



*The Academy of Management
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**PSYCHOLOGICAL RESOURCES OF
THE INDIVIDUAL UNDER
THE CONDITIONS OF
MODERN CHALLENGES**

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*Edited by
Józef Kaczmarek
and Hanna Varina*

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2.3. Psychological health of personality (theoretical aspect)

Human health is one of the complex problems that is not losing its relevance in the modern psychological science. Modern conditions of human activity are associated with features that place high demands on the individual-psychological properties and mental functions of the body. In the conditions of transformation of Ukrainian society, the issues of formation of a self-sufficient, whole and internally harmonious personality are of particular importance. However, in the face of social problems, the instability of everyday living conditions and the difficulty of adapting to them, it is a difficult task for the individual. Unfavorable social, psychological, and economic factors cause psychological overstress and can cause negative shifts in a person's mental state. All this can have a negative impact on a person's psychological health. That is why attention to the issue of psychological health is quite natural. The problem of psychological, mental, psychic, spiritual, moral health for science is not new. In domestic studies, it was tried to solve it within the limits of psychology, psychiatry and psychopathology V. Ananiev, P. Annushkin, V. Bekhterev, B. Bratus, N. Vodopianova, V. Voitenko, I. Gurvich, P. Kalyu, B. Karvasarsky, S. Korsakov, I. Kotsan, G. Lozhkin, G. Nikiforov, M. Mushkevich, V. Myasishchev, N. Khodireva and others.

Considerable attention is given to this problem in the works of foreign psychologists and psychiatrists A. Adler, A. Asadzholi, S. Grof, A. Ellis, E. Erickson, A. Maslow, K. Rogers, V. Frankl, Z. Freud, E. Froma, K. Horney, K.G. Jung and others. The purpose of the article is to carry out a theoretical analysis of the developments in the problem of psychological health, its concept, evaluation criteria, and factors of formation. The scientific category "psychological health" was introduced by I. Dubrovin in 1991. She understands psychological health as a dynamic set of mental properties that ensure harmony between different aspects of the person's personality, as well as between the person and society, the possibility of full functioning of the person in the process of life [2]. The concept of psychological health has for a long time served as a basic category of mental health, because the experience of psychopathology was used in relation to the psychics of a healthy person. However, modern psychological science differentiates the fields of mental and psychological health [1]. A. Shuvalov argues that the definition of the term "psychological health" consists of two categorical phrases: "psychology of health" and "human psychology". At the intersection of these fields of knowledge, psychological models emerge that consider the problem of health from a human studies standpoint. The scientist points out the following positions on psychological health: 1. The concept of "psychological health" captures a purely human dimension, essentially being the scientific equivalent of spiritual health. 2. The problem of psychological health is the question of the norm and pathology in the spiritual development of man. 3. The basis of psychological health is the normal development of human subjectivity. 4. The determining criteria of psychological health are the direction of development and the nature of actualization of the human in the person [6]. Representatives of the humanistic direction of psychology have made

a significant contribution to understanding of the concept of psychological health. Thus, G. Allport, formulated the idea of the proprietary (inherent) of human nature, defining the image of psychologically mature personality. Proprium sets the vector of human development and is its positive quality – creative, striving for development and excellence.

K. Rogers, insisting that a person is endowed with a born, natural desire for health and growth, revealed the image of a fully functioning personality. A healthy personality is open to new experiences, without psychological protections, is aware of responsibility for his life and his own actions, treats other people as unique creatures, has a creative approach to life, is objective and sufficiently high self-esteem, and is aware of his enormous opportunities.

A. Maslow based on the theory of personality motivation derived the image of a self-actualized, psychologically healthy person. In general, the scientist understands a healthy person as an autonomous, spontaneous, capable of perceiving himself and others, sensitive and creative personality, possessing a sense of humor, non-standard thinking and ability to so-called mystical (peak) experiences.

In an effort to find the meaning of life, V. Frankl sees the path to all kinds of health – mental, psychological and spiritual, and considers the loss of sense the main cause of not only various disorders of the psychics, but also many other human problems [7]. Psychological health is also defined as: a balance between different aspects of a person's personality (R. Assagioli); a balance between the needs of the individual and the society that is sustained through constant efforts (S. Freiberg); the process of life of the individual, in which the reflexive, emotional, intellectual, behavioral aspects are balanced (M. Garanin, A. Holmogorova); the function of maintaining the balance between personality and environment, adequate regulation of human behavior and activity, the ability to withstand life's difficulties without negative health effects (A. Petrovsky, M. Yaroshevsky) [4].

In analyzing the theories of health, Kaliu divides them into four conceptual models:

1) The medical model of health implies its definition, which contains only medical signs and characteristics of health (it is understood as the absence of diseases and their symptoms);

2) The biomedical model defines health as the absence of organic disturbances in the person and subjective feelings of ailing (emphasis is placed on the natural and biological essence of the person, emphasizing the dominant importance of biological laws in human life and its health);

3) The biosocial model of health assumes biological and social traits that are considered in unity (at the same time, social traits have priority);

4) The value-social model interprets health as a value for a person, a mandatory precondition for a fulfilling life, satisfaction of material and spiritual needs, participation in work and social life, economic, scientific, cultural and other activities [3].

Among the main tasks of psychology of health scientists highlight the study of the criteria of psychological health, the factors that determine it. Thus, S. Korsakov notes that the more harmoniously all the essential attributes that define a personality are combined, the more stable it is, balanced and able to counteract the influences that seek to

destroy its integrity. The integrity of the mental health of the individual can be threatened by the dominance of certain negative character traits, defects in the moral sphere, the wrong choice of value orientations, etc. [4]. The individual's health as a subject is defined by the spiritual component. The spiritual component is connected with the maximum disclosure of the spiritual, moral potential, the conscious desire of the person to realize the higher qualities of the personality. As A. Maslow points out, spiritual health is manifested in the human connection with the world: in religiosity, a sense of beauty, harmony and a passion for life itself [7]. Psychological health criteria, according to the concept of A. Ellis, are the following:

1. Self-interest: A sensitive and emotionally healthy person places his interests slightly above the interests of others, to some extent sacrifices himself for the sake of those he cares for, but not entirely.

2. Public Interest: If a person behaves immorally, does not uphold the interests of others, and encourages social selection, it is unlikely that he or she will create a world in which he or she'll live comfortably and happily.

3. Self-government (self-control): the ability to take responsibility for one's life while striving to unite with others without requiring significant support.

4. High frustration resistance: empowering oneself and others to make mistakes without condemning one's or another's personality.

5. Flexibility: plasticity of thought, openness to change; a person does not set himself and others hard unchanging rules.

6. Acceptance of uncertainty: a person lives in a world of probabilities and contingencies in which there will never be full certainty.

7. Orientation to creative plans: creative interests occupy most of a person's existence and require him / her to participate.

8. "Scientific" thinking: the desire to be more objective, rational. Regulation of their feelings and actions by evaluating their effects according to the degree of their impact on the achievement of near and far goals.

9. Self-acceptance: refusal to evaluate one's intrinsic value by external achievements or under the influence of the appreciation of others, the desire to enjoy life, not just to assert oneself.

10. Risk: An emotionally healthy person is inclined to take risks justifiably and wants to do what he wants, even when there is a chance of failure, he seeks to be enterprising, but not recklessly brave.

11. Prolonged hedonism: a person seeks pleasure from both the present moment and the possible future; she thinks it's better to think about today and tomorrow, and she's not passionate about getting pleasure right away.

12. Nonnotopism: abandoning an unrealistic pursuit of all-encompassing happiness, joy, excellence, or the complete absence of anxiety, depression, humiliation and hostility.

13. Responsibility for your own emotional violations: The tendency to take responsibility for one's actions rather than the desire to protect oneself by blaming others or social conditions [11].

M. Becker formulated three main components of mental health, namely: well-being and physical well-being (with primary factors, including fullness of feeling, altruism, lack of complaints); self-actualization (development, autonomy); respect for oneself and others (sense of self worth, ability to love). The mental, or spiritual, component refers to the functioning of the human psychics, which is why the criteria of mental health consider the correspondence or inconsistency of subjective images to the objects of the reality and nature of reactions – external irritants, the significance of life events; adequate level of maturity level of emotional-volitional and cognitive spheres of personality; adaptability in microsocial relationships; the ability to self-regulate behavior, to reasonably plan life goals and to support activity in achieving them; orderliness and causation of mental phenomena, critical self-esteem and assessment of surrounding circumstances, feelings of attachment to and responsibility for loved ones; ability for constant development and enrichment of personality [10].

Z. Freud considered a psychologically healthy person to be able to reconcile the principle of pleasure with the principle of reality [8].

According to K. Jung, a person who assimilated the contents of his unconscious and free from admiration by any archetype may be healthy [9].

I. Kotsan, G. Lozhkin, M. Mushkevich, exploring the problem of psychological health, identified the following criteria:

1. Awareness of responsibility for one's life, including one's own health.
2. Self-knowledge as an analysis of oneself.
3. Self-understanding and acceptance of self, the process of internal integration.
4. The ability to live today.
5. Consciousness of individual being and, as a consequence, consciously constructed hierarchy of values.
6. Ability to understand, listen and accept others [4].

Health depends on many reasons that are based on social and psychological patterns. Determinants of health are: lifestyle, environment, genetic and medical factors. There are three main groups of psychological factors that correlate with health and illness: preliminary, transmissive and motivators [5]. Preliminary factors include personality traits, behavioral traits, cognitive, demographic, and social resources. This is where personal dispositions stand out: optimism, "I" strength and endurance. The basic concepts in this group of factors are "health", "healthy lifestyle", "quality of life", "healthy behavior". The environment in the social group and the student group contributes to maintaining a healthy lifestyle. Family influence, parenting, parent-child relationships are also leading in shaping lifestyles and health. The second group of psychological health factors are transmission factors that suggest specific behaviors that occur in response to different stressors. There are four factors to this group. The first is the experience and regulation of problems, stressors,

self-regulation. The second is the use and abuse of substances considered in health psychology as one of the strategies for overcoming and regulating external stressors or internal problems, but with negative health outcomes. The third factor is physical activity in lifestyle, exercise, healthy eating, personal hygiene and self-preserving behavior in general. The fourth factor is compliance with health rules. These include: prophylactic self-examinations, regular care of the oral cavity, weight loss, increased physical activity, performing medical procedures.

The third group of psychological health factors are motivators, including stressors. The main feature of stress as a motivator is that it determines the effect of other factors. Under the influence of stressors, various individual mechanisms of coping with situations begin to act. The variety of dynamically interacting factors involves different outcomes: health, ailment, disorder or illness. Independent factors related to health and illness either directly or because of the impact on the second group of factors are transmissible. Under the influence of motivators (illness or stressors), a variety of individual coping mechanisms are put into action, which accordingly attracts all the resources of the previous factors. Thus, independent factors are a kind of basis for the formation of transmission factors. The motivator group influences health and illness indirectly – through the initiating influence on specific behavior (transmission factors). Specific behavior is included when responding to a stressor, predetermining the effects of prior factors such as assessment of the situation, perceptions of health and illness, persistent behavioral patterns, and more. Stress as a motivator induces favorable factors, evaluation mechanisms, coping mechanisms, the use of various substances, etc. At the same time, stress can often be detrimental to a variety of factors. Behavioral variants (transmission factors) in an illness situation (awareness of one's status, decision-making to seek treatment, admission to the care system, readiness to receive treatment and support) are related to other factors: gender, age, socioeconomic factor, ethnic and cultural settings regarding illness and pain.

Therefore, considering each of the factors for disease prevention, their importance for health, you can determine the strategy of behavior, lifestyle, improve its quality and overall health.

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Part 2. Psychological principles of actualization of resourcefulness and vitality of the individual: conceptualization and development

- 2.1. Natalya Falko. Vectors of formation of cultural and educational space of the modern university: a psychological aspect.** The article deals with various aspects of forming the cultural and educational space of a higher education institution. The peculiarities of the functioning of the cultural and educational space are analyzed by overcoming the discreteness of the educational process, creating the space of self-determination, identity and socio-cultural activity. The interaction of the subjects of the educational process is revealed by analyzing the principles of the synergistic approach; elevation of ethological-behavioural interests and values to spiritual-moral, universal categories of truth, goodness, beauty; integration; subjective (internal / external) control.
- 2.2. Natalia Huz, Volodimir Huz. Psychological resourcefulness as a criterion of physical and psychological health of an individual.** The article substantiates the relevance and considers the problem of psychological resourcefulness as a criterion of physical and psychological health of the individual. The main components of human health are identified as a coherent system. The terms "psychological health", "physical health", "psychological resourcefulness of the individual" are disclosed. Criteria of psychological and physical health of the personality are determined. According to the results of the research, the importance of the availability of individual psychological resources, their mobilization, adequacy and effectiveness of strategies for their application in the development of a harmonious and healthy personality are determined and proved.
- 2.3. Olga Kochkurova. Psychological health of personality (theoretical aspect).** The article provides a thorough theoretical analysis of the scientific literature on the problem of psychological health of the personality. The author discusses various interpretations of the concept of "psychological health". The described health models: medical model, biomedical health model, biosocial and value-based health model. The criteria and factors that influence the formation of a person's psychological health are described.
- 2.4. Svitlana Shevchenko, Hanna Varina. Development of personal well-being in the conditions of modern transformations.** The work is devoted to the study of the problem of personal well-being, the urgency of which is caused by the radical changes that have taken place in our country and the world (socio-economic crisis, political and social changes). According to the analysis of the conducted research, it is concluded that personal growth training is an effective means of improving the level of well-being of the individual.
- 2.5. Igor Denysov. Psychological and pedagogical model of organizing work with adolescents who show signs of deviant behaviour.** In our work we consider the actual problem of modern psychology, pedagogy, sociology – deviant behaviour of adolescents. We propose a new psychological and pedagogical model for organizing work with adolescents who exhibit signs of deviant behaviour. This model can be used in the work of practicing psychologists, social educators, social workers, teachers, and parents raising young children.
- 2.6. Hanna Varina, Olha Kovalova, Olena Tytarenko. Personal resilience as a resource for overcoming life crises in a family raising a child with disabilities.** The scientific article analyzes and conceptualizes approaches to the analysis of the psychological features of functioning of a family raising a child with disabilities. The paper deals with the basic needs, life crises, problems and features of interpersonal interaction of parents, Simbling and children with family ID in the family. Within the framework of family-oriented and subject-oriented approaches, it is proposed to consider life sustainability as a resource element of family functioning, as a system of personality beliefs that promotes the subject's readiness to overcome difficulties and life crises, control them, manage them, be able to perceive experience and successfully cope with them.

- 2.7. *Hanna Varina, Olha Kovalova. Psychological principles of harmonization of interpersonal interaction in a family caring a disabled child.* The scientific article is devoted to the analysis of relationships in a family raising a disabled child. The destructive mental states of the parents caused by the birth of a child with disabilities are analyzed. Particular attention is paid to a comprehensive approach in the implementation of psychological and pedagogical support of a family raising a child with a disability, aimed at alternate effects on such components of attitudes to the child as: cognitive, emotional, behavioural and changing pathological conditions.
- 2.8. *Tatyana Katkova, Olesia Prokofieva, Olga Prokofieva. The role of play therapy in psychological rehabilitation of children with disadvantages of psychophysical development.* New perspectives on changes in the psychological education system related to new attitudes towards children with disabilities and addressing their socialization and integration into society. One of the aspects of psychological rehabilitation of children with disabilities is the establishment of favourable relationships in the process of communication, where the criterion for the restoration of mental functions is the self-realization of the individual in social reality as a complete personality. One of the methods of psychological rehabilitation of children with psychophysical development is play therapy. This method is quite successful because childhood is the leading activity. In the course of the game, children communicate, exchange ideas, gain knowledge and skills.

Part 3. Empirical studies of the psychological resource and resilience of the individual

- 3.1. *Diana Logvinova, Tatiana Ulyanova. Features of auto aggression of persons with PTSD symptoms.* The socio-psychological factors of the spread of auto aggression include: objective conditions – change of socio-economic formation, which causes social disadaptation of part of the population, which is determined by the deprivation of material and spiritual needs, resulting in an outbreak of non-adaptive activity; subjective conditions – psychophysiological, intrapsychic factors, low level of stress resistance, maladaptive reactions to any emotional discomfort. Purpose of the study: to identify and analyze features of auto aggression of persons with PTSD symptoms. Post-traumatic stress disorder (PTSD) develops in people who have suffered traumatic events. The study found that the level of auto aggression is significantly higher in individuals with PTSD.
- 3.2. *Nataliia Svitlychna, Oleksandr Shayda. Personal factors of adaptation of employees state emergency service of Ukraine to special activities.* The article deals with the problem of professional adaptation and its impact on employees of the State Emergency Service of Ukraine (SESU). In particular, the role of identifying differences in adaptation, personal factors, and the level of subjective control among SESU employees is determined, on which the success of professional adaptation to activity in special conditions depends. The personal factors which act as a kind of professional field and play a decisive role in the process of professional adaptation to activity in special conditions are analyzed.
- 3.3. *Inessa Sergeeva, Sergey Fatalchuk. Display of loneliness and depressive feelings among teenagers.* The article deals with the most common psychological phenomena faced by humanity – loneliness and depression. The relevance of their research in the teenage period is shown. The results of the empirical study of the levels and depths of teenagers' subjective feelings of loneliness, differential diagnosis of depressive states and their symptoms in girls and boys are presented. The interrelation between the depth of teenagers' loneliness and the level of depression is established.