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Motivation for Volunteering under Martial Law

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In the conditions of war, volunteering becomes especially important. It becomes not only a way to help the army and the victims, but also an important component of civic consciousness and the unity of society.

The army needs help, displaced persons need protection and support, communities need restoration. Volunteering in such conditions is not just a voluntary initiative, but an instrument of society's survival and a manifestation of its solidarity.

However, it is not only the existence of volunteering that is important, but also the question of what motivates people to join it. After all, understanding these motives allows us to better support volunteers, increase their involvement and effectiveness. That is why we will focus on the types of motivation that encourage people to become volunteers in times of war.



Types of Motivation

Motivation for volunteering is divided into internal and external. Internal motivation is formed on the basis of patriotism, empathy, a sense of moral duty to the country and people. External motivation is associated with obtaining social recognition, community support, as well as the opportunity for professional growth. For example, many young people volunteer not only to help others, but also to gain experience, develop new skills, and self-realization.

• Internal motivation

These include patriotism, the desire to defend the country even in the rear, a sense of moral obligation to help others, and empathy—the ability to sympathize with those who have suffered. For many, it is also a spiritual need to do something important for the community.

• External motivation

It is related to what volunteers receive from society or the environment. It can be social recognition, community gratitude, new acquaintances, professional prospects, sometimes even access to education or career development. For young people, volunteering often becomes a “social elevator” and a way to realize themselves.

• Mixed motivation

Combines internal and external factors. For example, a person may start volunteering out of patriotism, but later realize that thanks to this, they develop new skills, become part of a strong community, and find support.

Challenges and Influencing Factors

- **Physical and security risks**

Volunteers often work in hazardous areas or with products, medications, and equipment that require caution. There is a risk of injury, infection, or death.

- **Psychological and emotional stress**

Constant contact with affected people, observing the consequences of war, and stressful working conditions can lead to emotional burnout, anxiety, and depression.

- **Language and cultural barriers**

Volunteers often interact with people from different regions and cultures. Differences in languages, dialects, or cultural norms can make communication difficult and create misunderstandings.

- **Lack of resources and support**

Volunteers often work with limited material resources and without proper organizational support. This increases the risk of errors and reduces the effectiveness of assistance.

- **The impact of war and crisis situations on motivation**

While war increases the need for volunteerism, it also creates high-stress and high-risk conditions for volunteers. It is important to find a balance between personal safety and civic duty.

- **The role of cultural and national traditions of assistance:**

Traditions of mutual aid, solidarity, and patriotism can increase motivation and support the resilience of volunteers. Understanding these traditions helps to communicate effectively with the community and avoid conflicts.

So, volunteering in martial law is more than assistance. It is a manifestation of national unity and civic consciousness. The motivation of volunteers combines personal values – the desire to help, to realize oneself, and collective values – the desire to preserve and strengthen society. Support for volunteers by the state and community is an important condition for the country's stability in wartime.



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