Psychological Task: Life "Before" and "After"

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Abstract

War has settled in the city as a neighbor, necessitating a unique approach to addressing the challenges that arise in such circumstances. This scientific article delves into the central psychological challenge that individuals in Ukraine face in light of the significant events of February 2022, as they adapt to the changed city life. It presents a heuristic model of human skills block formation in the process of life and activity is introduced; the role of psychologism and the dynamics of changing realities on personal reconsideration of individual's approaches and methods of life and activity safety is described. Three levels of adaptivity to situations that potentially might unfold in the city under military conditions these days are categorized by the concepts of individual's adaptability and maladaptability. The primary objective of this research is to demonstrate how feelings of helplessness can serve as a powerful motivator, compelling individuals to acquire essential skills necessary for adaptation in specific conditions. Consequently, there is a growing urgency for individuals to gain proficiency in firearm usage, as the psychological challenges of our times force people to either seek refuge or embark on a journey of acquiring practical skills that enable them to live and effectively address challenges even in novel and transformed circumstances.

Keywords
psychological challenge, helplessness, life safety, actual skills, hybrid warfare, weapons skills

Introduction and Prerequisites for the Resolution of Scientific and Practical Issues

The significance of studying psychological problems arising from global war, crises, and instability, driven by factors such as economic underdevelopment, poverty, wars, conflicts, and interference from hegemonism and power politics, underscores the pursuit of human rights based on values. Addressing these psychological problems emphasizes (a) the unity of humanity in the realm of human rights; (b) collective security for the shared future of

humanity; (c) resolving humanitarian crises, with sovereign equality partnerships key to enhancing global human rights management; (d) cross-cultural learning as a prerequisite for overcoming global crises; (e) endorsing common security as an environment for safeguarding human rights and preventing humanitarian disasters; and (f) achieving justice and common understanding. The study aims to identify psychological challenges related to the quest for human survival and adaptation skills, employing a scientific approach and specific methods, principles, and research tools.

The conceptual objective of understanding the development vectors of civilizations, societies, social strata, and individual groups shares a similarity with the process of organizing chaos. Similarly, studying and gaining insight into the dynamics of individual development, which is inherently heterogeneous, presents a comparable challenge. Interestingly, various linguistic expressions across different cultures mirror how personality formation unfolds. For example, a factor such as war is a strong catalyst for changes in a person's personality (Knežević et al., 2022; Meyer et al., 2019; Morina et al., 2018; Saba et al., 2022; Weinberg et al., 2021). As we progress from one milestone to another, from stage to stage, and encounter pivotal moments, each of us confronts specific life challenges and obstacles that necessitate overcoming. This journey not only yields specific outcomes but also fosters skills, preparedness, strength, resilience, and more. It is crucial to underscore that the impact of life circumstances on the individual is the focus of interdisciplinary social-behavioral research (Ellis et al., 2020; also refer to Arslan, 2016, and Panaite et al., 2022). At each new life stage, individuals encounter not just tests but also psychological tasks, often not consciously perceived or explicitly formulated. These psychological tasks emerge automatically, compelling individuals to take specific actions before pivotal events unfold. When we critically analyze the essential aspect of life's tasks, we delve into the realm of psychologism. Understanding the psychologism inherent in any unfamiliar task is a crucial factor in its resolution.

Some argue that a psychological task manifests in an individual's consciousness as a problematic situation containing data and conditions necessary and, to some extent, sufficient for its resolution using available knowledge and experience. The sufficiency of these conditions can be debated. However, it is vital to recognize that without psychological tasks, there is no upward movement or development. Consequently, such tasks play a pivotal role in shaping an individual's education and training.Transforming a problematic situation into a defined task represents an act of productive thinking. Nevertheless, it is worth noting that the unique characteristic of a psychological task is that its comprehension does not always occur immediately. Sometimes, individuals may only classify past psychological tasks and understand how they must be solved and why after a considerable period, often spanning a decade or more.

The psychological task introduces new rules that govern a different path of self-determination for an individual. Take, for instance, the commonly recognized «difficult age.» What prompts the emergence of this particular stage in personality development? The so-called difficult age or transitional period arises due to a shift in the psychological task during an adolescent's life. Unlike early childhood, adolescence brings new phases of socialization. Adolescents no longer reside solely within their homes with their parents; they become part of the neighborhood, altering their behavioral patterns. Parents gradually lose their dominance or influence over their children at this stage because, as it turns out, the most influential figures reside in the neighborhood or on the streets. This shift occurs because home is considered a safe haven compared to the potentially risky outside environment, where new authority figures emerge. In environments where danger lurks, new figures of authority naturally arise, leading to a shift in the psychological task and corresponding changes in behavior.

How does a teenager experience this difficult age? The future becomes unknown and unpredictable, looming unexpectedly. After a few years, the teenager may realize that this uncertain future is more scary than the «dangerous individuals» encountered in the neighborhood during childhood. Conditions evolve, and societal transformations unfold. Adolescents pursue their education, complete school, and many enroll in higher education. Thus, at the university level, another paradigm shift occurs, accompanied by new psychological tasks, such as striving «to fit in» with peers. After finishing higher education, the transition to the «work» stage follows, where the type of work, company goals, and personal aspirations impose entirely fresh psychological tasks on young individuals.

Research methodology

The methodology employed in examining the psychological problems associated with the acquisition of human survival and adaptation skills is grounded in a scientific approach, utilizing specific methods, principles, and research tools. Initially, our focus involved scrutinizing survival and adaptation skills in extreme conditions, identifying factors conducive to successful adaptation, and devising training programs to enhance these skills. This process included a comprehensive review of relevant literature pertaining to the chosen issue. In selecting methods and tools for investigating the psychological aspects of human survival and adaptation, we employed diverse data collection techniques such as surveys, observations, interviews, and document analysis. Subsequently, the gathered data underwent analysis using statistical and analytical methods aligned with the research hypotheses and questions. Research on psychological skills employs diverse methodologies tailored to the specific problem and research objectives, encompassing:

1. Utilizing questionnaires or surveys to gather participant data, probing their knowledge, experiences, skills, and confidence in particular situations.
2. Conducting observations of individual or group behavior under varying conditions, with structures adapted to the study's requirements.
3. Engaging in interviews with study participants, capturing their opinions, experiences, and strategies related to psychological skills.
4. Employing psychological tests to quantify skill levels, such as stress tolerance, emotional intelligence, decision-making prowess, etc.
5. Conducting experiments to explore the influence of different factors on the development of psychological skills, such as the effectiveness of training or educational programs.
6. Employing computer models, virtual reality, or simulations to generate scenarios in which participants can acquire and enhance psychological skills.
7. Utilizing psychometric methods and tools to gauge psychological attributes and capabilities, including personality tests, stress scales, or adaptation scales.

We employ philosophical methodologies to scrutinize, contemplate, and address philosophical issues and challenges, specifically:

- The method of doubt (skepticism) involves questioning established knowledge, assumptions, and beliefs to attain a higher level of objectivity and truthfulness.
- The method of analysis aids in uncovering the connotations and potential interpretations of concepts, subsequently amalgamating different concepts, ideas, or theories into a unified systematic approach. This method contributes to the development of novel philosophical systems and theories.
- The method of deduction entails progressing from general principles or axioms to specific conclusions, relying on logic and rational arguments.

- The method of induction is applied to examine particular facts and phenomena, leading to the derivation of general conclusions and generalizations. This method aids in the formulation of theories based on observations.
- The method of genesis (evolution) is employed to analyze the processes of transformation and development of ideas, concepts, and social structures.

In the realm of philosophical analysis, we employed a blend of these methods, tailoring our approach to the philosophical tradition utilized in examining the complex issue of acquiring survival and adaptation skills in contemporary conditions. Significantly, the analysis of human adaptability levels in times of war, crisis, and survival played a crucial role, necessitating an integrated approach and the application of diverse methodologies to assess various facets of adaptation.

Examining adaptability levels in altered urban living conditions within the contemporary context requires employing various methodological approaches to evaluate how individuals adjust to changes in the environment, social circumstances, and technological advancements. Potential methodology for further research may include:

1. Utilizing surveys and interviews.
2. Employing surveys and structured interviews to discern the viewpoints, experiences, and adaptation strategies of urban residents.
3. Investigating both public and personal social media accounts to discern discussions and experiences related to adjusting to transformations in the urban environment.
4. Employing Geographic Information Systems (GIS) to monitor alterations in the urban environment and their effects on lifestyles.
5. Examining the utilization of mobile applications and geotechnology for navigation and decision-making in urban settings.
6. Administering psychological tests and surveys to gauge stress levels and the efficacy of adaptation strategies.
7. Behavioral observation: Scrutinizing the conduct of citizens in various situations to comprehend their adaptation to change.
8. Economic analysis: Examining alterations in consumer behavior, investigating shifts in purchasing patterns and preferences in urban settings.
9. Work and Education: Assessing the impact of changes in the urban environment on the occupational and educational practices of city residents.
10. Technological research: Utilizing sensors and smart devices.
11. Implementing sensors and smart devices to monitor and analyze data concerning environmental changes and people's responses; exploring digital platforms; scrutinizing the utilization of digital platforms to facilitate communication, work, and other facets of daily life.
12. Medical assessments: Examining health and physical activity, assessing how alterations in the urban environment affect the health and physical activity levels of the population; evaluating access to healthcare by appraising the availability of health services and their role in adaptation strategies.
13. Cross-city benchmarking: Contrasting adaptation strategies across various cities globally, considering cultural, economic, and social characteristics.
14. Experience-sharing: Establishing platforms for cities to exchange insights to enhance adaptation strategies.

This methodology can form the foundation for a thorough investigation into the adaptability levels of urban residents in contemporary conditions, considering diverse aspects encompassing social, psychological, economic, technological, and medical domains.

This article presents the key findings of the research on the topic «psychological task»; the comprehensive conclusions derived from the holistic completed research will be featured in my upcoming monograph, «The work of human mind in the mode of task

solving,» scheduled for publication in March 2023.

Results

Psychological Tasks as Catalysts for Skill Development

Understanding how individuals acquire, develop, and apply skills is essential for both personal development and societal progress. Human skill formation is a multifaceted field of research that has garnered significant attention across various disciplines (Du et al., 2022; Hodges & Lohse, 2020; Gerli et al., 2022; Lochner & Park, 2022; Scandurra & Calero, 2020; Zhong et al., 2022). Examine how a psychological task affects skill formation. Such a task initiates a pattern of behavior that, in itself, is delicate and unstable. However, it is through learning that this pattern gains meaning. All human skills are essentially composed of these behavioral patterns. This concept forms the core of the skill system. To visualize this heuristic model, we can liken it to a set of matryoshka dolls. Initially, a block of skills acquired in childhood forms the innermost doll. Then, in adolescence, the next block of skills (e.g., stand-up for oneself) is added, and so on, as one progresses through life. Each skill set wraps around the central axis of development, much like the matryoshka dolls. Consequently, over the course of one's life and activities, an individual constructs a «garland» of skills, strung through time, with each element resembling a matryoshka doll.

The largest and most robust «matryoshka doll of skills» is developed during childhood, with subsequent ones diminishing in size. When considering this concept on the scale of global anthropological genesis, we can recognize that each element of the «matryoshka doll» represents a key skill of its respective era. Understanding the key skill of an era holds practical value, not only for expanding one's personal opportunities and self-realization but also for comprehending the broader historical context of human development, including its socio-cultural nuances. From a psychological perspective, the notion of a key skill serves as a starting point for the development of an effective methodology for human training, aimed at nurturing individuals into mature, capable, and independent personalities. This approach is particularly crucial in the context of our rapidly changing modern environment (Maltsev, 2018).

Facing challenges as individuals (once again, due to shifts in the environment and the «rules of the game» within it) represents a psychological task that predefines a specific behavioral pattern. For instance, a pattern of successful and tactically competent behavior that enables one to navigate through a pandemic and rebuild a business (examine this as a unique case). This pattern, even if it is comprehensible to an individual, requires specific skills that need to be made enduring and valuable within a limited timeframe (often in a short period). The subsequent step involves constructing degrees of effectiveness.

In modern psychology, the first fundamental principles for implementing effective changes in the organization of daily life and activities emphasize the concepts of «adaptability» and «maladaptability.» Adaptability is understood as an individual's capacity to swiftly adjust to the changing conditions within which they operate and live (McKeown, 2012). Put simply, it can be described as a set of specific habits in everyday life.

City and War: Realities in 2022

Examine and outline the unique aspects of human life in urban environments through these theses. In one way or another, contemporary urban dwellers are accustomed to engaging in

various activities that secure their livelihoods. This includes commuting to work, shopping at markets, strolling in parks, or cycling, among others. The specific set of habitual activities varies for each city resident. However, one thing that no modern resident of European or American cities is accustomed to is urban warfare, primarily because such conflicts have not occurred during their lifetime. For a person, psychologically perceiving a city as a theater of military operations can be quite challenging, largely because cities have historically been designed to protect people. The very idea that individuals can be killed in a city is difficult for the human mind to accept. Therefore, we can deduce that a person's adaptability to such conditions is virtually nonexistent, making it easier for them to evacuate from the city rather than learn to live in such circumstances. Typically, in times of military operations, citizens are evacuated from the city. However, contemporary realities demonstrate that cities can become battlefields even in times of peace, outside of wartime.

As an illustration of this statement, we can refer to the events of 2014 in Odessa. During that year, people tragically lost their lives on the city's streets due to gunshot wounds in entirely non-military conditions. The scenario of these events unfolded unexpectedly and unpredictably. No one was prepared for the outbreak of gunfire in a civilized age during peacetime. People were leading their ordinary lives when suddenly gunshots rang out in the city center. This incident was by no means isolated. Later in the same city, the Odessa House of Trade Unions was engulfed in flames. As a result of confrontations and the blaze, 48 individuals lost their lives, and an additional 250 suffered injuries. Reflecting on such events or being an unwitting witness to them highlights the unsettling reality that if a Molotov cocktail can be hurled at the Trade Union House, there is nothing preventing certain individuals from targeting a commercial office, bank, or a crowded bar with a similar bottle. Hence, the current level of human maladaptation to such conditions worldwide is exceptionally high, and these incidents serve as stark reminders of this fact.

An example from the opposite side of the world highlights the Black Lives Matter riots in the United States. People in cities, particularly in the northern parts of the US, found themselves unprepared to defend their homes, cars, and even stores from a heated mob (Dickerson, 2020). I recall seeing online videos of an unarmed woman being robbed in broad daylight on the street, with no one daring to restore order. These actions were carried out under the banner of Black Lives Matter. Today, urban warfare often unfolds as portrayed in the 1991 American film «Backlash»: just one block away, there is a war, while two blocks away, a wedding is taking place (Howard, 1991). Given the above, it is evident that war has settled in the city as a neighbor since February of this year. The skills that are essential for individuals today are significantly distinct from the skills that held importance prior to February of this year. I personally witnessed how people in Odessa repeatedly came under fire and how 70 people were injured when a missile found its target. The missile passed just 200 meters away from me and my colleagues, not without consequences. As we left the scene of the incident, we saw many doctors providing first aid to the injured.

Urban combat is an incredibly complex military discipline. In Soviet times, urban combat received not only special attention but also had a dedicated department for teaching this discipline. Urban warfare was taught for a staggering 5 years. This discipline happens to be my specialty, as I, the author of this article, studied tactics and various aspects of urban combat for 5 years. Decades ago, it was already recognized that the primary battlefield would be the city. Analyzing the daily military news corpus reveals headlines such as «Artyomovsk has been taken,» «fighting for Kramatorsk,» «battle for Bakhmut,» «course to Kherson,» and so on (Cave & Isai, 2022). The theater of hostilities is unfolding directly within settlements. To draw a historical analogy, we can cite the Wild West, where the city became the arena for battles, shootings, and the resolution of conflicts. If a person sought adventure, the path of adversity led them to the city.

In the 21st century, we may not have reached a state akin to the Wild West, but the progression in that direction is undeniable. From a prototypological perspective, consider the film «The Headless Horseman» as it effectively portrays the repercussions of war for different segments of the population (Vajnshtok, 1972). Initially, customs prevailed, followed by the emergence of informal laws, and only later did formal legal structures and the codification of laws and fundamental decisions come about. During the Wild West era, judges often apprehended criminals themselves, conducted trials, and carried out executions. It is worth noting that in the state of Texas, even today, civilians commonly carry firearms and bladed weapons both within the city and beyond. Texans are reluctant to part with their firearms, and the practice of openly carrying guns and knives is nationally and legislatively sanctioned. The memory of how things used to be, when «in the old days Colonel Colt settled matters for everyone,» remains deeply ingrained, solidifying the skills of wielding a firearm and defending lives and property, passing these skills down through generations. I have personally visited Texas and observed that while people there carry guns, I did not witness acts of violence among them. Texans are known for their politeness towards one another. Nevertheless, what is a centuries-old tradition in Texas may not be the norm in other states within the same country.

In essence, we can describe the ongoing global events as «war has settled in the city as a neighbor,» necessitating an approach to address the challenges that arise in such circumstances.

Discussion

Adaptability Levels in Evolving Urban Environments

There are multiple levels of adaptability to potential situations that might arise in a city during times of military unrest. The first level is when individuals who find themselves caught up in the chaos and become victims of disorder. Adapting to the urban environment and its ever-changing dynamics under such circumstances is far from easy.

For instance, consider the events in Kiev in 2014. Adapting to the unrest is a challenging ordeal. When a person realizes that someone has lost their life in their city, right in their familiar surroundings, it inevitably leads to the distressing thought that they too could have met the same fate, and perhaps they still will. I happened to be in Kiev during the initial Maidan protests (Guardian Staff Reporter, 2014). I was not politically inclined at the time, but I inadvertently became a witness to the unfolding turmoil. While I disapproved of the events transpiring in the capital, I felt powerless to change anything. However, there was someone who could make a difference. One evening, after having dinner with a friend, we decided to take a walk to Maidan Nezalezhnosti. Naturally, we were not the only ones out and about; we encountered various people along the way. One particular group seemed to be giving us hostile looks. My friend did not appreciate the way they were eyeing him and decided to confront the instigator. Before long, a crowd had gathered around us, ready to confront us aggressively. Yet, my friend remained composed, calmly observing the crowd as it continued to swell. When someone from the crowd stepped forward with certain demands, my friend simply stepped aside and let his security handle the situation. Consequently, within a matter of minutes, the crowd dispersed. This incident vividly illustrates that an individual's adaptability in any situation is contingent on their skills—whether they possess the knowledge and abilities to navigate and survive under those conditions. Incidentally, my friend is well-versed in doing so.

These recurring situations in various parts of the world serve as stark reminders of a person's vulnerability and helplessness when they lack an organized structure to protect them. The profound sense of psychological helplessness and the inability to adapt to such circumstances represent the central challenges of our times. Many individuals might assume that staying at home is a safer option when they feel helpless. However, this notion did not spare the residents of Mariupol when military shells rained down, causing destruction to residential homes, infrastructure, and city streets. Regardless of where a person chose to be or hide at that moment, there was no place of absolute safety.

In this context, we can assert that maladaptive factors give rise to helplessness, and helplessness, in turn, leads to an inability to adapt. In other words, when an individual feels helpless, they cannot explore ways to adapt to unfamiliar, dangerous, and unpredictable conditions. Their only recourse is to evacuate the perilous area. Consequently, helplessness stands as the primary aspect and pivotal factor that compels individuals to contemplate their actions, decisions, and behavior when confronted with urban unrest or hostilities, which, as evidenced by the events of 2022, can erupt suddenly, at the whims of others, and without any means of prevention.

However, the challenge lies in the fact that such conditions occur:
1. Unexpectedly.
2. At the discretion of others.
3. Most importantly, they are beyond individual control.

For instance, just a year ago in 2021, the residents of Kherson enjoyed a peaceful life, but today, the majority of the city's population has been compelled to abandon their homes. Several districts of Mykolaiv lie in ruins, with artillery shelling and enemy missiles resounding from morning till night. The only way to counteract psychological helplessness is by introducing a systematic and effective approach.

Level I: Urban Unrest - At this level, psychologism urges individuals to alter their established perspectives and restructure their lives to become less susceptible to conflicts of this nature. People, in principle, are unaware of what the future holds, and it remains uncertain.

Level II: Localized Conflict - This level goes beyond mere riots in the city and escalates into an armed confrontation involving the use of small arms.

Level III: Full-fledged Warfare - Here, heavy weapons, tanks, and the like are utilized. While the first and second levels may still allow for a semblance of daily life, it is impossible to coexist in a city experiencing the conditions of the third level, necessitating evacuation. In reality, there is no gradual transition from one level to another. An unexpected moment may lead to the appearance of a certain level in your city. The transition between levels depends on numerous factors, but comprehending them necessitates military analyst skills, a subject far from the average person's grasp. Such situations catch individuals off guard, and the development and outcome of these conflicts remain uncertain. Urban warfare erupts and escalates like a volcano, and before the «volcanic eruption» occurs, individuals must decide on a safe destination outside the perilous city. In this context, we will not delve into the topic of survival in extreme conditions, as it encompasses numerous factors beyond the scope of this article. Nonetheless, learning to wield weapons is undoubtedly essential for surviving in such dire circumstances.

The investigation into the city's education systems focuses on their role in enabling adaptation to evolving conditions. This involves evaluating the accessibility of educational resources, the quality of education, and opportunities for professional development. The assessment encompasses the following key dimensions:
1. Social Inclusion: Examining the city's citizens' level of adaptation to social inclusion, considering aspects such as equality, anti-discrimination efforts, and the active participation of all sectors in city life.

2. Energy Resilience: Assessing the city and its residents' preparedness for changes in energy infrastructure, including the shift to renewable energy sources and improvements in resource efficiency.
3. Crisis Management: Analyzing the city's and its inhabitants' readiness to handle crises, be they natural disasters, epidemics, or unexpected situations. This includes evaluating the implemented management mechanisms to minimize the impact of such events.
4. Digital Literacy: Gauging the digital literacy of the city's residents, including their proficiency in effectively utilizing digital technologies for work, education, and communication.
5. Urban Ecology and Green Technologies: Evaluating the city's integration with nature and its success in implementing green technologies to enhance the environmental quality and citizens' comfort.
6. Adaptability in Work and Business: Examining the readiness of the city's residents to adapt to changes in the labor market, foster entrepreneurship, and embrace modern technologies in business.
7. Social Connection and Networks: Investigating the development of social support and ties among city dwellers and exploring how these factors influence their ability to adapt to change.

These dimensions encompass diverse facets of urban life and provide a foundation for a thorough examination of adaptability levels in altered conditions. Various data collection methods, including surveys, statistical analysis, participation in focus groups, and others, can be employed to gain a comprehensive understanding of the current status and future prospects of adaptation in the urban environment.

Conclusions and Future Research Directions

As recently as a decade ago, the average citizen had no pressing need to acquire firearm skills. However, today, the overwhelming sense of helplessness compels people to pursue this skill. The relevance of this matter is no longer in question; the military realities of 2022 speak louder and more vividly than any words. Of course, an ordinary, even trained person, would not engage in combat against the military. So, why should one learn to use weapons in such a scenario?

The fact is, aside from armed soldiers, the streets of a city become infested with looters and criminals during and after a military conflict. As soon as hostilities commence, the first problems to arise typically involve the scarcity of food, medicine, and other essentials. Desperate individuals increasingly resort to looting; stores become prime targets for theft, and even law enforcement agencies may struggle to maintain order. The film «Solntsepyok» (translated as «Hotsunlight» in English) effectively demonstrates how a series of incidents and occurrences can set off subsequent surges in criminal activity. Banditry becomes an integral facet of wartime realities that cannot be ignored. Therefore, during wartime, ensuring the survival of criminals and upholding order in prisons are not top priorities. This means that criminals will prioritize their own survival. Consequently, acquiring the skills to handle firearms for self-defense and safeguarding one's family and friends becomes essential. The urban landscape has transformed, and criminals need to continue surviving. Since they are unlikely to engage in normal social interactions and lack other means of subsistence, the number of robberies and thefts is likely to increase.

In conclusion, it is essential to clarify that this practical discussion does not aim to address the question of «how to behave in combat-like conditions.» Rather, the purpose of this scientific work is to highlight that helplessness directly fosters the motivation for

individuals to acquire the necessary skills to adapt in specific circumstances. In one way or another, many factors today make it imperative for individuals to learn how to use firearms, as the psychological challenges of our time push individuals toward either seeking refuge or embarking on a learning path. The primary psychological task of today is to acquire the ability to defend oneself in local and hybrid conflicts.

Studying levels of adaptability in altered urban living conditions in contemporary contexts means analyzing how people adapt and adjust to any changes in the urban environment given current social, economic, technological, and environmental conditions. This may include examining changes in behavior, coping strategies, emotional responses, and the use of new technologies and community resources. Examples of how people adapt in such a study include:

1. Changes in mobility: How do changes in a city's transportation infrastructure affect the mobility of residents? What new forms of transportation have become more popular?

2. Impact of technology: How does the use of digital technologies change the daily lives of city dwellers? What roles do mobile apps, smart gadgets, and other technologies play?

3. Social change: How do changes in social norms affect the behavior of citizens? How do social networks affect social ties in urban environments?

4. Economic aspects: How do changes in the city's economy affect the financial situation of residents? What new job opportunities have arisen due to changes in the urban environment?

5. Environmental aspects: What measures are being taken to improve the environment in the city, and how does this affect the lives of city dwellers? How do people change their habits in response to environmental initiatives?

6. Psychological well-being: What factors in the urban environment influence the psychological health of residents? What adaptation strategies are used to cope with stress and uncertainty?

7. Changes in housing conditions: How do changes in urban development affect housing conditions? What new forms of housing have become more popular?

8. Education and Culture: What new educational opportunities have arisen due to changes in the city? How do cultural developments and infrastructure affect the lifestyle of city dwellers?

These represent just a few considerations when examining adaptability in urban environments under contemporary conditions. The choice of research methodology will hinge on the specific goals of the study and the researchers' particular areas of interest.

Declaration of Conflicting Interests

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