quality of life of the Ukrainian population during the war and post-war period (Table 5).

### Discussion of the Research Results

Scientists believe that quality of life is a characteristic of the levels of material well-being of citizens and their satisfaction with living conditions that ensure a person's physical, mental, and social well-being, the correlation between actual and expected opportunities [12; 13]. Scientists [14; 15; 16] distinguish four types of quality of life: social, labor, family, and personal. Researchers identify economic, natural, socio-political, and social

Table 5

**Practical recommendations for improving the quality of life of the Ukrainian population during the war and post-war period**

No	Priority indicators of the quality of life	Measures to improve the quality of life of the population	Organizers / developers	Responsible executors
1	Personal sense of security	Peace in Ukraine, a well-equipped army, collective security agreements with other states, a functioning warning system, availability of bomb shelters, a high-quality air defense system, and the development of Ukraine's defense industry	President of Ukraine, Cabinet of Ministers, Ministry of Foreign Affairs, Ministry of Defense of Ukraine	Regional military administrations, departments for civil protection and defense work
2	Adherence to a healthy lifestyle	Development and implementation of regional programs to preserve health and prevent diseases in the population of the territorial communities of Ukraine	Center for Public Health of Ukraine, Regional Centers for Disease Control and Prevention of the Ministry of Health of Ukraine	Public health professionals
3	Accessibility of medical and psychological care	Developing and implementing state and regional-targeted social programs for the medical and psychological rehabilitation of war victims	Ministry of Health	Regional military administrations, veteran policy departments, health care departments
4	Living conditions and the possibility of purchasing housing	Expansion of the state-targeted program "E-home" to meet the growing housing needs of the population in the context of war	Ministry of Social Policy of Ukraine	Regional military administrations, departments of social protection of the population
5	Financial situation. Place of work	Development of Ukraine's industry and economy, creation of new jobs, targeted assistance to the families of the victims, internally displaced persons, and low-income groups	Ministry of Economy of Ukraine, Ministry of Community and Territorial Development of Ukraine, Ministry of Social Policy of Ukraine	Regional military administrations, departments of regional development, departments of industrial development and economic policy, departments of social protection
6	Corruption	Compliance with the State Anti-Corruption Program for 2023-2025.	Cabinet of Ministers of Ukraine, Ministry of Internal Affairs of Ukraine, National Agency for the Prevention of Corruption	Regional military administrations, internal audit departments, regional departments of internal affairs
7	Confrontation between Ukrainian citizens of different nationalities	Development of state and regional programs for the development of Ukrainian identity and unity of the Ukrainian nation, which involves bringing together the population of Ukraine of different nationalities and respecting their culture	Cabinet of Ministers of Ukraine, Ministry of Culture and Strategic Communications, Ministry of Education and Science of Ukraine	Regional military administrations, departments of national-patriotic education, youth and sports, and educational institutions
8	Family relationships	Development of regional social programs "Strong Family", trainings, round tables, family culture, sports, and educational events	Ministry of Social Policy, Ministry of Education and Science of Ukraine	Regional military administrations, service for children, department of culture and tourism, educational institutions
9	Social well-being	Developing regional programs on "Social Well-being and Mental Health," conducting trainings, roundtables, public discussions, and cultural, sports, and educational events, while involving young people in programs that care for older people and individuals with special needs.	Ministry of Social Policy, Ministry of Education and Science of Ukraine	Public health professionals, psychological services, and educational institutions

components of the quality of life [17]. In their opinion, these environments include certain sub-environments: the economic environment – employment; the natural environment – the state of the ecology; the socio-political environment – civic activity and social life; the social environment – safety, health, employment, housing, education, etc. Supporting this position, scientists [18; 19] believe that the personal level of quality of life is assessed

by taking into account the distribution of material goods directly to one person and the degree of satisfaction with their life (health, availability of work, housing, income, education, consumption, self-realization, free time, communication, ecology, etc.). The family level of quality of life combines all indicators of the personal level of each family member. It is complemented by the level of income and taxes for each family member, provision of housing,

availability of necessary infrastructure (kindergartens, schools, health care facilities, etc.), the level of social ties, and the degree of satisfaction of each family member with the level of self-realization within the family [20]. The professional (labor) level of the population's quality of life is characterized by employment rates and working conditions, as well as the degree of satisfaction of each member of the team-spirited workforce with the level of their own labor self-realization and career opportunities. The social (public) level of quality of life is assessed by indicators of the level and conditions of life, as well as the degree of satisfaction of each member of society with the degree of realization of needs and the system of values (ideals, justice) within the state [21; 22].

The work on assessing the quality of life in Ukraine began after establishing the Coordination Council on the Quality and Safety of Human Life (the Resolution of the Cabinet of Ministers of Ukraine No. 1393 of December 26, 2011). A National Matrix was developed to assess the quality of life of Ukrainians in the following areas: ecology, health, education, security, culture, art, recreation, housing, transportation, economy, employment, civic engagement, and social environment. As seen from the above list, the National Matrix studies the quality of life in Ukraine in all the necessary areas. The quality of life of Ukrainian citizens is determined by statistical indicators (objective component) and by the results of a population survey (subjective component). These components and their indicators allow for a comprehensive assessment of the quality of life of the Ukrainian population and, on their basis, the development of practical recommendations for its improvement in the war and post-war period.

In our research, the subjective level of satisfaction of the population of Ukraine with the quality of their life by social, economic, and socio-political components based on the emotional perception of material living conditions, health, and education, socio-political situation, infrastructure, security, opportunities for education and employment, access to health care, art, sports, etc. was determined based on the survey. The most pronounced deterioration in the quality of life occurred in the following indicators: a sense of security (by 69.8%), the opportunity to visit cultural institutions (by 49.7%), adherence to a healthy lifestyle (by 42.7%), access to medical and psychological care (by 40.5%), living conditions and the possibility to purchase housing (by 34.6% and 30.2%, respectively); financial situation (by 15.1%), and the socio-political situation (by 30.2%). The results obtained in our research confirm the conclusions of many scientists [23; 24; 25; 26].

### Prospects for further research

Prospects for further research are to study the impact of the quality of life of Ukrainians during the war on their mental and physical health indicators.

### Conclusions

The research found that the quality of life of the population of Ukraine has deteriorated in all components (social, economic, and socio-political) during the war compared to the pre-war period. This concerns the state of the health care system; the state of respondents' health, including mental health; the quality of educational services; personal and collective security; housing conditions; place of work; purchasing power for housing, quality food, clothing, and footwear; wages; opportunities to relax in Ukraine and abroad; the cost of utilities; the socio-political situation in the country; relations between citizens of different nationalities, classes (by income level), family members; participation of the population in the activities of various organizations, interest groups (except for volunteer groups); high levels of corruption and domestic bribery; feelings, emotions, and social well-being of the population; living standards and life satisfaction.

The most significant decrease in the level of respondents' satisfaction with the quality of life has been found in the following indicators: social component – own sense of security (by 69.8%), the opportunity to visit cultural institutions (by 49.7%) and to rest in health facilities of Ukraine (by 47.8%), adherence to a healthy lifestyle (by 42.7%), access to medical and psychological assistance (by 40.5%), living conditions and the possibility of purchasing housing (by 34.6% and 30.2%, respectively); economic component – financial situation (by 15.1%), place of work (by 15.7%), ability to pay for utilities (by 31.4%), buy quality food (by 16.3%), clothes and shoes (by 18.3%); socio-political component – socio-political situation (by 30.2%), confrontation between Ukrainian citizens of different nationalities (by 25.1%), family relations (by 21.4%), corruption (by 3.2%), social well-being (by more than 10%).

It has been established that during the war, the share of Ukrainian citizens who speak Ukrainian has increased (from 86.8% to 91.8%), i.e., those who have realized their Ukrainian identity. Before the war, the respondents were dominated by the following feelings, emotional states, and qualities: proactive attitude – 59.1%; happiness – 56.6%; joy – 54.1%; calmness – 46.5%; optimism – 43.4%; during the war: tiredness – 71.7%; exhaustion – 49.1%; depression – 40.9%; caution – 40.9%. In general, 76.3% of the respondents were satisfied with their lives before the war, and only 31.5% during the war.

Practical recommendations for improving the quality of life of the population of Ukraine during the war and the postwar period have been developed. They can be applied in the practical activities of public administration, local self-government, healthcare institutions, preventive medicine (for public health professionals), education, and psychological services.

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**The purpose** of the work is to investigate and compare the subjective level of satisfaction of the Ukrainian population with the quality of life before and during the war in terms of social, economic, and socio-political components and to develop practical recommendations for improving it.

**Materials and methods.** The research was conducted in 2022–2024. The research involved 159 adult respondents aged 18 and older who lived in the Zhytomyr oblast of Ukraine at the time of the survey, including temporarily internally displaced persons. Research methods: theoretical analysis of literary sources, medical and sociological (survey), systematic approach, analysis and synthesis, mathematical and statistical.

**Results.** It has been established that the quality of life of the Ukrainian population has deteriorated in all components (social, economic, and socio-political) during the war. In general, 76.3% of the respondents were satisfied with their lives before the war, and only 31.5% during the war. The most pronounced deterioration in the quality of life occurred in the following indicators: a sense of security (by 69.8%), the ability to visit cultural institutions (by 49.7%), adherence to a healthy lifestyle (by 42.7%), access to medical and psychological care (by 40.5%), living conditions and the possibility to purchase housing (by 34.6% and 30.2%, respectively); financial situation (by 15.1%), and the socio-political situation (by 30.2%). Practical recommendations for improving the quality of life of the Ukrainian population have been developed.

**Conclusions.** The research results show that in the context of a full-scale war in Ukraine, the quality of life has deteriorated significantly for most Ukrainians. The developed recommendations can be used to establish standards for the quality of life of the Ukrainian population in the postwar period.

**Key words:** quality of life, satisfaction with quality of life, war, martial law, population of Ukraine.

**Мета роботи** – дослідити та порівняти суб'єктивний рівень задоволеності населення України якістю життя до та під час війни з погляду соціальної, економічної та соціально-політичної складових та розробити практичні рекомендації щодо її покращення.

**Матеріали та методи.** Дослідження проводилося у 2022–2024 роках. У дослідження взяли участь 159 дорослих респондентів віком від 18 років, які на момент опитування проживали в Житомирській області (Україна), включно з тимчасово внутрішньо переміщеними особами. Відбір респондентів зумовлений двома критеріями включення: добровільністю, згідно з якою в опитуванні могли брати участь лише особи, які підписали інформаційну згоду, та особи, які мають повну цивільну діездатність, якої особа набуває лише у віці 18 років. Дослідження мало на меті зібрати суб'єктивну інформацію про рівень задоволеності середньостатистичного українця всіма аспектами якості життя. Вважалося, що така інформація допоможе розробити загальні практичні рекомендації щодо покращення якості життя для всіх верств населення, незалежно від їхньої професії, статі, сімейного стану, місця проживання й інших чинників. Критерієм виключення було бажання учасників вийти з дослідження в будь-який час. Методи дослідження: теоретичний аналіз літературних джерел за темою дослідження; медико-соціологічний метод (опитування) – з метою визначення суб'єктивного рівня задоволеності населення України якістю свого життя за соціальним, економічним і суспільно-політичним компонентами; аналізу та синтезу – для аналізу отриманої інформації, формулювання висновків дослідження й розробки практичних рекомендацій щодо покращення якості життя в умовах війни та повоєнний період; математико-статистичний метод – для обробки й аналізу результатів проведеного дослідження. Розроблений опитувальник складається з блоку загальної інформації про респондентів і трьох основних блоків із запитаннями (загалом 75 запитань) щодо суб'єктивної оцінки якості життя населення за соціальним, економічним і суспільно-політичним компонентами, а саме: задоволеністю системою охорони здоров'я та власним здоров'ям, системою освіти та власною освітою, особистою та колективною безпекою, умовами проживання, матеріальним становищем, місцем працевлаштування, суспільно-політичною ситуацією в країні, соціальним самопочуттям та іншими аспектами. Ці показники дали змогу порівняти рівні задоволеності життям у повоєнний період і в умовах війни.

**Результати.** Встановлено, що якість життя населення України погрішилася за всіма складовими (соціальним, економічним і соціально-політичним) під час війни. Це стосується стану системи охорони здоров'я, стану здоров'я респондентів, включно з психічним; якості освітніх послуг; особистої та колективної безпеки; житлових умов; місця роботи; купівельної спроможності житла, якісного харчування, одягу та взуття; заробітної плати; можливостей відпочинку в Україні та за кордоном; вартості комунальних послуг; соціально-політичної ситуації в країні; стосунків між громадянами різних національностей, класів (за рівнем доходу), членами сімей; участі населення в діяльності різних організацій, груп за інтересами (крім волонтерських груп); високого рівня корупції та побутового хабарництва; почуттів, емоцій і соціального самопочуття населення; рівня життя та задоволеності життям. Загалом 76,3 % респондентів були задоволені своїм життям до війни, а під час війни – лише 31,5 %. Найбільш виражене погрішення якості життя відбулося за такими показниками: відчуття безпеки (на 69,8 %), можливість відвідувати культурні заклади (на 49,7 %), дотримання здорового способу життя (на 42,7 %), доступ до медичної та психологічної допомоги (на 40,5 %), умови проживання та можливість придбання житла (на 34,6 та 30,2 % відповідно); фінансове становище (на 15,1 %) та соціально-політична ситуація (на 30,2 %). Розроблено практичні рекомендації щодо покращення якості життя населення України в умовах війни і повоєнний період.

**Висновки.** Результати дослідження показують, що в умовах повномасштабної війни в Україні якість життя значно погрішилася для більшості українців. Розроблені рекомендації можуть бути використані для встановлення стандартів якості життя населення України в повоєнний період.

**Ключові слова:** якість життя, задоволеність якістю життя, війна, воєнний стан, населення України.

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