



Revista on line de Política e Gestão Educacional
Online Journal of Policy and Educational Management



¹ Department of Educational Studies and Psychological and Pedagogical Sciences, Borys Grinchenko Kyiv Metropolitan University, Kyiv, Ukraine.

² Mykola Yarmachenko Institute of Special Pedagogy and Psychology of the National Academy of Pedagogical Sciences of Ukraine, Kyiv, Ukraine.

³ Department of Linguodidactics and Journalism, Faculty of Law, Humanities and Social Sciences, Kremenchuk Mykhailo Ostrohradskyi National University, Kremenchuk, Ukraine.

⁴ Department of Pedagogy and Psychology, Ukrainian Institute of Arts and Sciences, Bucha, Ukraine.

⁵ Department of Psychology and Pedagogy, National University "Poltava Polytechnic", Poltava, Ukraine.



NEW APPROACHES TO RESEARCHING FACTORS INFLUENCING TALENTED YOUTH SELF-REALIZATION IN TIMES OF CRISIS

NOVAS ABORDAGENS PARA PESQUISAR FATORES QUE INFLUENCIAM A AUTORREALIZAÇÃO DE JOVENS TALENTOSOS EM TEMPOS DE CRISE

NUEVOS ENFOQUES PARA EL ESTUDIO DE LOS FACTORES QUE INFLUYEN EN LA AUTORREALIZACIÓN DE LOS JÓVENES TALENTOSOS EN TIEMPOS DE CRISIS

Serhii REDKO¹

s.redko.br5@gmail.com

Sergii SOROKIN²

mail.sergua@gmail.com

Viktoriia PEREVOZNIUK³

viktoriaperevozniuk@gmail.com

Iryna VIATOKHA⁴

i.dubovskira@gmail.com

Viktoriia SHEVCHUK⁵

viktoriiashevchuk@pano.pl.ua



How to reference this paper:

Redko, S., Sorokin, S., Perevozniuk, V., Viatokha, I., & Shevchuk, V. (2025). New approaches to researching factors influencing talented youth's self-realization in times of crisis. *Revista on line de Política e Gestão Educacional*, 29(esp2), e025058. <https://doi.org/10.22633/rpge.v29iesp2.20661>

Submitted: 13/08/2025

Revisions required: 05/09/2025

Approved: 17/11/2025

Published: 25/11/2025

ABSTRACT: The Russian invasion of Ukraine in 2022 profoundly affected the country's security, sovereignty, and culture, particularly impacting young people. Problems with electricity, food, education, and employment hindered access to quality knowledge and decent jobs, reducing the potential for self-realization among talented young people. The war worsened the psychological state of this generation, generating fear, insecurity, low self-esteem, and increasing competition, which weakened their motivation for personal development. Although young people have high adaptability and decision-making skills, a lack of motivation limits the expression of their abilities. This study aims to analyse the impact of war on the motivational elements that shape the self-realization of talented young people, identify the main influencing factors, and propose recommendations to strengthen their motivation. The conclusion is that war and insufficient social support significantly reduce young people's self-confidence and ability to express themselves.

KEYWORDS: War. Youth. Motivation. Personal resource. Potential.

RESUMO: A invasão russa da Ucrânia em 2022 afetou profundamente a segurança, a soberania e a cultura do país, impactando especialmente os jovens. Problemas com eletricidade, alimentação, educação e emprego dificultaram o acesso a conhecimento de qualidade e a empregos dignos, reduzindo o potencial de autorrealização dos jovens talentosos. A guerra agravou o estado psicológico dessa geração, gerando medo, insegurança, baixa autoestima e competição crescente, o que enfraqueceu a motivação para o desenvolvimento pessoal. Embora os jovens tenham alta capacidade de adaptação e decisão, a falta de motivação limita a expressão de suas habilidades. O estudo visa analisar o impacto da guerra nos elementos motivacionais que moldam a autorrealização dos jovens talentosos, identificar os principais fatores de influência e propor recomendações para fortalecer sua motivação. Conclui-se que a guerra e o insuficiente apoio social reduzem significativamente a autoconfiança e a capacidade de expressão dos jovens.

PALAVRAS-CHAVE: Guerra. Juventude. Motivação. Recurso pessoal. Potencial.

RESUMEN: La invasión rusa de Ucrania en 2022 afectó profundamente la seguridad, la soberanía y la cultura del país, especialmente a los jóvenes. Los problemas de electricidad, alimentación, educación y empleo obstaculizaron el acceso a conocimientos de calidad y empleos dignos, reduciendo el potencial de autorrealización de los jóvenes con talento. La guerra empeoró el estado psicológico de esta generación, generando miedo, inseguridad, baja autoestima y un aumento de la competencia, lo que debilitó su motivación para el desarrollo personal. Si bien los jóvenes poseen una alta adaptabilidad y capacidad de decisión, la falta de motivación limita la expresión de sus capacidades. Este estudio busca analizar el impacto de la guerra en los elementos motivacionales que configuran la autorrealización de los jóvenes con talento, identificar los principales factores influyentes y proponer recomendaciones para fortalecer su motivación. La conclusión es que la guerra y la falta de apoyo social reducen significativamente la autoconfianza y la capacidad de expresión de los jóvenes.

PALABRAS CLAVE: Guerra. Juventud. Motivación. Recursos personales. Potencial.

Article submitted to the similarity system



Editor: Prof. Dr. Sebastião de Souza Lemes

Deputy Executive Editor: Prof. Dr. José Anderson Santos Cruz

INTRODUCTION

The issue of self-realization is quite acute for our society. The main reason for this is that there are no clear criteria for understanding whether a person is sufficiently realized to be able to determine that he or she has achieved a high level of knowledge and skills in a particular field. Each person independently chooses the direction of realization of their own skills and sets subjective requirements for achieving a certain level (Meyers, 2019).

In general, self-realization is the realization of a person's potential in a certain direction (Buyak, 2018). These areas are professional, personal, educational, and social. Self-actualization is mostly assessed by the individual, who determines whether he or she has achieved certain goals that allow him or her to say that he or she is fulfilled. Self-actualization can also be determined on the basis of assessments of a person's achievements by his or her family, friends, colleagues, and society as a whole.

In considering the issue of personal self-realization, the key aspect is to focus on the self-realization of talented youth. Young people are people aged 18 to 44 who are a special socio-demographic group (Amelina, 2021). Young people study and work, start families, and play an important role in public administration.

During the period of youth, people enter adulthood, form stable ideas about their future activities and consolidate their own life principles. At the same time, changes in living conditions mean that young people can gain negative experience in certain aspects, which leads to loss of motivation and low self-esteem.

Self-actualization can involve development in a specific direction or in a complex, when a person achieves success and has a balance in different areas of life. A key aspect of self-realization is the ability of a given person to effectively accumulate their own resources in order to realize their full potential. Accordingly, youth occupies an important place here, as young people are energetic, have resources for their own development, and can quickly adapt to new conditions (Makedon et al. 2023).

The problem of self-realization of young people in Ukraine is urgent. The full-scale invasion has affected the self-realization of talented young people, as the security aspect does not allow them to participate in all events, stay in large cities, or gather offline in large groups. The education sector has also suffered, as most classes are held remotely, which affects the quality of knowledge and impairs the ability to implement practical skills. In addition, the war affects the psychological state of young people, as important aspects include the desire to survive, finding a stable job, and helping family and friends. In this aspect, self-realization is a secondary issue, as there is no sufficient motivation to develop oneself as a person (Pokusa & Nestorenko, 2022).

Young people are the most vulnerable category of the population. The war has an impact on the deterioration of the material and financial situation of young people, as they have

to provide for themselves, their families, and relatives. Accordingly, young people are looking for a permanent source of income and lose hope of earning money using their talent and unique skills.

Employment is a key issue for today's talented youth. A significant number of young people with a high level of knowledge, skills, and abilities cannot find a decent job. The state offers only those positions that need to be filled by new employees in view of the needs of the warring state, which creates high competition in the labour market and prevents many young people from finding a job with a good salary. As a result, young people often remain financially dependent on their relatives or simply work at a job with a stable salary.

A significant number of young people today go abroad to find opportunities for self-realization. This is not only a matter of safety and preservation of life, but also an opportunity for self-realization, as other countries actively support talented young people with grants, free education or discounts on education, financial and material support, help with housing, employment or participation in creative activities. Our country has limited resources to support young talents, which is why for many of them, going abroad is the only way to succeed and showcase their abilities.

Accordingly, understanding the factors and motivational elements that shape the potential for self-realization of talented young people is an important aspect of the study today. Having considered this topic theoretically and practically, it is possible to find out the main reasons for the lack of motivation of talented youth to develop their own potential. This will allow us to develop effective recommendations for increasing the motivation of young people who want to realize their potential.

LITERATURE REVIEW

The theoretical basis for studying the factors and motivational elements that form the potential for self-realization of talented youth is currently sufficient for practical work on the problem. In particular, researchers pay a lot of attention to the essence of the term "self-realization", factors influencing the level of youth motivation, the impact of war on the realization of potential by young people, and measures to increase the level of motivation for self-realization of talented youth.

Much of the research concerns the motivational aspects of youth self-realization. For example, researcher Chekalina identifies the following main motivations for self-realization in adolescents and young adults: improving financial situation, providing financial support for the family, finding a job with decent pay, achieving specific goals in life. Improving their financial situation is the main motivation for many young people, as for them a good salary or high

income is correlated with achieving great success in life and self-realization. For some young people, self-realization is associated with the opportunity to improve their health and undergo treatment, change their lifestyle, find a loved one, get a decent education, and make the right contacts (Chekalina, 2022).

Researcher Bybyk believes that for many young people, self-realization is associated with the ability to defend their rights. Thus, in the minds of young people, a person who has achieved a certain level of success is able to gain privileges in society and is less likely to get into unpleasant situations (Bybyk, 2023).

According to Savelchuk, the main motive for young people's self-realization is to find themselves in life. If a person strives to succeed, they will achieve the desired result, work hard, and find better opportunities for themselves. This will allow them to find a job with a good level of income in the future (Savelchuk, 2022).

In Klymchuk's view, the self-realization of creative youth is associated with the ability to provide themselves with such an interesting pace of life that the individual will not have a desire to use alcohol, drugs, psychotropic drugs. From his vision, it follows that self-realization arises from the motive to ensure an active life and to some extent to avoid an undesirable reality (Klymchuk, 2021).

Researchers Kokhanova and Stoliarchuk believe that the main obstacles to the development of a person's potential are insufficient motivation, insufficient effort and problems with volitional regulation, outdated knowledge, insufficient experience, and inability to use one's own resources properly. In their opinion, the main factors of a person's self-realization are his or her intelligence, the presence of a certain level of abilities, the ability to communicate properly with others, and the ability to make every effort to achieve the desired result. Reflection affects the fact that a person strives to be like someone else and this encourages them to self-realization, and vice versa, they do not want to be like someone else, so they want to achieve everything on their own (Kokhanova & Stoliarchuk, 2022).

The role of youth centres in developing the potential for self-realization of talented youth was studied by scientist Lisovets. He is convinced that the functioning of such centres allows young people to receive support from the state and the public to develop their own potential. His research shows that regular visitors to such centres report an improvement in their own competencies after attending centre events, an increase in self-esteem, an increase in the level of aspirations, a reassessment of life priorities, improved communication skills, and the development of personal management skills (Lisovets, 2021).

According to Costiuchenko et al. (2024), the studies of the factors and motivational elements that shape the potential for self-realization of talented youth should now take place in view of the war in the country. The negative impact of hostilities is observed primarily in relation to mental health, which makes young people pay less attention to studying, obtaining

qualifications in stable areas of employment, and struggling with difficulties on the verge of emotional burnout. Artificial intelligence is a phenomenon that both allows to develop the potential and achieve success quickly enough and at the same time prevents you from achieving the desired result (Costiuchenko & Volosevych, 2024; Radkevych, 2025).

According to Redko et al., the war is a factor influencing the motivational structure of young people, due to the fact that the ratio of material and non-material well-being is changing. Young people are beginning to strive for self-realization, as it allows them to achieve a certain place in society and, accordingly, to become part of the community. Capacity development is also based on patriotic feelings. At the same time, the financial component is becoming less important (Redko et al., 2025).

Therefore, it can be argued that the theoretical basis for the study of factors and motivational elements that shape the potential for self-realization of talented youth is complete, comprehensive, and sufficient for the work. The analysis of scientific works on the topic of the study allows us to state that scientists note the impact of war on the motivational elements of self-realization of modern youth.

RESEARCH METHODS

The study of the factors and motivational elements that form the potential for self-realization of talented youth was carried out taking into account different approaches to this issue. A standardized methodology was used and the research methodology was consistent with the ethical principles of these experimental works. The war was taken into account as one of the possible factors influencing the motivational elements of modern youth.

When assessing the factors and motivational elements, the following aspects were taken into account: age restrictions, social status of respondents, gender, education, field of activity, and income level. These factors are important for identifying the main obstacles to the development of personal potential. To obtain reliable results, authors used such methods as questionnaires, observations, and interviews. This allowed us to obtain the most accurate results.

One of the main research methods was a questionnaire. The use of questionnaires made it possible to obtain generalized data about the respondents, to briefly summarize the main issues, and to obtain answers in a concise form. An important aspect is that the questionnaire concerned both the assessment of the level of self-realization and the factors that may hinder self-realization. The questionnaire is designed to get a general idea of the attitude of young people towards their own potential. At the same time, the questionnaire allows to cover many respondents of different social categories at once, which allows to form certain ideas about self-realization in people of certain age limits or social statuses.

When developing the questionnaire, authors took into account existing psychological questionnaires, which allowed us to build the questions correctly (see Appendix 1). The questionnaire was also designed with an aspect of anonymity, as not all participants wanted to be known about their difficulties, results achieved, and attitude towards their potential. The questionnaire identified internal and external factors influencing personal self-realization.

The next method used was the observation method. The effectiveness of this method lies in the fact that by observing the respondents in their usual conditions, it is possible to find out the true attitude of the participants to their own results and their level of self-esteem. To conduct the observation, the respondents were asked to talk to each other about their own achievements, their positioning as individuals, and their perceptions of the existing obstacles to success. The observation was carried out in terms of both behaviour and communication skills and answers, which allows us to draw a general conclusion about the person's desire for self-realization. The observation revealed that it is easier to communicate about results and successes for young people aged 18 to 25, while it is more difficult for people aged 26 and under 44 to talk about their self-realization.

The survey method allowed us to identify general aspects of talented youth's motivation for self-realization. For this purpose, after the questionnaire and observation, respondents were additionally invited to meet offline and asked more detailed questions about their assessment of their level of self-realization, life priorities, readiness to overcome difficulties, motivation to achieve the desired results, and problematic aspects of unlocking their own potential. A separate aspect was to clarify whether the participants consider the war to be a key aspect that makes it impossible to increase their motivation to fulfil their potential.

The use of various methods allowed us to conduct the study comprehensively and obtain results that are close to real indicators of the factors and motivational elements that shape the potential for self-realization of talented youth. The applied methods are flexible for different categories of respondents, allow for refined answers, and are easy to adjust in terms of the research format. This made it possible to conduct the study despite security risks and obtain relevant results.

RESEARCH RESULTS

In order to identify the factors and motivational elements that shape the potential for self-realization of talented youth, a sample of respondents was selected. The respondents were 26 participants who voluntarily agreed to take part in the study, aged 18 to 44. Of these, 13 participants were aged 18 to 25, 8 participants were aged 26 to 40, and 5 participants were aged 41 to 44. Among the respondents, 15 participants had a basic general secondary

education and received other degrees of education, 7 participants had higher education, and 4 participants had vocational education. In addition, 17 respondents were single and 9 respondents were married. Also, among the 26 respondents, 15 people had a low income, 8 people had a middle income, and 3 people had a high income (Spytska, 2023).

The first method used for the study was the questionnaire method. According to it, 9 respondents defined their potential as low (35%), 12 respondents as medium (46%), and 5 respondents as high (19%). This suggests that, in the respondents' opinion, they have an average level of their own potential. This may indicate both adequate self-esteem and, on the contrary, lack of self-confidence (Vasciuc, 2020).

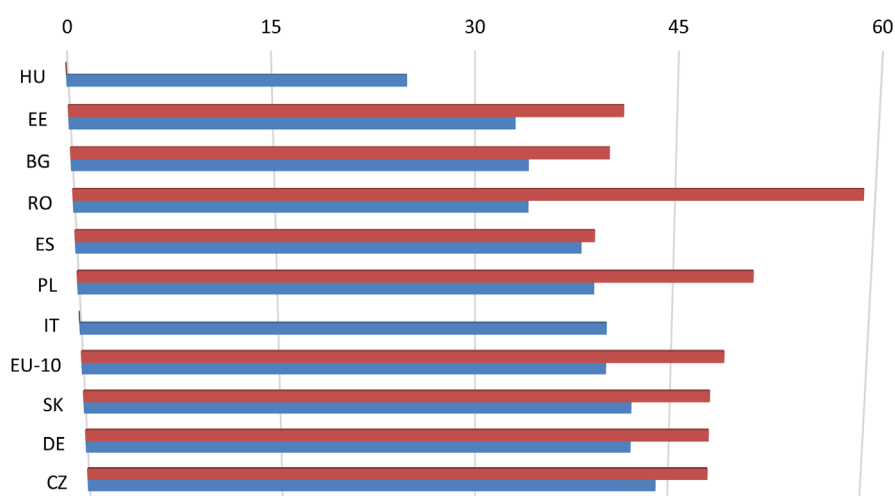
Regarding the level of self-realization, the respondents provided the following answers. For 13 people, their level of self-realization is low (50%), for 8 people it is average (31%), and for 5 people it is high (19%). Accordingly, the level of potential does not correlate with self-realization, which indicates that respondents understand that they can perform better and achieve higher results.

The following answers were received to the question "In your opinion, in which area have you achieved the best development (personal, professional, creative, social)?" Thus, for 14 people, the best development indicator is in the professional sphere (54%), for 7 people in the personal sphere (27%), for 4 people in the creative sphere (15%), for 1 person in the public sphere (4%).

The following answers were received to the question "What motivates you to achieve better results?" as shown in Figure 1. Respondents' answers to the question "What motivates you to achieve better results?"

Figure 1

Answers to the question "What motivates you to achieve better results?"



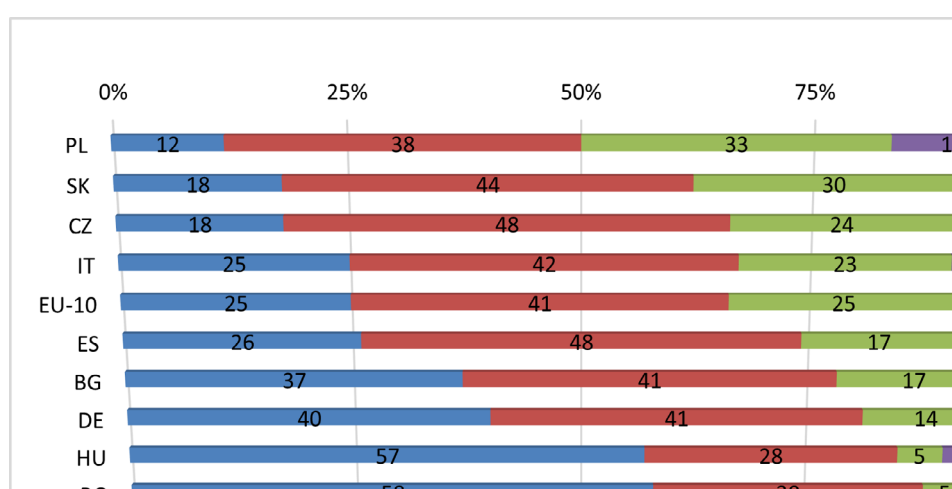
Note. Compiled by the author based on his own survey.

That is, the main motive for most respondents is to improve their financial situation. In particular, this answer is typical for 9 out of 13 respondents aged 18 to 25, while other respondents consider other motives important. Accordingly, self-realization among young people is mostly correlated with a higher level of income and a more prestigious position.

The following answers were received to the question “What prevents you from achieving better results?”, as shown in Figure 2. Respondents’ answers to the question “What prevents you from achieving better results?”.

Figure 2

Respondents’ answers to the question “What prevents you from achieving better results?”



Note. Compiled by the author based on his own survey.

According to respondents, the main factors of insufficient self-realization are lack of support from others, insufficient knowledge, little practical experience, and lack of self-confidence. These results are more typical for respondents aged 18 to 25, while for respondents aged 26 to 40, the main obstacles are lack of resources and objective reasons. Whereas for respondents aged 41 and older, negative experiences are a problematic aspect.

Out of 26 respondents, 17 said they would not be able to reach their full potential in the near future (66%), while 9 respondents (34%) are confident that they will be able to reach their potential. They explain these answers by the fact that the unstable political and economic situation in the country does not allow them to plan their own future thoroughly.

Out of 26 respondents, 19 said that the war significantly affects their self-realization (73%). They attribute this to the fact that they are unable to fulfil themselves due to financial difficulties, security restrictions, uncertainty about the stability of the state, and problems with employment.

The next research method was observation. It revealed that 11 out of 26 respondents (42%) spoke little about their self-realization. They were shy to start a dialog with other respondents, answered laconically, and attributed their success to the help of their relatives or a lucky

coincidence. In their understanding, they have not yet been able to fully realize themselves and do not see any significant potential in themselves. This may indicate insecurity, negative experience of achieving what they want, and insufficient support from their immediate environment. These respondents also kept to themselves, kept their arms and legs crossed, and often looked back at other participants, which may indicate insecurity or a sense of unimportance.

15 respondents (58%) behaved quite confidently, tried to make new acquaintances, and shared their own experiences of self-realization. This shows that even despite the difficulties they face, they feel they have potential and are ready to achieve what they want. They also supported other respondents emotionally and gave them useful advice.

The next method used was a survey. It revealed that respondents are mainly motivated to self-realization by such aspects as the opportunity to improve their financial situation, increase their level of material wealth, gain recognition among others, and prove their own importance. For many people, realizing their potential is an opportunity to show that they are better than those whom their family members have previously held up as examples. Accordingly, it is an attempt to prove one's own importance to oneself.

DISCUSSION

The study revealed that the main motivations for the formation of the potential for self-realization of talented youth are such as improving their financial situation, recognition, and obtaining additional privileges. Researcher Kunytsa agrees with this, stating that modern youth is predominantly liberal and consumer oriented, so one of the most important motives for young people to manifest their potential is to achieve a higher level of material and financial status (Kunytsa, 2025).

Researchers Redko et al. (2025) Marchuk disagrees with the above statement. In her opinion, a key aspect of youth self-realization is their desire for self-determination. Young people seek to prove to themselves that they are confident in their abilities, able to solve complex issues, and can take responsibility for their own families. Important incentives here are self-esteem, understanding of their own self-concept, and demonstration of inner strength (Redko et al., 2025).

An important aspect of the study is to identify obstacles to achieving the desired results by young people and showing their potential. The authors have found that such difficulties include lack of support from others, insufficient knowledge, little practical experience, and lack of self-confidence. This is also supported by scientist Volosevych, who emphasizes that it is very difficult for young people from national minorities, people with disabilities, and people with non-traditional sexual orientation to realize themselves.

That is, the factor of youth belonging to a certain narrow social group is also important when it comes to the self-realization of talented youth (Volosevych, 2023). Researcher Kostyuchenko also agrees with this, adding to this category young people from rural areas, internally displaced persons, and combat veterans (Kostyuchenko et al., 2024).

Scientist Costiuchenko and Volosevych (2024) is convinced that the poor quality of education is one of the main factors of the lack of self-realization of young people. She is convinced that involving young people in educational and cultural programs will significantly improve their desire to realize their talents and skills. A number of other researchers draw attention to the coronavirus as a phenomenon that has negatively affected the ability of young people to fulfil their potential, and therefore disagree that education is the key aspect (Lai et al., 2020).

The impact of war on youth self-realization is quite significant. Researcher T. Kotlova notes that due to the war, the mental health of young people has deteriorated, so they have a lower level of motivation for self-realization (Kotlova, 2023). However, a number of other researchers are convinced that the war has little impact on personal self-realization, because a person who strives to achieve a result always achieves it (Kizilova & Norris, 2024; Makedon et al. 2020; Thesis, 2023).

Thus, as authors can see, the study of factors and motivational elements that form the potential for self-realization of talented youth is quite controversial and indicates different views of researchers on this issue. Accordingly, the problem requires further research.

CONCLUSION

Thus, the study of the factors and motivational elements that form the potential for self-realization of talented youth allowed us to find out that self-realization in the general sense is the realization of the personality potential in a certain direction. These areas are professional, personal, educational, and social. Self-actualization can be assessed both by the person and his or her immediate environment, but such an assessment is subjective and may not reflect the person's real achievements.

Our study of the factors and motivational elements that shape the potential for self-realization of talented youth has helped to identify that lack of support from others, insufficient knowledge, little practical experience, and self-doubt are the main factors of the insufficient level of self-realization of young people. While the motives for self-realization include improving their financial situation, recognition, and obtaining additional privileges. The war is also a key factor influencing the development of young people's potential.

Therefore, the authors can offer the following recommendations for increasing the motivation of talented young people to pursue self-realization. First and foremost, it is the

development of a network of youth centres that will allow young people to find like-minded people, receive psychological and career guidance, develop communication skills, and increase their knowledge in various fields.

Another recommendation is to hold free trainings for young people to increase opportunities for self-realization, with well-known experts in various fields as speakers. The next tip is to build self-confidence among young people by taking online leadership courses.

Thus, the issue of increasing the motivation of talented youth for self-realization requires a more detailed study in future works. After all, modern youth is a vulnerable category that needs special support and recognition from others in times of war.

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APPENDIX 1

Questionnaire "Factors and motivational elements that influence the potential for self-realization of talented youth"

Your age _____

Sex _____

Social status _____

Education _____

Income level _____

No. s/n	Question	Answer
1	How would you rate your potential (low, medium, high)?	
2	How would you rate your level of self-realization (low, medium, high)?	
3	In your opinion, in which area have you achieved the best development (personal, professional, creative, social)?	
4	What motivates you to achieve better results?	
5	What prevents you from achieving better results?	
6	Do you think you will be able to reach your full potential in the near future?	
7	Does the war affect your self-realization?	

CRediT Author Statement

Acknowledgements: We would like to thank the Yuri Kondratyuk Poltava Polytechnic National University (Ukraine).

Funding: None.

Conflicts of interest: None.

Ethical approval: No ethics approval required.

Data and material availability: The data and materials used in this work are not available.

Authors' contributions: Serhii Redko –Methodology, Writing – original draft, Writing – review & editing; Sergii Sorokin – Formal analysis, Writing – original draft, Writing – review & editing; Viktoriia Perevozniuk – Supervision, Resources, Data curation; Iryna Viatokha – Visualization, Supervision, Resources; Viktoriia Shevchuk – Project administration, Resources, Research, Validation.

Processing and editing: Editora Ibero-Americana de Educação
Proofreading, formatting, standardization and translation

