

THE PROBLEM OF PERSONALITY RESOURCE ACTIVATION AS A MEANS OF OVERCOMING COMPLEX LIFE SITUATIONS

In severe stressful situations, a person is exposed to various factors: unexpectedness, danger, uncertainty; high intellectual and/or psychophysical complexity; complicates or the need to combine several types of activities; negative information or group influence; unsatisfaction of basic needs, semantic disagreements or devaluation of former basic meanings and values, which leads to significant energy and psychological burdens.

The war caused a number of difficult situations, which became stressful, crisis-like and traumatic for different sections of the population. These situations are large-scale – local, regional or national level, such that they go beyond ordinary, normal human experience.

Currently, citizens of Ukraine are experiencing complex processes at all levels (cognitive, emotional, behavioral). The usual forms of interaction and patterns of behavior during the war forced to reformat their activities, work schedule, rest, training, etc. Civilians in the conflict zone, forced migrants, refugees in other countries, families of the dead are experiencing special trials; military personnel and their families; volunteers, doctors, psychologists, energy workers, utility workers, etc. It is difficult for these people to adapt to new difficult circumstances, and it is not easy in everyday life. Their physical and mental health may deteriorate, existing problems may worsen and new ones may appear. High emotional tension caused by the presence of a significant number of stress factors, constantly present in the life of every Ukrainian, increases the negative impact and exerts pressure on the functioning of a healthy resource psyche, requires powerful reserves of self-regulation and self-regulation. We are talking about such features of life when people are faced with high emotional tension every day: stress, anxiety, fear of their own life and the lives of loved ones, the difficulty of solving situations in which they find themselves (loss of security, housing, work, material resources, loved ones, etc.), uncertainty in life, uncertainty in the future, etc.

All of the listed influences, of course, have a negative impact on a person's functional state, and therefore on his sense of psychological well-being, mental and physical health, and the efficiency of life. The outlined problem of today's reality requires significant self-regulatory properties and awareness of responsibility as a subject of one's own life, constructively overcoming life's difficulties.

For internal mobilization and development of adaptive mechanisms of life in new conditions, it is important to have a high level of mental health, subjective well-being and socio-economic stability. As the modern researcher T. Tytarenko emphasizes, without a sufficient level of health, an unsatisfactory condition affects a person and prevents him from being joyful, calm and resourceful. Health is not just a human condition (which can be measured), but a harmonious combination of physiological, psychological and social factors that ensure internal harmony and a sense of well-being (resource). Sufficient functioning at all levels allows an individual to remain psychologically healthy and feel psychological well-being in complex sociogenic situations³⁷⁵.

Russia's direct aggression in Ukraine, there is an urgent need for social and psychological support and support for entire social groups, as well as psychological help for individual people: children, adults, and families. With today's realities, there is a loss of the psycho-emotional balance of human relations, a threat to the favorable development of the younger generation, and an aggravation of pathological processes in the life of society as a whole. In order to minimize the destructive consequences of traumatic situations, to promote the preservation of mental health, psychological help and psychological support of victims is necessary both in the conditions of an extreme / emergency situation, and after in the period of recovery and reconstruction.

The aforementioned is possible only if the individual develops social and psychological maturity, awareness of one's own subjectivity and acceptance of responsibility for one's own actions and life activities in general.

³⁷⁵ Титаренко Т. М. (2020) Посттравматичне життєтворення: способи досягнення психологічного благополуччя: монографія. 160.

Among the psychologists who dealt with the problems of human adaptation to stressful situations, it should be noted S. Khola, L. Vygotsky, M. Kle, A. Kovalev, F. Konstantinov, V. Krutetskyi, R. Miller, V. Myasishchev, B. Parygin, D. Uznadze, H. Frantsev.

Scientific works are related to research on mastering difficult situations (T. Larina, O. Libin, O. Libina, T. Tytarenko, A. Fominova), finding the meaning of life (N. Chepeleva, M. Smulson), with the problem of life creativity (D. Leontiev), personality-situational interaction (O. Korzhova), self-realization of personality (L. Korostilova, S. Maksymenko, L. Serdyuk), self-regulation of personality activity (M. Boryshevskyi, O. Kokun, S. Maksymenko, O. Osnytskyi, V. Morosanova), ability to adapt (A. Maklakov)³⁷⁶.

Key foreign theories of personality resources belong to A. Bandura (the concept of self-efficacy), D. Navon and D. Hofer, who study the cognitive resources of the information processing system, D. Kahneman with the concept of attention as a single resource, etc. The most mentioned are the theory of conservation of resources by S. Hobfoll, the concept of sustainability by S. Muddy and the study of resources coping-behavior of R. Lazarus and S. Folkman, psychological studies of personality also relate to the study of its subject activity (H. Kostyuk, V. Romenets, S. Maksimenko, K. Abulkhanova-Slavskaya, G. Ball, M. Boryshevskyi, V. Petrovskyi, M. Slyusarevskyi, V. Tatenko, T. Tytarenko), others – behavior in difficult life conditions (L. Antsiferova, F. Berezin, L. Dyka) and its mental regulation (M. Boryshevskyi, Zh. Virna, O. Konopkin, V. Morosanova, T. Yatsenko, etc.). However, recently adaptation and its influence on the development of human self-awareness have become increasingly the subject of scientific discussions within individual disciplines and systematic studies at the intersection of the sciences. The problem of adaptation was studied within the framework of the study of stress and the possibilities of overcoming it from various approaches, in particular: person-oriented (L. Antsiferova, J. Averill, G. Vaillant, S. Kobaza, P. Rice, R. White, N. Haan), problem-oriented (V. Bodrov, J. Matlin), cognitive (R. Lazarus, S. Aldwin), resource (D. Navon, D. Hofer, P. Wong)³⁷⁷.

Despite the fact that the problem of personal resources occupies a worthy place in psychological research, the question of their importance and mechanisms of action in overcoming difficult life situations an individual in the conditions of war still remains outside the due attention of scientists. In this regard, the issue of improving the psychological theory and practice of the harmonious development of the personality, its psychological resources, the ability to overcome difficult life situations are becoming more and more relevant and important, especially in difficult living conditions.

The purpose of the research is to carry out a scientific and theoretical analysis of the personal and psychological resources of the individual, which contribute to the constructive overcoming of difficult life situations³⁷⁸.

Human activity in modern society, in conditions of constant changes and social upheavals, is associated with the need to overcome difficult life situations, which requires increasing psychological adaptation potential, development, acquisition of effective strategies and ways to overcome stressful situations, active use of internal resources. In a difficult life situation, experiencing severe stress, a person is not always able to seek help from a psychologist. She is not always able to cope with difficulties on her own, to prevent disturbances in emotional states, or to use her own psychological reserves.

The ability to overcome life's difficulties by using one's own psychological resources allows the individual to follow the path of maintaining mental health and effectively get out of difficult life situations with minimal emotional and other losses.

³⁷⁶ Психологічні ресурси в умовах життєвої та суспільної кризи: соціальний та особистісний виміри / Колект. моногр. / наук. ред. О. Є. Блинова, відпов. ред. В. Ф. Казібекова. Херсон: ФОП Вишемирський В. С., 2021. 364 с.

³⁷⁷ Ibidem.

³⁷⁸ Ващенко І. В., Іваненко Б. Б. (2018) Психологічні ресурси особистості в подолання складних життєвих ситуацій. Проблеми сучасної психології. Випуск 40. С. 33-49.

The development of the mentioned issues was carried out in the works of the following scientists: T. Vasylenko, F. Vasylyuk, O. Korzhova, G. Semenova, and others. In the works, the researchers reveal the life situation as an objective space for the manifestation of the subjective, a set of life circumstances of a specific individual; provide a classification of complex life situations: by intensity, degree of loss or threat, duration (chronic, short-term), degree of manageability of events (controlled, uncontrolled), level of influence (K. Muzdybaev),³⁷⁹ according to the main types according to the characteristics of situations: stress, frustration, conflict and crisis (F. Vasylyuk). Interpreting some of these concepts, they rely on the psychophysiological capabilities of the human body. It is important that in a stressful situation, the organism actualizes all its mental and physiological resources, and in extreme situations, when a person's life and health are threatened, the organism works at the limit of its capabilities, in such moments of life, the complexity, criticality and danger of the situation exceed energy potential of usual reactions.

Thus, in his studies, F. Vasylyuk defines the type of critical situation as an obstacle in the life of an individual precisely as a state of "impossibility", which goes beyond the limits of normal experience, as a kind of block. This condition leads to the subject's inability to react and independently cope with difficult life conditions³⁸⁰. A critical situation has both positive and negative consequences for an individual. A difficult situation is often associated with purely psychological characteristics – a significant difference between "want", "can" and "action" in a person's life, which causes the emergence of persistent negative emotions and rejection of the life strategy of achieving and stabilizing the life strategy of avoiding failures. In such a case, a person in a critical situation is characterized by an accumulation of unresolved problems, a feeling of powerlessness, hopelessness, helplessness, a "dead end". At the same time, a crisis situation is characterized by the possibility of changes, personal development, even traumatic, transition to a higher level, a source of gaining self-confidence by constructively overcoming difficulties, taking steps on the way to self-improvement.

Methodological analysis of life situation includes three levels:³⁸¹ life situation as a condition of human life; the situation as a stage of an individual's life path; formation of the individual's attitude to the situation. A psychological situation can be defined as a unity of external conditions and their subjective interpretation, which prompts a person to seek behavior in order to overcome a problematic situation. Such activity is determined by the previous experience of achieving success and overcoming failures, determined by the requirements of the current situation and the psychological resources of the individual.

The question of the subject's ability to develop psychological abilities that overcome difficult situations and, as a result, gain personal experience (even under unfavorable life circumstances), researchers associate with the study of stress resistance and vitality of the individual (K. Abulkhanova-Slavskaya, A. Antsiferova, R. Granovskaya, I. Nikolskaya, M. Loginova, A. Fominova, etc.).

Philosophical studies of ancient times reveal the opinion about the need to persistently overcome difficult events in a person's life, especially those that in any case do not depend on personal will or desire. Attention was also focused on the importance of emotional experiences, as a reaction that arises as a result of attitude to the event.

The importance of the individual choice of a person's attitude towards a particular situation is also important (Seneca, Epictetus, Mark Aurelius). Within the limits of existentialism, the individual's ability to resist the influences of life is considered. Representatives of this direction emphasize the phenomena of freedom, conscious choice, personal responsibility, finding meaning in life events. In modern psychology, the resource approach, which originated and is revealed within the limits of humanistic psychology, is gaining relevance. Emphasis is placed

³⁷⁹ Мuzдыбаев К. (2010) Психология ответственности. СПб: Наука, 248.

³⁸⁰ Василюк Ф. Е. (2003) Методологический анализ в психологии. М.: МГППУ; Смысл, 240.

³⁸¹ Ibidem.

on the systematic study of the constructive potential of the individual, which allows overcoming difficult life situations³⁸².

Any difficult situation is perceived by people in different ways. An important role in this is played by the individual's subjective perception of the event, as a process of reaction to the situation (stimulus). The choice of strategies depends on the assessment and interpretation, the subjective significance of this situation, experience: acceptance of individual responsibility, development of coping skills, or decide to give up efforts, despair, adjustment to negativity, transfer of responsibility. The subject's perception of the situation, interpretation, conclusions and formation of an attitude towards it is connected with "cognitive evaluation" based on values, beliefs expectations, attitudes, beliefs, ideas about the situation. According to scientists (M. Levinov, V. Hansen, V. Yurchenko, Yu. Sosnovikova, etc.), the variety of causes of emotions is reduced to three main ones: in which condition is located organism human; are satisfied or have not satisfied her needs; as a person is experiencing influence environment. Emotional reaction always arises as a response not only to the real the event, as much as we like it interpret. So, emotions will be don't just depend on it from real one events, how many from "in" – thoughts about what is happening. Thoughts that affect experiences – you or others emotions, can have rational or irrational character. According to A. Antsupov and A. Shipilov, the situation can be considered as a complex subjective-objective reality, where the objective components are presented in the form of subjective perception and personal significance for its participants. Scientists define a difficult situation in life as one characterized by an imbalance of the "tasks – personal capabilities and (or) motives-environmental conditions" system, which causes mental tension in a person. The degree of inconsistency determines the level of complexity of the situation. Let us note the general signs of a difficult situation:

- the presence of difficulties, a person's awareness of threats, obstacles on the way to the realization of any goals, motives;
- a state of mental tension as an individual's reaction to difficulties, the overcoming of which is significant for the subject;
- a noticeable change in the usual parameters of activity, behavior, communication, going beyond the framework of "normality".

A difficult life situation, regardless of the form it takes for a person, is accompanied by emotions. F. Bassin singled out "affectogenic life situations", situations of emotional stress that lead to the occurrence of psychological injuries that affect the most important values of the individual and violate measures of psychological protection. This leads to a violation of the personality's balance, as well as its adaptability in the outside world. The critical component of the situation is determined by the presence of emotional tension, and the degree of its influence on the personality – by the strength of the effect and human reactions³⁸³.

To clarify the reaction of a person in a stressful situation, R. Lazarus characterized this process by dividing it into two stages: primary assessment, which allows determining the presence of stress, assessing the complexity and scale of the threat or danger to one's well-being, and secondary assessment – assessing personal resources and determining opportunities and ways of influencing negative events. In general, qualitative assessment allows to establish a connection between the requirements of the situation that has arisen and the potential possibilities of coping available to a person. The result of such a process is the evaluation of the event as one that carries a threat, loss, or challenge. The presence of danger of loss of existing well-being (physical, mental, social, financial, etc.) is assessed by the subject as a threat situation. The situation of loss has been always traumatic in a person's life, because a person loses something that is valuable (safety, satisfaction of basic needs, breaking of relations with a loved one, loss of housing, property, work,

³⁸² Беспалько А. (2020) Теоретичний аналіз стану дослідженості проблеми копінг-ресурсів особистості у психології. Knowledge, Education, Law, Management. № 7 (35), vol. 1. 90-96.

³⁸³ Ващенко І. В. (2017) Ретроспектива сутності поняття життєва ситуація. Психологічна освіта в Україні: традиції, сучасність та перспективи (до 50-річчя від початку фахової підготовки психологів у КНУ імені Тараса Шевченка). С. 42-44.

material losses, physical damage, etc.). Assessment of the situation as a challenge occurs in conditions when a person feels significant resources to achieve the desired result, but it is assumed that this achievement will not be easy³⁸⁴. In the conditions of war, this is self-preservation for the sake of further life, preservation of identity, volunteering, fighting against the enemy for the sake of victory, preservation of resources for the reconstruction of the country, etc.).

The Georgian researcher N. Sarzhveladze notes that behind any personality manifestations (behavioral, emotional) there are "potential states, unused resources, unrealized attitudes, patterns of behavior and interpersonal interaction ready for actualization"³⁸⁵. Potential opportunities may never be accomplished, a person is not always able to realize them. The scientist claims that during life and psychological counseling communication, the client provides options for possible behavior, states the facts of a constructive response. But in the story, everything acquires signs of a complex and unrealistic construction, but it contains options for overcoming difficult life situations. A person's psychological well-being in difficult life situations changes according to the following characteristics: subjective sense of oneself in the world and in the system of existing social relations (emotional impoverishment, self-deprivation due to isolation from the outside world); the nature of one's own activity – the organization of life activities turns into disorganization; the feeling of the passage of time, its subjective characteristics (the feeling of time stopping or its acute lack); physical condition (collapse of adaptive functions, feeling of constant tension, increasing anxiety); self-absorption (constant immersion in the world of one's own experiences – emotionally colored imaginary replay of situations that have happened or those that may happen)³⁸⁶.

Reactions to difficult life situations may have signs of turning on the protective mechanisms of the psyche: rationalization, submission to circumstances, humility, depression, avoidance, suppression of thoughts and emotions, etc. Individual ways of overcoming difficult life situations as an individual are: psychological protection, coping and adaptation, experiences. Manifestations of self-destructive personality behavior are also possible-self-blame, self-inflicted physical harm (harmful habits, provoking accidents, injuries), self-deprivation (rejection of what is desired, rejection of the fullness of life), social isolation (tendency to close in on oneself, in one's world, destroy relationships), the tendency to build codependent relationships and act as a victim of people and circumstances; tendencies towards suicidal behavior (as an extreme form of self-destruction)³⁸⁷.

According to L. Serdyuk, the psychological side of stability is largely related to the personal and meaningful level of the subject, his personal meanings, self-attitude, attitudes towards others, conscious choice, and reflection. Reflection provides an opportunity not only to critically evaluate oneself, but also one's activities, to become the subject of one's own activity, to determine and direct one's behavior in a difficult life situation to changes in self-esteem, the development of personal qualities, to reevaluate the situation itself and search for the reasons for its occurrence, to solving a difficult life situation³⁸⁸.

The process of applying constructive methods of overcoming difficult situations occurs when a person consciously actualizes his psychological potential. That is when it comes to the use of psychological resources.

Theoretical analysis of personality resources. Survival is a biological feature of any organism. When a person is under stress, all the body's resources are targeted and ensure survival. In the works of biophysicist Yu. Popov, it is noted that the human body has self-recovery

³⁸⁴ Lazarus R. S. (1971) The concepts of stress and disease. In L. Levi (Ed.), Society, stress and disease. Vol. 1. London: Oxford University Press, 53-58.

³⁸⁵ Сарджвеладзе Н. И. (1989) Личность и ее взаимодействие с социальной средой. Тбилиси: Мецниереба, 187.

³⁸⁶ Рудай А. С. (2016) Особливості психологічної ресурсності майбутніх правоохоронців. Науковий вісник Херсонського державного університету. Серія: Психологічні науки. Вип. 6 (1). 176-180.

³⁸⁷ Перегончук Н. В., Краєвська Т. С. (2018) Психологічні ресурси особистості майбутнього психолога. Молодий вчений. № 2 (2). С. 477-480.

³⁸⁸ Сердюк Л. З., Купреєва О. І. (2017) Психологічні засади підвищення життєстійкості особистості. Актуальні проблеми психології. Вип. 15. С. 481-491.

mechanisms (adaptation, self-organization, self-regulation), which, by increasing the general reactivity of the body, are able to "return to normal" the damaged organ. Researcher O. Bondarenko, within the framework of the theory of unity, emphasizes that the concept of "surviving, overcoming a difficult situation" is interpreted as the implementation of certain actions, the manifestation of activity, significant changes so that a shift (in this case - progress from non-existence to a working state) becomes really possible³⁸⁹. That is, the ability to change and overcome rigidity are associated with the use of certain efforts, the mobilization of hidden resources, the ability to find a new "point of reference", which is a rather complex process.

In modern humanistic psychology, the problem of substantiating an individual's ability to overcome difficult life situations and the availability of psychological resources is becoming more relevant. The cognitive-phenomenological approach to the interpretation of adaptive behavior by R. Latsirus, as well as M. Perre and M. Reichers (according to V. Ababkov, M. Perre) is considered as a basis for characterizing the connection between the resources of the individual and the level of life difficulties that can be constructively experienced by her. In the theoretical aspect, personality resources are defined as an indicator of a person's personal potential, while it is allowed to identify the concepts of potential and vitality of a person. In the framework of psychological counseling, resources are defined as the internal forces of a person, which are necessary for constructively overcoming life crises. At the same time, in theoretical and practical psychology, they operate more confidently with the quantitative characteristics of the resources of an individual, I do not reveal the concept of "resourcefulness of an individual" as a qualitative property that reveals not only the number and types of psychological resources available to a person, and as an indicator of their operation³⁹⁰.

O. Shtepa believes that the psychological resourcefulness of an individual is manifested in the ability to self-disclose, the ability to be competent in life and professional issues, autonomous in decision-making, self-sufficient in overcoming difficult life situations, the ability to support and inspire others, the ability to be creative and achieve success³⁹¹. So, the definition of the features of psychological resourcefulness self-confidence in the context of overcoming difficult life situations is a priority.

The concept of resourcefulness is substantiated in detail in scientific psychological literature in the areas of existential reliability and opportunity motivation. Thus, S. Hobfoll reveals the human desire for a sense of existential reliability in the author's concept of "conservation of resources"³⁹².

This explains the individual's desire to direct his efforts in the direction of accumulating his own resources, or preventing their loss, restoring them, as well as acquiring new resources, and thus increasing confidence in his own future. The researcher noted the personal resourcefulness of an individual as a person's possession of his own material and immaterial (desires and beliefs), external (social) and internal (self-esteem, life goals) resources³⁹³.

In the interpretation of L. Zavalkevych resourcefulness is one of the indicators of a person's psychological flexibility, which consists in the ability of an individual to find opportunities in any situation. Resourcefulness is characterized by the author as an indicator of an individual's ability effectively fully and use their own internal reserves, that is, to realize the motivation of opportunities. L. Zavalkevich also indicated such principles of resourcefulness as: openness, experience and openness, that is, the ability to accept, accumulate and use resources; Congruence, integrity, harmony, indicating resource consistency. States that the main indicator of a person's

³⁸⁹ Бондаренко О. Ф. (1996) Психологічна допомога особистості. Харків: Фоліо, 237.

³⁹⁰ Штепа О. С. (2015) Психологічна ресурсність у структурі суб'єктності особистості. Проблеми сучасної психології. Вип. 27. 661-675.

³⁹¹ Штепа О. С. (2012) Ресурс-менеджмент. Львів: ЛНУ імені Івана Франка, 293-329.

³⁹² Hobfoll S. E. (1989) Conservation of resources: a new attempt at conceptualizing stress. American Psychologist. Vol. 44 (3). 513-524.

³⁹³ Hobfoll S. E. (2001) The influence of culture, community, and the nest-self in the stress process: Advancing conservation of resources theory. Applied Psychology: An International Review. № 50. 337-421.

ability to effectively use his own internal reserves, that is, to realize the motivation of opportunities, is resourcefulness³⁹⁴.

S. Sytnik points out that human resources are related to certain components of personal potential, as an integral system characteristic of the individual and psychological characteristics of the personality, which is the basis of the ability of the individual to proceed from stable internal criteria and landmarks in his life and maintain stability of activity and meaningful orientations, further mental well-being under pressure variable external circumstances³⁹⁵.

Therefore, the analysis of the scientific literature made it possible to determine that exactly the resources of the individual make it possible to predict and characterize how exactly a person positions his own integrity in relations with the world.

Scientific interest in the phenomenon of human "resources" is determined by the important role in ensuring the vital activity of a person in stressful, extreme, traumatic life conditions, including difficult situations of subjects during all stages of the life path.

The topic of personal resources covers a wide range of actual problems of providing a person as a subject, among them are:

- potentials and resources of adaptation to difficult conditions and circumstances of life and work;
- resources of vitality and the dynamics of their change in the process of vital activity;
- resources for overcoming professional and personal crises;
- resources for preserving personal health; resources for countering personal deformations and preserving professional health;
- dynamics and "weight" of resources at different stages of professionalization;
- conditioning of human resources by external and internal determinants;
- human activity as a subject;
- conditionality of activity of the subject of activity from available internal and external resources;
- technologies for preserving mental resources and their recovery, etc.³⁹⁶.
- on the availability, ability and ability to actualize and use resources by an individual.

In the psychological literature, the concept of "resource" is studied as "personal resource", "psychological resource", "adaptive potential" and "personal potential", which are primarily a source of internal strength, a personal reserve of internal and external capabilities of a person, which allows with minimal harm for the personal psychophysiological state to overcome non-standard situations, to promote personal development and the development of a positive life strategy. The origins of the resource approach to solving a wide range of psychological problems of human life support are contained in the works of such psychologists as S. Rubinstein and B. Ananyev³⁹⁷.

In their works, at least two conceptual aspects of the "resource" phenomenon can be traced: first, the systemic nature of the nature of resources, interpreted as a manifestation of the complex interaction of opportunities, potential and internal forces of a person throughout his life; Secondly, the dependence of the formation and manifestation of human reserves and resources on the conditions of the external world and the activity of the individual as a subject of life. These provisions are extremely important for the development of scientifically based measures, technologies of psychological support and assistance to subjects of professional activity.

The following ideas of B. Ananyev are productive for modern psychological research from the standpoint of the resource approach to human capabilities:

³⁹⁴ Завалкевич Л. Е. (2004) Развитие психологической гибкости как фактор эффективности менеджерской деятельности. Практична психологія та соціальна робота. № 1. С. 15-29.

³⁹⁵ Ситнік С. В. (2012) Особистісний потенціал як умова професійної взаємодії. Вісник Одеського національного університету. Серія : Психологія. Т. 17. Вип. 8. 168-175.

³⁹⁶ Наугольник Л. Б. (2015) Психологія стресу: підручник. 324 с.

³⁹⁷ Ананьев Б. Г. (2001) Человек как предмет познания. СПб.: Питер, 338.

- allocation of different classes of potentials of human development, which include the concepts of "giftedness", "abilities", "ability to work", "viability";
- the idea of the dual dependence of the manifestation of the reserves and resources of the individual on the living conditions of the outside world and on the personality structure of the person himself;
- emphasizing the special importance of a comprehensive study of various potentials and trends of the subjects of activity³⁹⁸.

The concept of personal resources has many interpretations. It is the term "resource" (from the French resource) – "intermediate (technical, energy, information) means" that has a universal, interdisciplinary and multifaceted character, therefore a complete characterization of a "resource" is possible only as a synthesis of the perspectives of various scientific fields³⁹⁹. In psychology, this term is used to indicate the level of regulation of a person's life organization: physical, mental, personal, social, material and economic resources of an individual. For example, as: means and conditions that allow with the help of certain transformations of other to have the desired result; a condition, an opportunity that can be used in case of need, an additional source of psychological and physical strength and energy. That is, the resources of the individual are life's fundamental supports, which are at the disposal of a person and allow to provide certain needs: 1) survival; 2) physical comfort; 3) security; 4) involvement in society; 5) respect from society; 6) self-realization in society. A person turns into a psychological resource in cases of indecision, lack of vitality, harmony, support in life, as well as to overcome difficult life situations.

"Resources" as a psychological category is examined in many aspects: as a life strategy (K. Abulkhanova, L. Antsiferova, A. Chronicle); as possibilities and means of coping with stress – coping resources (V. Bodrov, T. Kryukova, R. Lazarus, S. Hobfall, E. Petrova, S. Khazova); as mechanisms of self-regulation and regulation of activity and behavior (A. Demin, E. Kozhevnikova, L. Dikaya, S. Shapkin, K. Muzdybaev, A. Fominova, E. Rasskazova, E. Sergienko, V. Morosanova and others); as part of the concept of personal and human potential and alive (D. Leontiev, T. V. Kornilova, etc.) as a special organization of mental properties and as a structure of their connections (V. Druzhinin, D. Leontiev, M. Kholodna); as resource states (A. Prokhorov, V. Kozlov); as possibilities and means of overcoming stress (R. Lazarus, S. Hobfall, V. Bodrov)⁴⁰⁰.

The theoretical analysis made it possible to highlight the key methodological foundations of the subjective-resource approach to understanding the mutual influence and interrelationship of resources and human activity as a subject of life activity:

- a) the subject and resources are the main system of manifestation of human activity in the process of vital activity;
- b) resources are subjective qualities that ensure the achievement of the goal of activity and psychological well-being of a person;
- c) actualized resources change the quality of human life in the object (material) and subjective (subjective picture of the world, the world of experiences, values, life position), in social, spiritual, and cultural spaces;
- d) the main functions of subject resources are the realization of goals, potential opportunities, demands of the individual in accordance with the objective conditions and requirements of the activity and environment.

Psychological resources on the subject of activity are constructs of psychological regulation of various levels of human organization. The development of resources has a complex determination, it depends on external (extra-subject) and internal (intro- and inter-subject) factors;

³⁹⁸ Ibidem.

³⁹⁹ Scheier M. F., Carver Ch. S. (1989) Dispositional optimism and physical well being: The influence of generalized outcome expectancies on health. Special Issue: Personality and Physical Health. Journal of Personality. Vol. 55. N 2. 169-210.

⁴⁰⁰ Зливков В. Л., Лукомська С. О., Федан О. В. (2016) Психодіагностика особистості у кризових життєвих ситуаціях. 219 с.

psychological resources are dynamic (they have periods of their development, stagnation, involution, complex patterns of losses and acquisitions); depending on the subject's activity, resources are attracted, coordinated and developed in accordance with the requirements of professional activity and situational conditions, as well as depending on the life position and attitudes⁴⁰¹.

According to the definition of psychologists A. Hamer and M. Zainder coping resources – "spheres or characteristics, properties of a person, which feed during a difficult period"⁴⁰². Instead, V. Bodrov considers the resource within the framework of the development of the theory of psychological stress. At the same time, the researcher defines resources as follows: "they are the physical and spiritual capabilities of a person, the mobilization of which ensures the performance of activities and methods (strategies) of behavior to prevent or overcome stress"⁴⁰³. K. Muzdybaev claims that psychological resources should be considered as means of existence, opportunities for people and society; as everything that a person uses to meet the requirements of the environment; as life values that form a real potential for overcoming adverse life events⁴⁰⁴.

According to the definition of R. Kumysheva, internal resources – "... are both a moving part of the internal world and a tool for interaction with the external world, it is the potential of experience and at the same time the creator of new knowledge and skills"⁴⁰⁵.

In the process of analyzing the content of the term "resource", close but not always identical terms were also investigated, which undoubtedly expand the understanding of the phenomenon under study. So the term "personal adaptation potential" in the works of A. Maklakov considered as the ability to adapt, as a process and as a property of a self-regulating system that provides the ability to adapt to changing external conditions⁴⁰⁶.

According to the researcher, the psychological characteristics of a person, most significant for the regulation of mental activity and the adaptation process itself, make up his personal adaptation potential, which includes: neuropsychological stability, the level of development of which ensures tolerance to stress; self-esteem of the individual, which is the basis of self-regulation and affects the degree of adequacy of perception of the conditions of activity and one's capabilities; a feeling of social support, which determines a sense of self-importance; level of personality conflict; experience of social communication.

Therefore, resources as a systemic, integral characteristic of a person are actualized and revealed in the processes of self-determination of the individual and allow overcoming difficult life situations. Individuality is a general property of resources, that is, each person is endowed with a set of unique psychological resources peculiar only to him. Personal resources can be active or in a latent state (potentially available) and, accordingly, used or not used by the individual. Also characteristic of resources is the ability to be formed in the process of the activity.

In modern psychology, the meaning of the concept of "resources" is also developed within the framework of the development of the theory of psychological stress.

The concept of "resources" is those physical and spiritual capabilities of a person that ensure the prevention of a stressful state. And the second also distinguishes human resources according to their role in the regulation of processes of overcoming stress: personal, social, psychological, professional, physical and material.

We should note that in psychological research, the study of personal resources in the situation of overcoming stress is often found. Yu. Postilyakova claims that personal resources are one

⁴⁰¹ Постилякова Ю. В. (2004) Психологічна оцінка ресурсів подолання стресу в професійних групах. 184 с.

⁴⁰² Hobfoll S. E. (2001) The influence of culture, community, and the nest-self in the stress process: Advancing conservation of resources theory. *Applied Psychology: An International Review*. № 50. 337-421.

⁴⁰³ Бодров В. А. (2006) Проблема преодоления стресса. Часть 2. Процессы и ресурсы преодоления стресса. *Психологический журнал*. Т. 27. № 2. С. 113-123.

⁴⁰⁴ Муздыбаев К. (2010) Психология ответственности СПб.: Наука, 248.

⁴⁰⁵ Кумышева Р. М. (2009) Внутренние ресурсы человека в его взаимодействии с внешним миром. *Личность и группа в условиях социальных изменений*, 37-45.

⁴⁰⁶ Маклаков А. Г. (2001) Личностный адаптационный потенциал: его мобилизация и прогнозирование в экстремальных условиях. *Психологический журнал*. Т. 22. № 1. 16-24.

of the four groups of resources in the structure of overcoming stress (along with socially-oriented, cognitive and instrumental); according to the researcher, it is appropriate to refer to resourcefulness: self-confidence, ability to self-disclose, acceptance of oneself and others, focus on oneself⁴⁰⁷.

K. Muzdybaev and N. Vodopyanova also consider resources within the framework of the theory of psychological stress. According to the definition of K. Muzdybaev, "resources" – as life values (they can be moral, material, tangible or symbolic), that is, everything that can be the object of exchange between people (money, goods, services, information, etc.); as something that can meet the demands of the environment. The researcher divides resources into two classes: personal and environmental (psychological and social) resources. The first – include the skills and abilities of the individual, the second – instrumental, moral and emotional help from society⁴⁰⁸. In the studies of N. Vodopyanova, the concept of "psychological resource" is defined "as internal and external variables that contribute to psychological stability in stressful situations, these are emotional, motivational-volitional, cognitive and behavioral constructs that a person actualizes to adapt to difficult life situations, these are tools used to transform interaction with a stressful situation"⁴⁰⁹. In this way, a person's ability to control the situation, his skills, competence, technologies for learning new knowledge and skills, the ability to cognitively structure and understand the situation are manifested.

Hobfoll is significant and unique. The author notes that when studying psychological stress, it is important to pay attention not to the threatening situation itself, but to how this situation is perceived by a person or a group of people in the event that they may lose resources or resource status⁴¹⁰. That is, central to the theory of resource conservation are the resources themselves, which are the fundamental value that an individual or community seeks to preserve, protect and preserve, activate, multiply and accumulate. As S. Hobfoll's notes, life circumstances (change in social status, moving to another place of residence, divorce, job change, etc.) are not stressful in themselves. The key factor is that stress is caused by cases where there is an actual loss of resource reserves⁴¹¹. According to Hobfoll's concept of conservation of resources, a person is able to save, protect, activate, restore and conserve personal resources during his life. A long-term feeling of any psychological threat or excessive stress load leads to depletion of the resource potential of the individual and the need to restore it. Personality exhaustion occurs when a person's adaptive capabilities are exceeded, and resources are insufficient, or they are not used for one reason or another.

Thus, within the framework of this theory, resources are considered as values that an individual or community possesses, as well as those competencies (opportunities, abilities, knowledge, skills, skills) thanks to which these values can be preserved, actualized, improved and used.

All the definitions described above show that completely different resources play a certain role in a person's adaptation to difficult situations. A person needs to have an accurate understanding of what resources he has to overcome the difficulties that arise in this particular situation.

The analysis of the scientific literature on the problem of personal resources for coping with stress shows that a person's awareness of the availability of means of assistance in a difficult situation for him and the availability of the skills to operate as many such means as possible contribute to strengthening the feeling of controllability of the situation and, as a result, more effective overcoming of the problems faced subject in a difficult situation.

⁴⁰⁷ Постилякова Ю. В. (2004) Психологічна оцінка ресурсів подолання стресу в професійних групах. 184 с.

⁴⁰⁸ Муздыбаев К. (2010) Психология ответственности СПб.: Наука, 248 с.

⁴⁰⁹ Водопьянова Н. Е. (2009) Психодиагностика стресса. СПб.: Питер, 336 с.

⁴¹⁰ Hobfoll S. E. (1989) Conservation of resources: a new attempt at conceptualizing stress. *American Psychologist*. Vol. 44 (3). 513-524.

⁴¹¹ Hobfoll S. E. (2001) The influence of culture, community, and the nest-self in the stress process: Advancing conservation of resources theory. *Applied Psychology: An International Review*. № 50. 337-421.

Such a scientist as L. Kulikov singled out a number of the most studied personal resources. These include:

- motivation to overcome difficulties – a person's attitude to stress as an opportunity to gain new experience and the formation of personal growth;
- self-respect, self-esteem, feeling of one's own significance ;
- active subjective life position;
- positive and rational thinking of the individual;
- the quality of emotional and volitional self-regulation;
- physical resources (attitude to health as to the value of life);
- material resources – a sufficient level of material income, optimal material conditions, safety of life;
- informational and instrumental resources of the individual⁴¹².

The above-mentioned resources include: the ability to control the situation; the ability to use effective methods and ways to achieve the goal; ability to adapt, readiness for self-improvement, ability to cognitively analyze and structure the situation.

Usually, the indicated human resources are characteristic of a mentally healthy individual. Characterizing the mentally healthy personality of I. Dubrovina notes such qualities as: a person's interest in life, the ability to think out of the box and initiate actions, enthusiasm for a specific field of activity, acceptance of responsibility and the ability to take risks, the ability to understand one's own experiences, awareness of one's own individuality and the development of creativity in various spheres of life⁴¹³.

Differences in the understanding of the "resource" phenomenon in the scientific literature give rise to a variety of approaches to the classification of human resources as an active subject of life. According to the subject-activity paradigm, resources are classified according to several characteristics:

- according to the regulation of human activity: physical, mental, personal, social, spiritual, existential, material;
- according to the target function: on the resources of adaptation (vitality, survival), resources of change and development, resources of stability (self-control);
- preservation of human activity to realize the desired goals of life organization! during a certain period of time (V. Bodrov, L. Dyka, T. Kryukova, E. Ilyin, A. Maklakov, etc.);
- by the level of mental organization: resources of the individual, subject, personality and individuality (B. Ananiev);
- by origin: natural (born), acquired, restored, artificially created;
- by content: energetic, temporal, informational, spatial-environmental (V. Hansen);
- by spatio-temporal modus: subjective, situational and supra-situational resources (V. Petrovsky);
- in relation to the subject: intrasubjective (qualities inherent in individual subjects); intersubjective (systemic qualities arising from interaction and performance of joint group activities); extra-subjective (qualities of two types arising in the process of "live" interaction); procedural means of culture (V. Tolochek)⁴¹⁴.

Personal resources – include such traits and attitudes that are useful for regulating behavior in various stressful situations. The most significant of them include self-control, self-esteem, a sense of self-worth (zig-eziyet), "self-efficacy" (estimation of one's own capabilities to work successfully and an idea of one's own level of success in overcoming stress) and others.

Psychological resources are determined by cognitive, psychomotor, emotional, volitional and other capabilities of a person to provide a solution to a problem or control emotions.

⁴¹² Куликов Л. В. (2004) Психогигиена личности. Спб.: Питер, 464 с.

⁴¹³ Дубровина И. В. (1991) Школьная психологическая служба: вопросы теории и практики. 232 с.

⁴¹⁴ Штепа О. С. (2015) Психологічна ресурсність у структурі суб'єктності особистості. Проблеми сучасної психології. Вип. 27. 661-675.

Professional resources – this is the necessary level of knowledge, skills, abilities, and experience to solve tasks in a difficult situation.

Social resources – coping with stress reflects the level of social and moral support, life values, sense of self-worth, trust control (self-belief, confidence), interpersonal relationships, etc.

Physical resources – reflect the state of physical and mental health, functional reserves of the body.

Material resources – determined by the level of financial, housing and other security.

The complex of personal, psychological, professional and physical resources constitutes a single personal resource of a person⁴¹⁵.

Personal resources for overcoming a difficult situation are an important complex set of personal, cognitive factors that provide a psychological context for overcoming; these are relatively stable characteristics that influence the selection of appraisal and coping processes.

S. Hobfall cites the classification of resources according to the following criteria:

- by relation to the individual: internal and external;
- regarding the source of localization: objective, personal, material and energetic;
- by level of significance: primary, secondary, other⁴¹⁶.

S. Hobfall notes that resources exist in mutual dependence on each other, that is, they are a system. The absence or loss of one resource can be compensated by the presence or acquisition of another. Such a resource system or resource stock possessed by an individual or group can be updated. However, not all resources and not in all situations can compensate for each other. Such resources as a sense of self-efficacy and social support are important in case of acute loss of resources, while against the background of chronic stress they are not particularly important⁴¹⁷.

Material objects represent external attributes (car, house), intangible objects are expressed in the ability to set a goal, understand one's own experiences and wishes. External resources are characterized by social support, the presence of family and friends; the scientist refers to internal resources as: self-respect, self-control, professional skills, values, etc. S. Hobfall also examines mental and physical states; volitional, emotional and energetic characteristics that are necessary (directly or indirectly) to preserve a person's psychological health in difficult situations, or to be a means of achieving life goals. An important aspect of the resource approach is the principle of "conservation" of resources, which provides for a person's ability to receive, save, restore, increase and redistribute resources in accordance with their own values. Thanks to this distribution of resources, a person has the opportunity to adapt to a variable range of living environment conditions⁴¹⁸.

One's own demand, optimism and a sense of connection with the world are such a resource of the individual, when people understand their own significance, and in critical situations show activity and calmness. A. Bandura put forward a theory according to which the level of self-importance manifests itself and develops (increases or decreases) in such specific areas as physical, social and academic skills and knowledge, the ability to communicate, caring for children, family life, etc. Some of the indicators of the level of self-importance are an important criterion and allow to effectively overcome difficulties⁴¹⁹.

⁴¹⁵ Сердюк Л. З., Купрєєва О. І. (2017) Психологічні засади підвищення життєстійкості особистості. Актуальні проблеми психології. Вип. 15. С. 481-491.

⁴¹⁶ Hobfoll S. E. (1989) Conservation of resources: a new attempt at conceptualizing stress. *American Psychologist*. Vol. 44 (3). 513-524.

⁴¹⁷ Ibidem.

⁴¹⁸ Ibidem.

⁴¹⁹ Bandura A. (1977) Self-efficacy: Toward a unifying theory of behavior change. *Psychological Review*. V. 84. 191-215.

Optimism as a personal resource is highlighted by M. Sheir and K. Kaver⁴²⁰. The authors defined optimism as a general expectation of a positive outcome. Optimism is associated with success in physiological and psychological adaptation to stressful situations. It is characteristic of a person with an optimistic orientation not to focus on the problem, but to analyze it and thus look for real ways to overcome it instead of avoiding problematic situations, using various defense mechanisms, such as denial or expression of emotions. pessimistic situational reaction (expressed primarily by a negative worldview, a change and restructuring of the value system, a steady decrease in the level of optimism, real planning gives way to gloomy forecasts).

Also important is a sense of connection (belonging) as a relatively stable orientation to the world, consisting of the following aspects:

- 1) how structured and predictable a person considers the surrounding reality;
- 2) to what extent a person believes in the availability and sufficiency of his resources, which are necessary for interaction with the environment;
- 3) significance or the feeling that the efforts spent to overcome the stressful situation are not in vain⁴²¹.

A personality with a high sense of connection with the world prefers structuring the situation, accepts the challenge and identifies internal and external (social) resources that will help ease the coping process, and also considers alternative coping options. That is, activation of a sense of connection with the world is an effective resource that contributes to the preservation of mental and physical health and well-being of a person.

Belief in life's values is an essential personal resource. It gives confidence in achieving the desired goals in life and work, gives energy to overcome natural and random difficult events. Belief in one's own strength and a sense of self-worth increase psychological and physical coping resources due to more effective mobilization of mental and physical reserves and instill confidence in the ability to influence/manage the situation and cope with stress⁴²².

Hobfoll developed his own classification of personal resources. These include:

Objective resources are material values, that is, objects that a person has at his disposal (a house, a car).

Social resources – position, rank, affiliation to a denomination, that is, social statuses, the place of individuals in the system of social stratification, which provide access to the rest of the resources. For example, a certain position in society can provide stability, respect and privileges.

Personal resources are personal characteristics, such as optimism, self-efficacy, locus of control, etc. According to S. Hobfoll, personal resources are fundamental components of individual ability to adapt, which play a primary role in the context of overcoming stress.

Energy resources – time, money and knowledge, availability and correct investments, which contribute to the acquisition of other resources listed above⁴²³.

Worldview (I. Shkuratova, E. Annenkova), type of temperament, achievement motivation, internality (L. Antsiferova, L. Dementiy), cognitive abilities as means of processing information, personal traits and abilities, such as optimism, giftedness, etc. (K. Muzdybaev, Yu. Postilyakova, etc.), social groups to which a person belongs and their relationships (T. Kryukova, E. Nikitina). Separately, a special life disposition of a person is considered as a resource – "hardiness" or vitality (S. Maddi, S. Kobasa, L. Antsiferova, L. Aleksandrova)⁴²⁴.

⁴²⁰ Scheier M. F., Carver Ch. S. (1989) Dispositional optimism and physical well being: The influence of generalized outcome expectancies on health. Special Issue: Personality and Physical Health. Journal of Personality. Vol. 55. N 2. 169-210.

⁴²¹ Ibidem.

⁴²² Титаренко Т. М. (2020) Посттравматичне життєтворення: способи досягнення психологічного благополуччя: монографія. 160 с.

⁴²³ Hobfoll S. E. (1989) Conservation of resources: a new attempt at conceptualizing stress. American Psychologist. Vol. 44 (3). 513-524.

⁴²⁴ Maddi S. R., Khoshaba D. M. (1994) Hardiness and Mental Health. Journal of Personality Assessment. Vol. 63. N 2. 265-274.

As part of internal resources E. Sergiyenko singles out the subject's cognitive (intellectual-personal), emotional and volitional resources as subsystems of behavior control. Moreover, he considers intellectual resources (which provide cognitive control) to be the most important, but insufficient for understanding the subject's regulatory capabilities. Emotional (intensity of emotions, impulsivity, lability, dominant "coloring" of mood) and volitional (ability to subordinate behavior to goals, standards, meanings) resources, supplementing cognitive ones, make up the "resource basis of behavior control"⁴²⁵.

Classification of personal resources by A. Hammer and M. Zander. This classification includes five areas of human activity: the area of cognition and ideas, the area of feelings, relationships with people, spirituality and physical existence. Probably, one of those that most fully corresponds to the concept of personal resources is presented in the work of I. Shkuratovoy and E. Annenkova grouping them into 5 main groups: 1) world view and beliefs of a person, strength of spirit; 2) Intelligence, creativity, interest in the world; 3) systems of skills, abilities, and knowledge; 4) energy resource; 5) personality properties aimed at resisting destructive actions (sustainability, purposefulness, optimism, locus of control, etc.)⁴²⁶. The world view and beliefs of a person are put in the first place, considering that the presence of a stable picture of the world is a necessary condition for the existence of a person. The compensatory function of belief is aimed at filling in the missing information necessary for a holistic understanding of the world picture. The more stable and positive this picture is, the stronger the spirit, the more successfully the subject will satisfy any vital need. Intelligence – the "core of human resources" – according to J. Piaget is "the mechanism of global human adaptation to changes in the environment". This group includes the subject's intelligence, as well as social intelligence, which ensures competence in interpersonal relations, and emotional intelligence, which regulates emotional reactions and the ability to determine the emotional states of others, as well as creativity, the ability to creatively solve emerging tasks. The system of skills, knowledge and abilities provides a repertoire of behavioral capabilities of the subject. They are actualized in activity. But the very possession of these values gives stability and confidence to a person's position⁴²⁷. The "energy resource" category includes physical and mental health, human endurance, and temperamental characteristics. Vitality or "hardiness" as a special personal resource is described in the works of S. Muddy and S. Kobas⁴²⁸. In the structure of this special life disposition, three most important components stand out: commitment, control and challenge. The concept of locus of control (internality) in this classification is understood first of all as a coping resource, a personal property that ensures the choice of the most effective strategies for overcoming difficult life situations due to a person's acceptance of responsibility for his own life. However, very often in psychological research, the locus of control is considered as a predictor of effective forms of human behavior in various situations that affect a person's life achievements and the quality of life in general.

Let's present the "strength of resources" model (Strength model) by R. Baumsteister, B. Schmeichel and K. Vogs, the main idea of which can be described by six main provisions:

1. Actions of self-regulation consume limited resources, so that after performing such actions, the individual stock of these resources is temporarily reduced.
2. When resources are depleted, the individual is less effective in other self-regulatory tasks.
3. The same resources are used for a wide range of regulatory activity.
4. Resources like energy or strength can be restored after rest or by other mechanisms.
5. Self-control training can lead to a long-term increase in the ability to self-regulate.

⁴²⁵ Сергиенко Е. А. (2009) Контроль поведения: индивидуальные ресурсы субъектной регуляции. Психологические исследования: электрон. науч. журн. № 5 (7).

⁴²⁶ Шкуратова И. П., Анненкова Е. А. (2007) Личностные ресурсы как фактор совладания с кризисными ситуациями. Психология кризиса и кризисных состояний. Междисциплинарный ежегодник. Вып.4. 17-23.

⁴²⁷ Психологічні ресурси в умовах життєвої та суспільної кризи: соціальний та особистісний виміри / Колект. моногр. / наук. ред. О. Є. Блинова, відпов. ред. В. Ф. Казібекова. 2021. 364 с.

⁴²⁸ Maddi S. R., Khoshaba D. M. (1994) Hardiness and Mental Health. Journal of Personality Assessment. Vol. 63. N 2. 265-274.

6. An individual can change his behavior long before resources are used up⁴²⁹.

Regarding the limitation of resources, the authors of the model cite the term "depletion of resources", in which they see an analogy with Z. Freud's concept of "depletion of the Ego". Researchers emphasize the individuality of the set of resources possessed by an individual at a certain point in time. "The expressiveness of the allocated resources has a purely individual pattern, that is, the ratio of cognitive, emotional and volitional abilities is presented in a person in different ratios. This assumption leads to the hypothesis about the uniqueness of behavior control and desired regulation styles"⁴³⁰. Thus, to the properties of human resources, it is necessary to add their ability to recover.

In the context of the discussed topic, we should analyze prognostic parameters (predictors) of the mental health of the individual, to which we will include regulatory parameters (sustainability, self-efficacy, awareness, self-control, etc.). Without a sufficient level of health, modern researcher T. Tytarenko emphasizes, and justifies that an unsatisfactory condition affects a person and prevents him from being joyful, calm and resourceful. Health is not just a human condition (which can be measured), but a harmonious combination of physiological, psychological and social factors that ensure internal harmony and a sense of well-being (resource). At the level of physiology, we are talking about the sensations and contours of the body, at the psychological level, we emphasize personal and emotional experiences, at the social level, we are talking about social inclusion and employment. Satisfactory functioning at all levels allows the individual to remain psychologically healthy and feel psychological well-being in difficult sociogenic situations.

Various life situations arise in the process of a special interaction between a person and the living environment and are a trigger for certain personal resources. This is the process of spatiotemporal "unfolding" of a person, represented in the content and direction of activity in real life situations. In difficult life situations, when trying to master a stressful state, a person experiences a certain type of physical and psychological overload. Emotional tension and stress can lead either to adaptation to a new situation, or to disruption and deterioration of vital functions. The listed influences have a negative impact on the functional state of a person, and therefore on his sense of psychological well-being, mental and physical health, and the efficiency of life.

In the course of a person's life (educational and labor activities), skills, abilities, and knowledge regarding self-preservation as a subject are born and consolidated. Beliefs and dispositions are those resources that are activated in a person in the process of overcoming a difficult situation.

In most studies, the content characteristic of the concept of resources is determined by the structure and nature of those vital needs (adaptation, overcoming difficult life situations, certain types of activities, self-realization, etc.) that can be provided thanks to resources.

We understand resources as a systemic, integral characteristic of an individual, which allows overcoming difficult life situations, which is actualized and revealed in the processes of self-determination of an individual. To introduce the understanding of "personal resources" as a set of individual material and immaterial, intra- and interpersonal values that potentially allow the subject to satisfy certain life needs and as a result determine his relationship with himself and the outside world.

Personal resources are a set of individual material and immaterial, intra- and interpersonal values that potentially allow the subject to satisfy certain life needs and ultimately determine his relationship with the world and himself.

It is obvious that each person, as an individual, has his own, unique, unique set of personal resources. It is worth noting the peculiarities of a person's mental activity in relation to resources under conditions of stress:

⁴²⁹ Психологічні ресурси в умовах життєвої та суспільної кризи: соціальний та особистісний виміри / Колект.моногр. / наук. ред. О. С. Блинова, відпов. ред. В. Ф. Казібекова. 2021. 364 с.

⁴³⁰ Менжулін В. І. (2021) Зигмунд Фрейд і Карл Юнг про міфи та архетипи колективного несвідомого: неусвідомлена схожість. Наукові записки НаУКМА. Філософія та релігієзнавство. Т. 8. 25-37.

- a person at each moment of time possesses an individual set of resources;
- a person at each moment of time has at his disposal variable, but limited resources (that is, the means of processing information that a person possesses at each moment of time are limited);
- a person has the ability to flexibly distribute these funds between different tasks;
- human activity is the consumption of these resources, the effectiveness of which determines the effectiveness of actions;
- resources are specific, i.e. designed to meet a certain range of needs;
- resources are in two functional states: actual and potential (when the conditions offered to a person by the situation go beyond the actual resource of the subject, his potential resource is activated);
- real or imagined lack of a resource (loss of a part of a resource, delay in recovery of a spent resource, exceeding the requirements of the environment over the available resource) causes psychological stress;
- resources have the property of interchangeability (that is, at the moment of an acute shortage of a resource, a person is forced to compensate for it by spending disproportionately larger amounts of other resources, that is, the possibilities of this conversion are limited by the available resources themselves);
- resources are able to be formed, restored and strengthened in the process of human activity;
- the set of perceived available resources is a determining factor in the choice of behavioral strategies;
- actualization of the subject's resources determines the choice of behavior strategy and the success of its implementation.

Updating and activation of resources makes it possible to make the process of overcoming a difficult situation more integral and constructive and effective for the individual. That is, the situation of unpredictability enables the mechanism of spending resources, and thereby, the ability to actualize one's own resources for the purpose of self-preservation and assistance to others.

Personal resources contribute to overcoming adverse external circumstances through the transformation of the value-meaning subsystem of the individual. The psychological mechanisms of this phenomenon have not yet been sufficiently explored in the scientific literature, however, it can be argued that the motivational-semantic sphere and emotional-regulatory components of the personality can not only be a resource in extreme conditions, but can itself be formed in the process of human activity.

Psychological resources are personal strengths that increase social adaptability and psychological resistance to stress. Psychological resources determine relations with the external and internal world. Personal resources include knowledge, abilities, skills, abilities, experience, models of constructive behavior that enable a person to be more adaptive and stress-resistant and help overcome difficult life events. Each individual has an individual set of resources that can be formed, strengthened, and also spent in the process of the activity.

The analysis of the scientific literature on the problem of personal resources for coping with stress shows that a person's awareness of the availability of means of assistance in a difficult situation for him and the availability of the skills to operate as many such means as possible contribute to strengthening the feeling of controllability of the situation and, as a result, more effective overcoming of the problems faced subject in a difficult situation. Therefore, diagnosis and later psychotherapeutic work in non-psychiatric institutions should be aimed at analyzing the individual's resources for overcoming stressful situations, develop stress management skills, and the ability to plan one's immediate and distant future (including learning how to organize one's own lifetime and space).

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