

The Role of the Family in the Sustainable Development of Society: Perspectives of Student Youth

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ABSTRACT:

The relevance of studying the role of the family in the sustainable development of society is determined by profound social transformations and the prolonged state of war in Ukraine, which reshape the marital and family orientations of young people and directly affect social stability, demographic recovery, and the prospects for sustainable societal development. In an empirical study involving 220 first- and second-year students of humanities disciplines, the research explored students' perspectives on the significance of the family for sustainable societal development and identified their basic marital and family orientations. It has been established that students recognize the priority role of the family in the sustainable development of society primarily through the social dimension, particularly via its educational, psychological-protective, and restorative functions, which are especially relevant under conditions of war. It was found that students recognize the family's priority role in sustainable development primarily through the fulfillment of its educational, psychological-protective, and restorative functions, which are especially relevant under conditions of war. At the same time, the importance of the economic and environmental dimensions of sustainable development was less represented in the students' views. The most frequently cited risks of the family's impact on sustainable societal development in wartime, according to respondents, included psycho-emotional exhaustion and functional-role overload of family members, disruption of family cohesion, and weakening of family ties. The study recorded a predominance of traditional orientations toward formal marriage among respondents, combined with egalitarian attitudes regarding the distribution of family roles and

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authority. Key factors for a successful marriage identified by students were mutual love, understanding, support, and marital fidelity, while the most desired traits in a spouse were loyalty, honesty, and respect. A contradiction was revealed between the recognition of the family's educational function and the low relevance of intentions to have children, reflecting the demographic challenges of wartime. The findings underscore the necessity of targeted psychological and educational work with student youth to develop a holistic understanding of the family's role in realizing all components of sustainable societal development and optimizing marital and family orientations.

Keywords: : family, sustainable development of society, student youth, marital and family orientations, martial law

1. Introduction

Contemporary Ukrainian society is undergoing profound social transformations driven by globalization, digitalization, and war. These changes lead to shifts in partnership and parenting models, a rethinking of gender roles, and an increase in the diversity of family strategies. Studying the marital and family orientations of young people allows for the identification of these changing trends and the assessment of their impact on social stability and cohesion. Since youth are the primary agents in forming future families, their orientations directly influence marriage and birth statistics, the stability of family structures, and the demographic composition of society. In the context of depopulation, migration, and population losses, it is precisely the value orientations of young people that determine the prospects for the restoration of human capital, which is a key vector for the sustainable development of Ukrainian society. Therefore, the issue of young people's awareness regarding the role of the family in sustainable societal development, as well as the content of their marital and family orientations, is highly relevant and requires detailed study.

2. Literature review.

In the context of the prolonged war, Ukrainians have faced significant challenges affecting individuals, families, and society as a whole. Under such conditions, the family remains one of the most stable and traditional social institutions. As noted by L. Slyusar (2023), it plays a crucial role in the mechanism of population self-preservation during periods of crisis. The solidarity formed within families often extends beyond private relationships and transforms into broader social and national solidarity. Issues of marital and family attitudes, as well as young people's psychological readiness for family life, have attracted considerable scholarly attention. Ukrainian psychologists O. Adamova and O. Todoschak emphasize that young people's choice between informal and official marriage is shaped by socio-economic and socio-psychological factors. According to N. Prokopenko and N. Tertychna, although young people recognise the responsibilities associated with family life and consider family values central to personal development, many postpone marriage and parenthood, reflecting contradictions between values and behavioural intentions. These transformations in value orientations are closely connected with broader educational and social influences, including the formation of environmental awareness and sustainability-oriented thinking among young people. Understanding how students perceive environmental knowledge is essential for addressing contemporary

environmental challenges. A quantitative study involving 147 secondary school students demonstrated that environmental knowledge helps young people realise their personal responsibility toward the environment. While schools remain an important source of such knowledge, students identify social networks, the internet, personal observations in nature, and family influence as highly significant learning sources. Higher education institutions further contribute to shaping sustainable values, attitudes, and behaviours aligned with the Sustainable Development Goals (SDGs). A survey of 716 students from European countries and Türkiye revealed that students' behaviour toward sustainability issues is influenced not only by knowledge but also by their attitudes toward sustainability. These findings highlight the importance of integrating sustainable development education across all levels and fields of higher education. Although students generally demonstrate sufficient knowledge and positive attitudes, universities must focus on supporting the transition from awareness to responsible and sustainable behaviour. Taking into account the analyzed theoretical approaches and empirical findings, there is a need to clarify how contemporary student youth interpret the role of the family in the context of sustainable societal development. Accordingly, the aim of the study is to examine students' awareness of the role of the family in sustainable societal development, as well as the marital and family-related attitudes of young people, which determines the selection of appropriate methods of empirical analysis.

The aim of the study is to present and analyze the results of examining student youth's awareness of the family's role in sustainable societal development and the marital and family orientations of adolescents.

3. Materials and Methods.

The study, conducted from October to December 2025, involved first- and second-year students majoring in Philology (Ukrainian and foreign languages) and History at Borys Grinchenko Kyiv University (Ukraine). The sample consisted of 220 students aged 17 to 22, including 192 females and 28 males. Prior to the study, all participants were informed about its purpose, assured of confidentiality through the anonymity of their responses, and provided voluntary consent to participate in the survey. For data collection, a written survey was conducted using a Google Form (content developed by the author). During the data processing stage, both quantitative and qualitative methods were applied, including calculation of mean values, percentage distributions, and ranking using IBM SPSS Statistics (version 29). In the final stage, the empirical data were interpreted and synthesized.

4. Results

The first step of the survey was to examine students' awareness of the family's role in sustainable societal development. A content analysis of respondents' answers to

this open-ended question allowed the identification of the most common student views, such as:

- The family is a source of value formation in children, including ecological, economic, and moral foundations of their worldview, which manifests in socially responsible behavior (mentioned in 179 responses);
- The family contributes to the development of personal qualities in children, such as responsibility, tolerance, and humanism (noted by 142 respondents);
- Through the example of parents, a child develops and realizes value-based attitudes toward the environment, health, work, and education (mentioned in 118 responses).

A significant portion of respondents (79 responses) noted that the family influences population reproduction, national preservation, and age structure balance, which are important conditions for long-term societal development. Considering the prolonged state of war in the country, 74 surveyed students predictably emphasized the psychological mission of the family, highlighting that it currently provides emotional stability, mutual support, and protection for citizens, which reduces social tension and contributes to societal resilience under crisis conditions. Responses from 43 respondents were related to the economic component of sustainable societal development. Specifically, it was noted that the family serves as a center for reproducing the labor potential of society, family members can ensure rational resource consumption, be financially responsible, and maintain their productivity, which positively impacts the economic stability of society. The prospective role of the family was also mentioned by 9 students, who indicated that a strong and well-functioning family is a foundation for sustainable development, as it ensures the continuity of social, economic, and cultural processes. The survey also explored the orientations most relevant to the students involved in the study, reflecting their potential to contribute to sustainable societal development through the family. Analysis of the responses allowed for the generation of a ranking of relevant orientations (Table 1).

Table 1. Ranking of Student Youth Orientations Regarding the Implementation of Sustainable Societal Development through Family Status

| Orientation | Number of Selections | Rank Position |
|--|----------------------|---------------|
| Combining family life with personal and career development | 214 | 1 |
| Division of family responsibilities and decision-making based on gender equality | 201 | 2 |
| Value of stable family relationships, mutual respect, constructive conflict resolution | 185 | 3 |
| Priority of marriage over casual relationships or being single | 123 | 4 |
| Preservation of intergenerational heritage and national values | 105 | 5 |

| | | |
|---|----|----|
| Orientation toward responsible parenthood, conscious approach to childbirth and child-rearing | 96 | 6 |
| Alignment of intra-family and civic activity (volunteering, charity) | 94 | 7 |
| Environmentally responsible behavior in daily family life | 79 | 8 |
| Orientation toward a healthy lifestyle, care for the physical and mental health of family members | 73 | 9 |
| Family budget planning, savings, responsible consumption | 69 | 10 |

As can be seen, the majority of respondents reflected established general personal orientations, such as the pursuit of harmonious and multifaceted self-realization, gender parity in marital and family relationships, the ecological dimension of these relationships, and the significance of marriage as a form of family relationship. Notably, the function of parenthood was considered a relevant orientation by fewer than half of the respondents, which can be explained by their age. Overall, the constructed ranking clearly emphasizes students' perception of the significance of family status primarily for the social component of sustainable societal development (the top six positions in the ranking), while its ecological and economic dimensions are less prominent in the views of the surveyed student youth. Analysis of respondents' answers to the next question examined their views on the role of the family in the sustainable development of Ukrainian society under prolonged wartime conditions. It should be noted that respondents were allowed to select multiple answers. As expected, students most frequently emphasized that the family has become a primary source of emotional security, psychological support, and a sense of stability for Ukrainians under constant danger and uncertainty (protective function) (Fig. 1) Almost all respondents recognized the importance of the family's restorative function, manifested in its role in coping with stress and anxiety, and in recovery after losses and traumatic experiences. A significant number of students also mentioned the family's economic function, through joint financial management, material support for unemployed family members, adaptation to income loss, increased expenses, or forced relocation. Fewer than half of the respondents acknowledged the importance of parents' role in fostering patriotism, civic responsibility, and respect for Ukrainian mentality and language in children (educational function). Some students emphasized the family's integrative function during wartime, manifested in strengthening intergenerational mutual support, care for the elderly, assistance to children, and joint coping with crisis situations. The implementation of the family's ecological function, through environmental preservation and responsible use of natural resources, was considered less relevant by respondents. The role of the family in population reproduction was almost entirely devalued in their view, reflecting the demographic crisis in Ukrainian society under conditions of war, including declining birth rates.

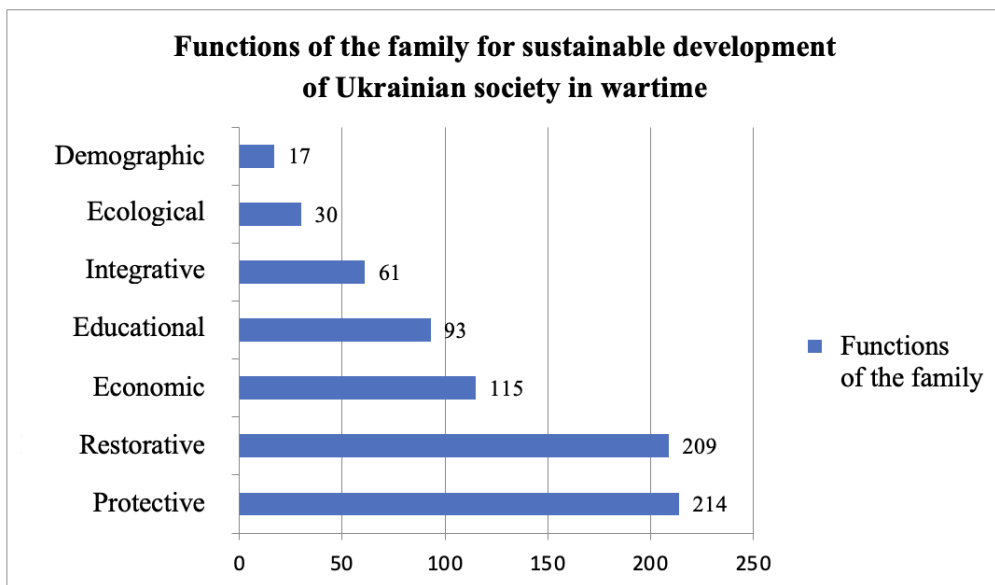


Fig. 1. Distribution of student responses regarding the role of the family in the sustainable development of Ukrainian society under wartime conditions (number of selections per response)

Another open-ended question in the survey was aimed at identifying student youth's views on the risks associated with the family's influence on the sustainable development of Ukrainian society. A content analysis of respondents' answers highlighted the three most frequently mentioned risks: psycho-emotional exhaustion of family members, deterioration of the psychological climate and ecological quality of interactions, intensification of family conflicts due to war, chronic stress, and the strain of daily life (mentioned in 182 responses); disruption of family cohesion, weakening of family ties and intergenerational interactions due to forced migration, military mobilization, loss of housing, or death of close relatives (mentioned by 178 respondents); uneven distribution of roles and responsibilities, functional-role overload of family members (e.g., wives of mobilized partners), noted by 85 respondents. Some respondents additionally mentioned the intensification of the traumatic impact of destructive family relationships on the mental health of family members, especially children; the deepening of social inequality between families, with corresponding increases in envy and a sense of injustice; the spread of collective trauma across generations; and the deterioration of demographic and ecological conditions in Ukraine. The first question of the second block of the survey focused on respondents' views regarding the status of the family in contemporary Ukrainian society. The largest share of students (45%) confirmed the view that Ukrainians strive to combine family relationships with personal self-realization. At the same time, a portion of respondents (31.3%) expressed traditional orientations regarding the family's role in the lives of Ukrainian citizens, choosing the response that the family remains the main form of social interaction and a priority value. In contrast eclectic approach, 23.2% of respondents were more skeptical, believing that the family is losing its significance for

Ukrainians, with alternative forms of relationships or living alone becoming more widespread. One respondent demonstrated an, noting that all answers are acceptable, depending on age and individual character. The prolonged war has affected all spheres of activity and communication in Ukrainian society; therefore, the survey included a question regarding changes in the significance of the family under wartime conditions. The majority of the sample (76.8%) emphasized the increasing importance of the family as a center of stability and security. In contrast, 19.1% of surveyed students stated that during the war, the strength and importance of family relationships decrease due to migration processes and security priorities. Two respondents indicated that they had not noticed any changes. One student linked changes in family significance to the loss of people and security, without specifying the changes themselves. Additionally, six respondents correctly noted that it has become more difficult for Ukrainians whose relatives are involved in the war or have been lost due to it. The next question explored which living arrangement or family status students would prefer (Fig. 2).

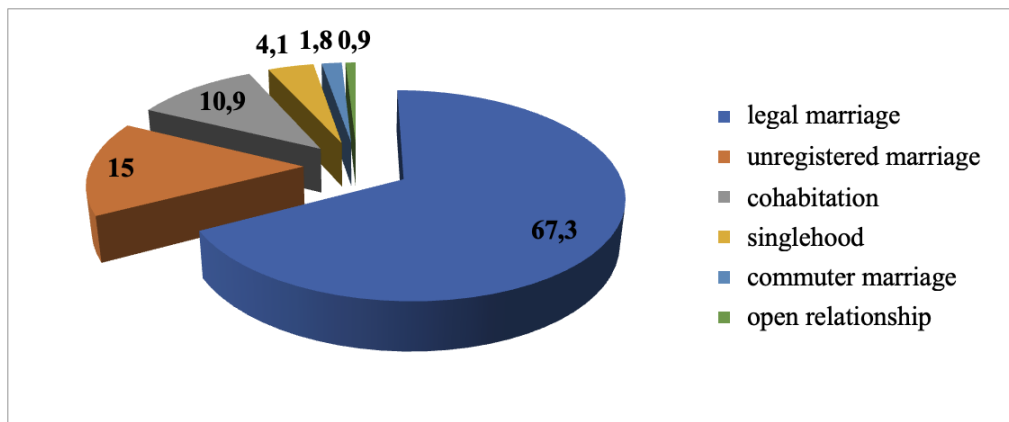


Fig. 2. Distribution of student responses regarding the future status of close relationships (% of responses)

As can be seen, the majority of the sample demonstrates traditional orientations toward living in a registered marriage. We assume that this may have been influenced by the predominance of female respondents in the sample. Fifteen percent of students expressed a preference for living in a so-called cohabitation arrangement, while 10.9% were attracted solely to living together with personal autonomy for each partner. Only four participants were interested in a “commuter” marriage, where partners maintain separate residences but have regular relationships. Nine respondents anticipated remaining unmarried, embracing conscious singlehood, while two considered casual relationships without obligations as optimal. Regarding the optimal distribution of power within the family, 60% of respondents favored an egalitarian approach, where all family members have a voice in decision-making; 23.6% preferred a situational distribution of power, with different members making decisions in different situations; and 10.9% opted for a binary approach, where power is shared between husband and wife. Eight respondents (3.6%) considered a patriarchal distribution optimal, and four (1.8%) chose a matriarchal arrangement. These results indicate relatively progressive views on family power distribution among the

majority of the surveyed students. The survey also explored students' views on the acceptability of a traditional division of family functions, where the husband provides economically while the wife manages household tasks and child-rearing. Only 5% of respondents fully supported this patriarchal model. In contrast, 13.2% were categorically opposed, citing overburdening of marital partners. Notably, 77.7% of respondents expressed the orientation that both husband and wife should participate in all family functions, reflecting psychological awareness in the division of family responsibilities. A moderate approach was also observed in 4.1% of students, who considered such a division acceptable if it suits both partners. The study also investigated students' views on the desired traits of a potential marital partner. Within this task, a list of qualities considered essential for a spouse was compiled, with the top ten ranked traits presented in Table 2.

Table 2. Ranking of Important Traits of a Marital Partner

| Trait/Characteristic | Number of Selections | Rank |
|----------------------|----------------------|------|
| Fidelity | 199 | 1 |
| Honesty | 80 | 2 |
| Respect | 58 | 3 |
| Responsibility | 58 | 3 |
| Understanding | 40 | 4 |
| Sincerity | 36 | 5 |
| Trust | 36 | 5 |
| Love | 32 | 6 |
| Support | 28 | 7 |
| Care | 20 | 8 |
| Openness | 20 | 8 |
| Maturity | 17 | 9 |
| Reliability | 15 | 10 |
| Emotional Stability | 15 | 10 |

It was found that fidelity was considered the most important trait in a potential marital partner by the surveyed students, while honesty and respectful attitude were also highly valued. Notably, love as a priority ranked significantly lower than respect, understanding, sincerity, and trust, occupying only the sixth position. Respondents also mentioned support and care from a partner, and some confirmed the importance of openness, maturity, reliability, and emotional stability in the portrait of desired traits. At the same time, traits of a pragmatic nature or moral compliance were absent, indicating that for the respondents, the priority in marriage is the relationship and mutual attitude of the partners toward each other. When identifying student orientations regarding undesirable traits in a marital partner, the most frequently mentioned was aggressiveness/cruelty (102 selections), followed by rejection of humiliation or abusive behavior (39 selections). Traits such as selfishness, narcissism, arrogance, and disrespect were collectively mentioned by 58 respondents. Students were also unwilling to tolerate dishonesty in a

potential partner (48 selections), irresponsibility (37 selections), indifference, laziness, and infidelity (35 selections each). A greedy partner was undesirable for 25 respondents. Traits such as jealousy, frivolity, personal stagnation/degradation received 17 mentions each. Infantilism was cited by two respondents. Single mentions were made of undesirable traits including sarcasm, offensiveness, conflict-proneness, dishonesty, sexism, untidiness, domestic incompetence, recklessness, impudence, gambling, and alcoholism. Thus, responses to this question confirmed the previously formulated thesis that the priority for students in marriage is the relationship and mutual attitudes between partners. Accordingly, it is logical to present a ranking of the most important factors for a successful marriage, formed based on students' evaluations of these factors on a 5-point scale (Table 3).

Table 3. Ranking of Factors for a Successful Marriage

| Factor | Mean Score | Rank |
|---|------------|------|
| Mutual love/affection | 3,96 | 1 |
| Interest, mutual understanding, and support | 3,95 | 2 |
| Marital fidelity | 3,85 | 3 |
| Personal maturity of partners | 3,76 | 4 |
| Alignment of life values and needs | 3,73 | 5 |
| Self-realization of partners outside marriage | 3,60 | 6 |
| Financial security | 3,45 | 7 |
| Sexual compatibility | 3,32 | 8 |
| Ownership of housing | 3,18 | 9 |
| Absence of harmful habits/addictions | 2,09 | 10 |
| Having children | 1,62 | 11 |
| Relatives' approval | 1,38 | 12 |

The analysis of the ranking clearly indicates that the surveyed students are oriented toward a partner-centered marriage, in which the communicative (within the family space) and psychotherapeutic family functions are given priority. At the same time, respondents are willing to limit interactions with relatives if these interactions become negative, as relatives' approval was rated as the least important factor for a successful marriage. For the respondents, it is important not to limit self-realization to marriage alone, as indicated by the significance of this factor in the sixth position of the ranking. Financial security of the marriage (seventh rank) is acknowledged and considered more important than homeownership (ninth rank). Sexual compatibility (eighth position) is considered significantly less important than maintaining marital fidelity (third position). We assume that the apparent contradiction in these orientations is due to the predominance of female respondents in the sample, for whom the sexual function of the family usually does not play a leading role. Most respondents tend to disregard the risk posed by harmful habits or addictions in partners (tenth position). The fact that having children occupies the

penultimate position in the ranking suggests either uncertainty or ambivalence regarding the importance of the reproductive function for the respondents, or an inclination toward a childfree orientation. It is possible that this orientation is temporary, as the sample mainly consisted of individuals in late adolescence. Some students also added factors they considered important for a successful marriage. These primarily involved personal qualities of the partners, such as: the ability to take responsibility, fulfill family duties without shifting them onto the other partner, the ability to listen and communicate effectively, and honesty. One student highlighted the importance of living together before marriage to test compatibility, while another emphasized job stability of the partners rather than financial security. These additional factors again reflect the respondents' partner-centered orientation toward marriage. The generalized results of students' assessment of their own readiness for marriage and family life are presented in Fig. 3.

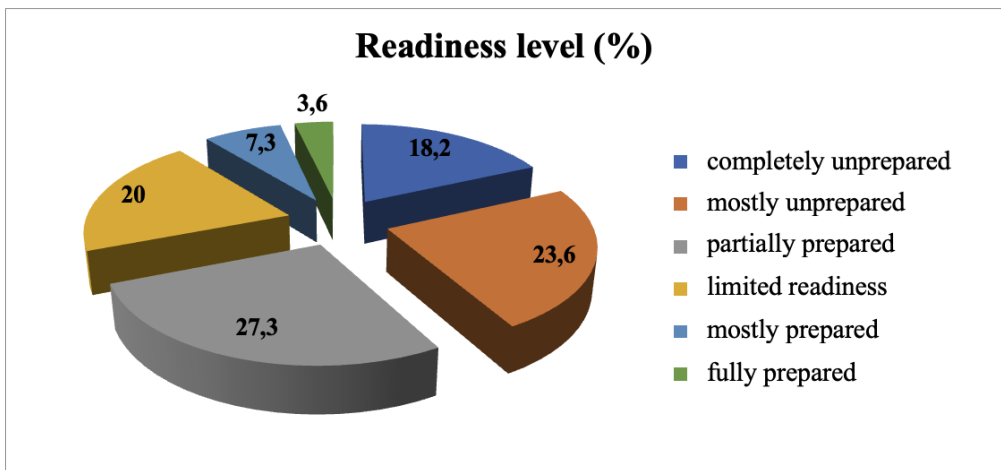


Fig. 3. Distribution of student responses regarding their readiness for marriage and family life (% of responses)

As seen in Figure 3, 41.8% of respondents consider themselves not ready for marriage, 47.6% feel partially or somewhat ready, and only 10.9% of students rated their readiness as “mostly ready” or “fully ready.” Such rather critical assessments may reflect either a serious attitude toward marriage or, conversely, an underestimation of its importance. It should also be noted that the average age of respondents is 19.5 years, and considering the trend of relatively late first marriages among modern youth, this assessment of marital readiness may fairly objectively reflect the situation regarding students' marital and family orientations.

5. Discussion

We are aware that our study represents only an initial step in exploring the complex and multifaceted issue of youth awareness regarding the role of the family in sustainable societal development. For example, the gender aspect of students' marital and

family orientations in relation to their views on the family's role in sustainable development requires further investigation. We also acknowledge that conducting a similar study among students of non-humanities programs would likely reveal different orientations regarding the family's role in sustainable societal development. The application of standardized diagnostic questionnaires could significantly enhance the study of this issue. Conducting similar studies among youth in other countries would also be of interest, allowing for the identification of cross-cultural differences shaped by specific mentalities and social realities. At the same time, it was important for us to delve into the influence of students' marital and family orientations on their worldview constructs regarding the family's role in sustainable societal development, since youth represent a powerful resource for this development. Understanding and taking into account the role of the family in sustainable societal development is a universal task for students of any specialty, year of study, educational level, or gender. In the context of the prolonged martial law in Ukraine, the family's role as a local center of sustainable societal development is increasing, and the students surveyed recognize this. They see the family's priority role for sustainable development primarily through parents' implementation of socialization and child-rearing functions, shaping the child as a future subject of sustainable societal development. At the same time, a problematic finding is the contradiction in respondents' orientations: initially, it was established that they assign the leading role of the family in sustainable development to parents' educational function toward children, but it was later revealed that having children is an unpopular factor in the perception of a successful marriage. Attention should also be paid to the low significance assigned by students to the family's role in achieving the economic and environmental components of sustainable development. We understand that the priority of the social component in respondents' perception is shaped by daily threats to life and mental health among ordinary Ukrainians, but we must also consider the synergy of all vectors of sustainable societal development. This is especially important given the impoverishment of the Ukrainian population, massive loss of housing, forced displacement, depletion of economic and natural resources, and ecological degradation caused by the prolonged war. At the same time, in order to ensure conceptual balance, it is appropriate to conduct additional empirical research on students' attitudes toward the implementation of the economic and environmental components of sustainable societal development. Considering that the subject of our study is student youth, it is appropriate in educational settings to discuss and explain the family's role in achieving all components of sustainable development. Additionally, given the serious challenges faced by Ukrainian society during the prolonged war, students' marital and family orientations need optimization through psychological education and counseling.

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