

14. RESILIENCE IS A FACTOR IN A PERSON'S PSYCHOLOGICAL STABILITY WHEN FACED WITH CHALLENGES AND CHANGES

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Introduction

Modern society, which is constantly in a state of structural renewal, uncertainty, social and economic crises, pandemic and man-made threats, military conflicts, is characterized by the need to transform the human profile and the formation of personalities capable of successfully adapting to the changing present and negative social phenomena, resisting social threats, overcoming life difficulties, to motivate oneself for self-development and self-realization. Therefore, the majority of scientists declare the need to study the conditions for maintaining human stability, focus on the search for innovative approaches to the preservation and activation of a sustainable resource, call for the development of such personal qualities and properties that would ensure not only the ability to adapt to the social, economic and other environments, but also actively resistance, countering crisis phenomena, planning one's own activities in accordance with the set goals, achieving success, being mentally stable or resilient. The study of human resilience is currently one of the most important areas of study, not just in Western humanistic and positive psychology, but also in domestic psychology and related sciences.

The analysis of scientific research allowed us to note that the phenomenon of resilience is not sufficiently studied in Ukrainian psychological research, its actualization is due to the need of society to preserve mental health and develop resilience in war conditions. In modern studies, one can find theoretical approaches to the definition of this concept, characteristics of resilience as an educational and/or professional competence, structural components and possible directions for further study of the phenomenon. Today, the relevance of the study of the problem of psychological resilience of the individual in the conditions of war is determined by the request of society for reduction of emotional tension of the population of Ukraine and increase of psychological well-being of every individual.

1. The concept and structure of resilience as a goal of personal competence

More than 40 years ago, the concept of resilience was empirically discovered or even discovered. The early work of E. Werner and her colleague R. Smith (Werner, Smith, 2001) are responsible for the introduction of the term 'resilience' into psychological scientific terminology. Scientists, theoreticians, and practitioners from various related disciplines have been using and studying this term with interest ever since then. The constant growth of interest in resilience coincided, according to K. Bolton (Bolton, 2013), with a paradigm shift from the traditional medical model, where mostly all research and interventions were aimed at studying the nature and treatment of pathology, various disorders, to the postmodern model or the "new movement of science" (according to G Richardson) (Richardson, 2002). This model made it possible to combine alternative approaches based on the study and actualization of human internal forces and their significance for psychotherapeutic interventions, education with qualitatively new ways and directions of assistance. An explosion in research on resilience was defined by the end of the 20th century due to the significance of studying this phenomenon for human mental health and normal development.

Cognitive behaviorism, constructivism, and ecological realism are the three main approaches used by foreign researchers to consider the phenomenon of resilience.

The first approach emphasizes the study of emotional regulation processes in children's behavioral reactions during stressful situations and ways to cope with life's troubles. Concrete

behavioral strategies for overcoming difficulties have been neglected for a considerable amount of time. By developing practical methods of coping behavior (including internal dialogue, developing a sense of humor, and physical activity), scientists V. Heintz, I. Lamontaine, and R. Stevenson eliminated this shortcoming. Maintaining vitality within the constructivist approach is largely dependent on a person's active life position. According to D. Hellerstein (Hellerstein, 2011), resilience is composed of both physical and psychological components. The ecological approach's representatives emphasized the importance of social factors in overcoming life's challenges.

Further research led to the emergence of a new, cross-cultural approach, which reflects the connection of viability and ways of responding in risk situations with race, age, gender, place of residence. This approach is very promising within the framework of joint international projects of scientists from different countries.

Table 1

The content of the phenomenon "resilience" in the views of scientists

Scientist	The content of the concept of "resilient"
Rutter M. (1985)	The phenomenon of the interaction of protective factors and risk factors, individual, family and sociocultural influences
Germezy N. (1984)	Ability to recover and maintain adaptive behavior that may follow initial withdrawal and helplessness in response to a stressful event
Werner E. (2004)	Balance between risk factors and protective factors
Miller E.D. (2003)	The ability to quickly restore physical and mental strength
Bonanno G.A. (2004)	- The dynamic process of establishing positive adaptation in those adverse events; the ability of an individual to maintain psychological balance during potentially dangerous situations. - Resourceful adaptation to changing circumstances and unforeseen environmental conditions
Richardson J. (2002)	The process of overcoming stress, changes and adverse factors
Henderson N. (2013)	Internal protective factors contributing to increased resistance
Wagnild G.M., Young H.M. (1993)	A personal characteristic of an individual that moderates or mitigates the negative effects of stress and promotes adaptation
Luthar S.S., Cicchetti D., Becker B. (2000)	A dynamic process involving positive adaptation in the context of experienced significant life adversity
Connor K.M., Davidson J.R. (2003)	Resilience embodies personal qualities that allow a person to grow in the face of failure
Neman R. (2005)	A person's ability to adapt in the face of tragedy, trauma, various adversities and constant life stressors
Fergus S., Zimmerman M.A. (2005)	The process of overcoming the negative consequences of exposure to traumatic events, successfully dealing with the traumatic consequences after these events, and avoiding the negative life and developmental trajectories associated with the risk
Bolton K. (2013)	A hypothetical set of protective factors that protect a person from maladaptation after stressful exposure
Masten A. (2014)	The ability (potential or demonstrated) of a dynamic system to successfully adapt to disturbances that threaten the system's functioning, viability, or development; positive adaptation or development in the context of negative influence
Ungar M. (2008)	the ability of individuals to find a way to life-giving resources, including opportunities to experience a sense of well-being; and the state of the individual's family, community, or cultural environment that gives him access to such resources and feelings in a way that is accessible to that culture
American Psychological Association (2014)	The process of human adaptation in conditions of exhaustion, injury, after tragedies, threats; under the condition of being in constant sources of stress (for example, problems in the family and in relationships, serious health problems, constant stress in the workplace and financial troubles)

In the presented table, we have presented the main definitions used in modern research, which cover various approaches and theoretical discourses regarding this phenomenon (a personality trait is a dynamic ("changing") process). All authors who consider the concept of "resilience", despite the difference in wording, direction of movement and interpretation, are united in one thing: psychological resilience plays the most important role in the psychological health of a person. Professor of the Catholic University of Milan Francesca Giordano interprets the term "resilience" as a person's ability to manage a difficult life situation due to the availability of health, psychological, social, cultural and physical resources. The scientist notes that, in general, resilience involves not just overcoming difficulties and returning to the former state, but also progress, moving forward through difficulties to a new stage of life. Understanding and improving adaptation is the goal of the resilience paradigm (Giordano, 2024).

It should be noted that some scientists identify the content of the phenomenon of "resilience" with the concept of "viability", others consider it in the context of adaptation/maladaptation, and still others analyze the possibilities of forming moral choices, moral values and personal attitudes. It's important to recognize that all of these definitions are connected by one essential concept: resilience is the capacity to locate and replenish resources for coping with stress. In foreign researchers' publications, resilience is considered according to three main approaches: cognitive behaviorism, constructivism, and ecological realism. It is shown that the term "resilience" in foreign literature includes a person's ability to overcome difficulties in adverse life circumstances, the ability to maintain psychological balance in potentially dangerous situations.

So, based on the provisions and theoretical considerations described above, the following conclusions can be drawn regarding resilience.

1) Resilience is a biopsychosocial phenomenon that encompasses personal, interpersonal, and social experiences and is a natural result of various developmental processes over time.

2) Resilience is generally associated with the ability of the psyche to recover from adverse conditions.

3) Depending on the focus and the subject of research, resilience can be considered both as a certain characteristic of the personality inherent in one or another person, and as a dynamic process.

4) Resilience plays an important role in the ability and formation of post-traumatic stress personality growth.

Resilience is taken into account in social, psychological, sociological, and educational systems in modern studies. In this interdisciplinary system, R. Benedikter has defined resilience as an interconnected triad of possibilities (Benedikter, 2013):

– "absorption" of shock and the desire to avoid one's own degradation in a qualitatively and quantitatively worse state;

– reorganization to preserve internal structures and functions;

- providing an opportunity for positive transformations and reaching a higher level

The following characteristics of the "resilience" phenomenon are distinguished:

1) from a theoretical point of view, these are positive personal qualities, positive sustainable motivation and successful adaptation in difficult life conditions;

2) from a practical point of view – (a) resistance to destruction, that is, effective protection of one's personality under strong environmental pressure; (b) building a full-fledged, socially adapted life in difficult conditions (Haminich, 2016).

So, having described the available approaches to the definition of resilience, let's move on to consider the issues related to its research, starting with the very first experiments that made it possible to identify and find this phenomenon.

Having considered the main approaches to the interpretation of the concept of resilience by scientists, we came to the conclusion that resilience is the ability of an individual to withstand difficult life circumstances and find resources for recovery after a traumatic or stressful event.

Resilience, as a phenomenon that allows the individual to return to the initial state under the influence of any stressful factor with the preservation of all resources that existed at the time of the occurrence of the stressful situation, cannot be the goal of the individual. But at the second level of

an individual's individual psychological health, where there are tools that create strategies for personality development, the tool of psychological resilience can be perfectly applied in strategies for correcting an unsuccessful or even traumatic development path. At the same time, resilience, being placed on the third level – psychophysiological – does not give us anything, because no research has yet been conducted and there is no data on those brain structures that could be used in the process of achieving resilience – returning to the previous state before the traumatic events in the system of personal determinants, resilience is only at the level of individual psychological tools that ensure the achievement of meanings at the personal level.

The achievement of personal goals is crucial for achieving psychological health and ensuring appropriate development. External environment changes can be harmful and lead a person away from their purpose and goals. Any event that is implemented creates a traumatic memory, changes the structure of autobiographical memory, the database for maintaining meaning, the search for strategies to achieve goals becomes a critical point that affects the personality. Trauma's centrality to autobiographical memories disorganizes the structure of autobiographical memory, which alters its meaning for the individual and creates new content. Resilience, which reverts a person to a previous state, allows them to experience a traumatic state without experiencing it deeply. Autobiographical memory is not traumatized and disorganized by loss and trauma in this way. The basic meanings are conserved and the individual remains on the correct path for personal development. A certain social environment can also contribute to the development of resilience as a quality. This means that resilience cannot be a constant in the conditions of a changing world, because any situation can always be solved in several ways, which, in turn, allows for the lack of a certain resource to successfully replace it with another, and this, in turn, significantly increases the possibilities for adaptation.

Ann Masten (Masten, 2014) and his colleagues identified three types of psychological resilience shown in Figure 1.

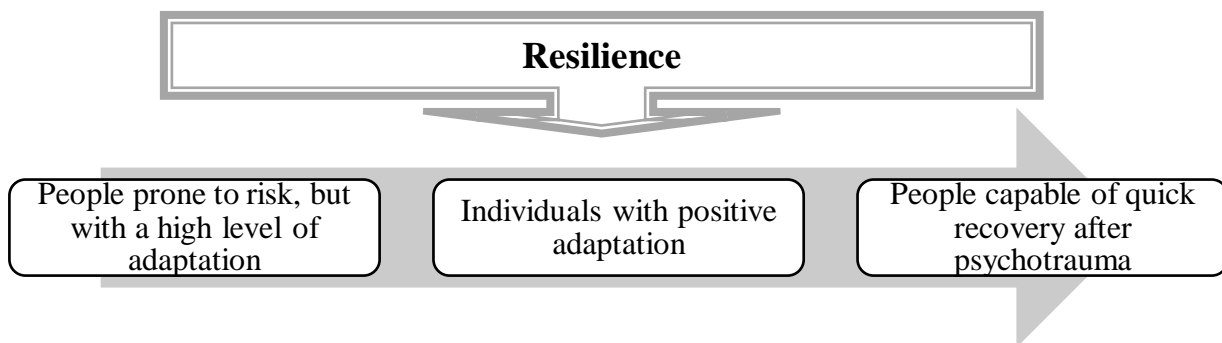


Fig. 1 Psychological resilience according to E. Masten

From the above, the following factors of psychological resilience can be identified:

- the individual is able to make plans and successfully achieve set tasks;
- the individual has a positive self-esteem and is confident in his abilities;
- the individual has good communication skills, knows how to solve this or that problem;
- the individual can manage his feelings and emotions.

A. Masten focuses on a multilevel analysis of new ideas about positive adaptation, taking into account both the cellular and neural levels that are included in psychobiological systems and influence this adaptation. As the scientist notes, intact neurocognitive functions, close relationships, effective learning and a society in which the individual is involved, opportunities to achieve success, healthy beliefs that are nurtured by positive experiences are important factors that contribute to the development of resilience. At the same time, the definition of resilience is also characterized by its own characteristics. Resilience is defined as the ability (potential or already manifested) of a dynamic system to successfully adapt to adverse factors that threaten the system's functioning, viability or development; successful adaptation or development in the context of

significant negative impact. Therefore, it is crucial to adapt for these studies. According to A. Masten, people cannot survive and achieve success without adaptation. Negative experiences can play a role in risk factors, while special talents or resources can play a role in resilience factors. Genetics is not a factor in the development of these factors, which tend to develop throughout life.

Table 2

List of resilient factors according to A. Masten (Masten, 2014)

Resilient personality factors	Adaptive personality systems
Effective holding in childhood and the quality of upbringing	Association; family
Close relationships with other adults	Association; social network
The presence of close friends and romantic partners	Association; family and partnership systems
Intellectual development for problem-solving skills	Educational and thinking systems of the central nervous system
Self-control, regulation of emotions, planning	Systems of self-regulation of the central nervous system
Motivation for success	Competence motivation and the associated reward (and positive reinforcement) system
Personal effectiveness	Competence motivation
Faith, hope, meaning of life	Spiritual and cultural beliefs
Effective learning	Educational systems
Effectiveness in relations with neighbors, colleagues	Communities

In general, the phenomenon of resilience in psychology is understood in three planes – as a trait or ability of the individual, as a process and as an adaptive and protective mechanism of the individual. Let's take a look at the primary definitions of resilience from the perspective of these three approaches.

Resilience as a personality trait/skill

Resilience is a complex, multidimensional and inherently dynamic complex of human characteristics. Psychological resilience can be defined as an individual's ability to resist and adapt to adverse and traumatic events (Walker, et al., 2017). D. Hellerstein (2011), conceptualizing this phenomenon, singles out its two main components – physical resilience as an indicator of stress resistance and tolerance and psychological resilience, which includes the development and maintenance of social contacts, the use of social support, finding meaning in difficult events or situations, raising the educational level and mastering various psychotechnologies that help the development and overcoming of negative consequences after stress. Successful people have three characteristics: steady acceptance of reality; deep, supported by strong values, belief that life has meaning; and an extraordinary ability to improvise (Coutu, 2002).

Vanishtendal singles out the characteristics of "resilient" behavior: 1) positive personal qualities, positive sustainable motivation and successful adaptation in difficult life conditions; 2) resistance to destruction, effective protection of one's personality under strong environmental pressure; 3) building a full-fledged, socially adapted life in difficult conditions. According to B. Leipold a resilient personality is characterized by such qualities as: emotional stability; sense of humor, spirituality; consciousness of life construction, problem solving skills, conflict resolution; adequate self-esteem; optimism; respectful attitude towards oneself and other people, etc. (Leipold, Greve, 2009).

K. Cherry, studying resilience, identified its signs, which included (Cherry, 2023):

- survivor mentality: when people are resilient, they see themselves as survivors. They know that even in difficult situations, they can continue to act until they reach their goal;

- effective emotional regulation: resilience is characterized by the ability to manage emotions. This does not mean that resilient people do not experience strong emotions such as anger, sadness, or fear. This means that they recognize that these feelings are temporary and can be controlled until they last;

- sense of control: resilient people, as a rule, have a strong internal locus of control and feel that their actions can play a role in determining the outcome of events;

- problem-solving skills: when problems arise, resilient people rationally look at the situation and try to find solutions that can change it;

- self-compassion: another sign of resilience is self-acceptance and compassion. Resilient people treat themselves with kindness;

- social support: having a strong network of supportive people is another sign of resilience. Resilient people recognize the importance of support and know when to ask for help.

Among the characteristics of a resilient individual is the ability to be happy and satisfied with a sense of direction and meaning in life; the ability to work productively with a sense of competence and manage the environment, emotional stability; self-acceptance ; self-knowledge; realistic and undistorted perception of oneself, others and the environment; interpersonal competence, the ability to have warm and caring relationships with others, to closeness and mutual respect; interpersonal understanding and warmth; confident optimism, autonomous and productive activity; skillful expressiveness (Klohn, 1996).

Some studies identify such resilience factors as:

- vitality – a personality characteristic that reduces the impact of a stressful factor on the body;

- self-exaltation; initially, mental health was perceived as accepting the limitations of one's capabilities and knowing negative characteristics. However, today's research has shown how positive arrogance can be perceived quite safely and is associated with high self-esteem. But it also has its downsides – narcissism and the ability to make a bad impression on others.

- repressive coping is a person's ability to avoid negativity in all its possible manifestations; the main difference from resilience and arrogance, which are cognitive processes, repressive coping works at the level of emotional dissociation.

- positive emotions and laughter; this factor has already acquired empirical confirmation of the relationship with psychological resilience; positivity in a period of adversity helps to recover faster after a traumatic event, reduces the level of distress and improves brain activity;

- perseverance and firmness of spirit – a character trait that allows a person to consistently achieve the tasks set before him and defend his own opinion.

The resilience of the individual performs a number of important functions both in the space of one's own individuality and in the community and interpersonal interaction:

- Struggle with stress (resilience helps to cope with stress and adversity).

- Protection of the mental health of the individual (resilience can help a person prevent problems related to mental health, or reduce the "severity" of mental disorders – depression, anxiety, PTSD, etc.).

- Promotion of self-development of the individual and increase of adaptation potential (by coping with difficulties, a person can develop new abilities and skills).

- Increasing general well-being.

- Promotion of positive changes in the social environment

Resilience as a process:

Resilience includes a set of flexible cognitive, behavioral and emotional responses to acute or chronic adversities, which can be both unusual and habitual for an individual (Neenan, 2017).

There are also external factors affecting psychological resilience. They include a family relationship with more than one person, an adequate partner, support from friends and colleagues.

Resilience is the process of overcoming the negative consequences of exposure to traumatic events, successfully coping with traumatic consequences after these events, and avoiding negative life and developmental trajectories associated with risk (Fergus & Zimmerman, 2005). According to

this approach, as noted by G. Lazos (2018), the dynamic process of resilience includes: 1) contact with adverse events or risk factors; 2) activation of protective factors and their interaction with vulnerability factors; 3) as a result, there is a creation of resilience or an exit to a pathological reaction of the psyche.

Resilience as *a positive adaptation/defense mechanism*: Resilience is a positive adaptation in the context of significant challenges that variously appeal to the human ability to process them or to the outcomes of successful life development during or as a result of potentially fateful events (Cutuli, Herbers, Masten & Reed, 2012). Resilience is the process of human adaptation in conditions of exhaustion, trauma, after tragedies, threats; under the condition of being in constant sources of stress (for example, family and relationship problems, serious health problems, constant stress at the workplace and financial difficulties). Resilience is the ability of a dynamic system to successfully adapt to disturbances that threaten the functioning, viability or development of this system (Masten & Reed, 2002).

According to the research of T.A. Bergis, the ability to cope with life problems that arise periodically depends on personal potential, the degree of maturity of the individual, as well as on the value orientations of a person and his life goals. Scientists focus mostly on the difference between resilience and psychological resilience and note that resilience is a personal trait that is formed throughout life, and resilience is a process of reaction to a problem and is formed upon its immediate occurrence.

S. Maddi (the founder of the first institute of sustainability) does not share these two concepts, believing that resilience is a system of beliefs about oneself, about the world, about relations with the world. This concept consists of three components: purposefulness, control, readiness for risk

Theoretical analysis of the definition of 'resilience' reveals that both domestic and foreign scientists view it as both viability and sustainability simultaneously. Sustainability is a system of beliefs about oneself, about the world, and relations with the world, according to S. Maddi., D.A. Leontyev came up with the term 'hardiness' Leontyev translates it as vitality and defines it as a limit that characterizes the extent to which a person can overcome given circumstances and, ultimately, the extent to which a person can overcome himself (Maddi, 2009).

2. Vitality of the individual as a predictor of overcoming stressful factors

The ability of an individual to successfully overcome adverse environmental conditions, demonstrating high resistance to stressogenic factors, is called resilience, and its presence is more vital and necessary than ever before. This phenomenon and its role in maintaining psychological health have been studied more extensively by modern psychological science due to this reason. According to S. Kobasa (Kobasa, 1979), resilience is a set of interconnected personal qualities or traits that differentiate 'healthy' leaders from 'unhealthy' ones when under stress. Sustainability is defined by S. Maddi as a set of three components that are interdependent: involvement, control, and risk acceptance (Maddi, 1998). Engagement is the first component, which involves actively interacting with people and being in touch with what is happening around him. The quality that is the opposite is the feeling of alienation, which is the feeling of being outside of life. The belief that struggle allows for influence over the outcome of what is happening is known as control. A feeling of helplessness is the opposite of this quality. A person's readiness for risk is their belief that all events that occur contribute to their development thanks to the knowledge acquired through acquired experience. The expected benefit and associated risk are always a reasonable trade-off when applying this approach.

P. Mund (Mund, 2016) suggests supplementing the components of vitality with the connection component identified in 2005 by S. Maddi (cooperation – close connection and understanding between the client and the psychologist/psychotherapist) and the culture component identified by the author himself, which is especially relevant for her country – India. According to P.T. Bartone (Bartone, 2013), resilience is a generalized way of functioning of an individual, which includes involvement (the belief that life is interesting and worthwhile), control (the belief that one can control or influence outcomes) and risk-taking (an exploratory approach to life). A person who

has a sustainable style is likely to have a strong focus on the future and learn from the past. P.T. Bartone, D.R. Kelly, M.D. Matthews (Bartone et al., 2013) note that resilience consists of cognitive, emotional, and behavioral characteristics and characterizes a person's ability to maintain a healthy state in turbulent times. The authors considered "hardiness" as a special integrative quality, a system of attitudes and beliefs about peace and oneself, which allows an individual to withstand a stressful situation, while maintaining internal balance and harmony. The authors claimed that hardiness made it easier for a person to recognize their real capabilities and accept their own vulnerabilities. This quality provided a foundation for processing stressful influences and turning negative impressions into new opportunities.

From an interdisciplinary approach to the phenomenon of human vitality, D.A. Leontiev defines sustainability as a limit characterized by the extent to which the personality overcomes itself. The closest to the concept of sustainability is D.A. Leontiev refers to the term "creative life", that is, a person's expansion of the world, his life relationships. In his opinion, the main components of vitality are the conviction of the individual in the readiness to cope with the situation, and openness to everything new. Vitality affects both the evaluation of the current situation, which is perceived as less traumatic, and the subsequent actions of a person, stimulating him to take care of his own health and psychological well-being.

Decision-making is believed by scientists working in this area to be the cause of all events in our lives. Every decision is a decision that requires choice. The choice is between choosing the future with uncertainty or the past with certainty. Ontological anxiety is often present when choosing the future. And the more changes are expected, the more anxious you become. In order to steer clear of it, people typically choose the past. Choosing the past too often leads to stagnation, which in turn increases the sense of meaninglessness of life. Despite natural anxiety, choosing the future can bring new experiences and opportunities to a person's life, promoting their personal development. The mechanism of action of sustainability here consists in the influence of attitudes on the assessment of the current life situation and the readiness of a person to actively act for the benefit of the future.

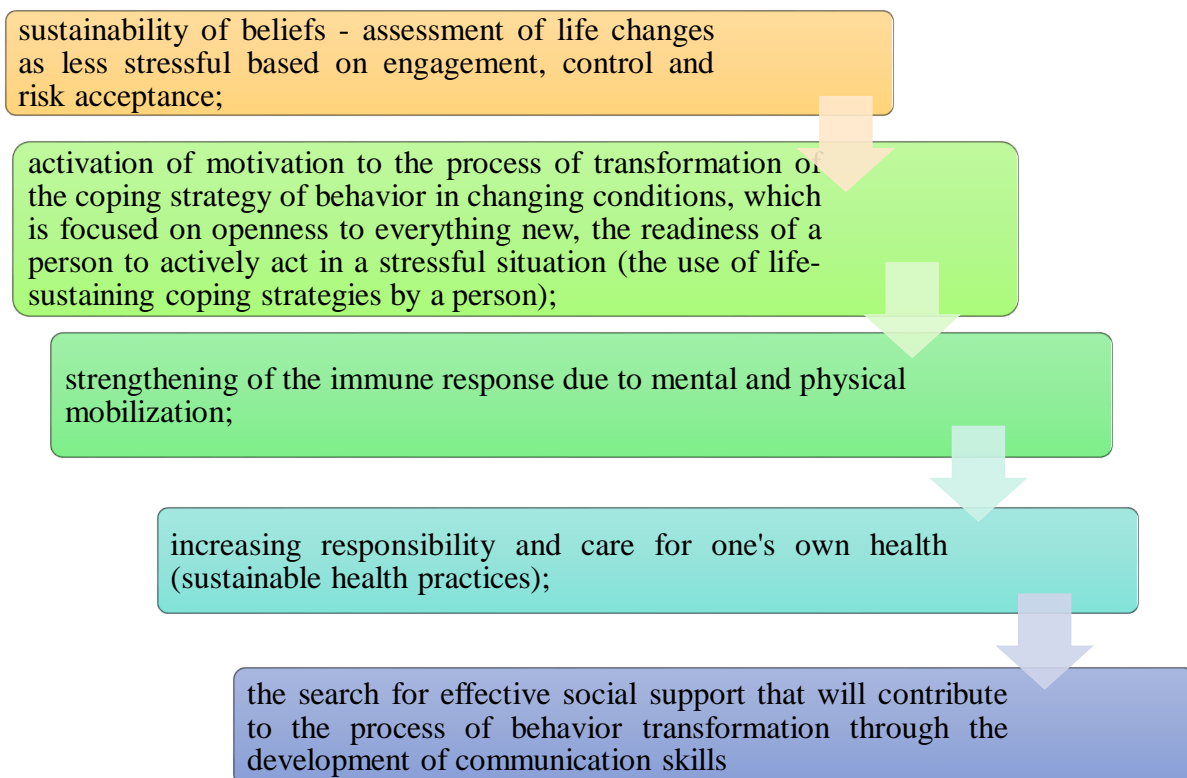


Fig. 2 The main mechanisms of vitality (according to S. Maddi)

At the same time, according to S. Maddi and D. Fiske, it was initially determined that there are people with a high and low level of activity, due to the tendency of the core of the personality, which seeks to preserve their characteristic level of activation. However, largely due to awareness of the importance of one's own activity, as opposed to passivity, a person is able to understand that it is with its help that he will be able to influence his own life, and it is he who turns out to be the key variable that prevents the emergence of internal tension in stressful situations. Thus, we can claim that this theory informs us about habitual and potential levels of activation, and one of the main reasons for vitality, according to S. Maddi, is the trait of activity, as opposed to passivity. According to S. Maddi, the characteristic curve of personality activation is formed in the early stages of life and remains constant afterward. The formation and development of vital components during childhood and adolescence is sensitive, and child-parent relations are crucial. It is possible to develop sustainability in the future, but the rates won't be as high as they were in the early periods. The relationship between an individual's vitality and different emotional states or personal characteristics is studied and established by many authors from both foreign and domestic backgrounds.

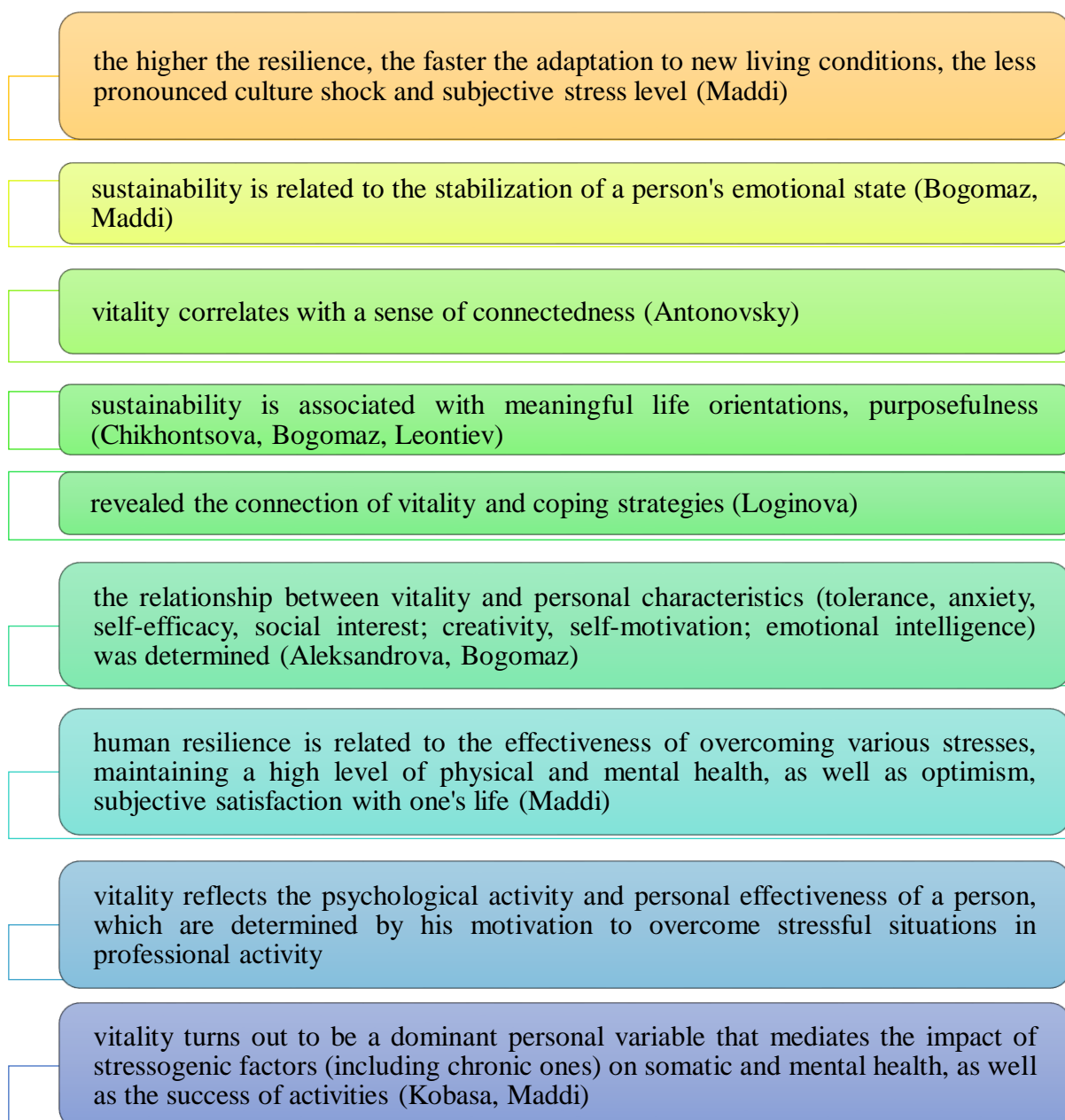


Fig. 3 Peculiarities of the relationship between vitality and personal characteristics

Domestic psychologist, Y.G. Zapeka (Zapeka, 2019) conducted a study of the sustainability of Ukrainian university students in the conditions of the socio-economic crisis. Resilience is seen as a personal trait and a person's adaptive potential in overcoming difficult life situations, according to the author. It has been proven that individuals with a high level of vitality have a higher degree of development of meaningful life orientations and a higher indicator of self-efficacy, and vice versa, students with a low level of vitality have a lower level of expressiveness of meaningful life orientations. Students with a high level of resilience have a higher level of life productivity, are more emotionally and with greater interest in it, are more purposeful, are able to control their lives and make decisions freely.

In domestic studies, three main interpretations of sustainability can be distinguished:

1. As a resource of the individual's potential, which may be required in certain situations.
2. As an integral psychological property of the individual, which develops on the basis of active interaction with life situations.
3. As the ability to social-psychological adaptation, taking into account the dynamics of meaningful self-regulation.

Foreign studies have shown that resilience is a predictor of indicators of well-being, coping and success in various fields, relationships between resilience and health have been revealed.

Domestic researchers conducted a detailed analysis of modern foreign studies, which showed that resilience contributes to psychological well-being and is directly interconnected with many positive personal characteristics (purposefulness, perseverance, self-efficacy, self-confidence, etc.), protects against the adverse effects of stress on mental and physical health and performance.

There are several directions of theoretical consideration of sustainability in foreign research.

1. Learning tools that contribute to personal growth and when overcoming difficulties, for example, the level of self-control, self-esteem, sense of humor
2. Study of risk factors for the vitality of people of different groups, in particular risk groups.
3. Study of personal traits that ensure effective overcoming and achievement of successes, set goals, desired results.

Foreign researchers A. Azarian, A. Farokhzadian, E. Habibi (Azarian, Farokhzadian, Habibi, 2016) conducted a study of women aged 20-35 living in in the city of Rezvanshahr (Rezvanshahr) in Iran. As a result of the study, an inverse relationship between the level of psychological resilience of women and manifestations of depression, anxiety and anger and a direct relationship between the level of psychological resilience and the index of positive affect was revealed. Research conducted in Canada by C.M. Kowalski, J.A. Schermer (Kowalski, Schermer, 2018) reveals the practical value of psychological resilience, as well as the difference between concepts such as rumination and worry. Students filled out a questionnaire assessing their psychological resilience, worry, rumination, mental involvement, neuroticism, anxiety, somatization, stress coping, and health. An inverse relationship of vitality with neuroticism, rumination, anxiety, and a direct relationship with mental engagement, the ability to cope with stress, and health were established. With statistically adjusted neuroticism, the relationship of vitality with rumination, health, and the ability to cope with stress became insignificant, while the relationship of vitality with worry, mental involvement, and anxiety weakened, but remained quite strong. The results show that resilience should rather be considered as an individual characteristic of a person, which contributes to his psychological well-being. Many studies reveal the relationship between vitality and health – both physical and mental.

Table 3

Modern studies of the phenomenon of personality vitality in psychological science

Scientists	Description of research results
G. Mazzetti, M. Vignoli, G. Petruzzello, L. Palareti (2019)	prove that transformational leadership as a work resource develops resilience as a personal resource, which in turn increases employee engagement and ultimately improves their health, and urges HR departments to provide employee training that promotes leadership qualities and, as a result, improving their viability indicators

J. L. Judkins, A. Moore, T.L. Collette (2020)	American researchers devoted a chapter of the book "Routledge Scientific Encyclopedia of Psychology Applied in Everyday Life" to the influence of leadership on the level of vitality. According to the authors, leaders with good resilience indicators positively influence the behavior patterns of other group members, forming resilience in them and initiating positive social changes in the group, and subsequently in society as a whole
S. Maddi (2016)	shows that vitality is negatively related to gambling behavior. Gambling behavior is seen as an example of an avoidance (rather than a coping) strategy for the ongoing stressors of life.
Rothschild- Varibrus V., Fritzsche L., Korzhenyevs K. S. (2020)	the authors agree that vitality is a buffer in a distress situation and part of the normalizing function of the human adaptive system. It is emphasized that the significance of the contribution of some vitality parameters to protection against suicidal behavior depends on many individual and sociocultural factors. Nevertheless, experts agree that suicidal risk is associated with the weakening of the individual's vitality reserves and can be reduced as a result of targeted psychological intervention
Hamre K.V., Einarsen S.V., Hoprekstad O.L. (2020)	Norwegian researchers examined the relationship between long-term workplace - bullying and subsequent changes in psychological resilience, and whether resilience is a factor influencing the degree to which a person is prone to bullying. The study showed that less resilient individuals were bullied mainly after adjusting for age, gender, and the fact that they were prone to bullying at the time of the study. Based on the long-term accumulated tendency to bullying, it was more often possible to predict changes in the vitality of the subjects than to determine how much a person will be prone to bullying, based on indicators of his vitality
P.T. Bartone, J.J. Valdes, A. Sandvik (2016)	found that many people feel that their health and psychological well-being deteriorate when they are under stress. It is noted that the neuropsychological processes characteristic of resilient people are not sufficiently well studied. This study is devoted to the study of the relationship between psychological vitality and some indicators of the health of the cardiovascular system based on the observation of 338 middle-aged people who participate in an educational program dedicated to national security. Hierarchical regression analysis shows that without additional influence due to age or gender characteristics, a high level of vitality determines a high blood content of high-density lipoproteins and a lower body mass index. Low vitality causes an increase in total blood cholesterol relative to high-density lipoprotein, which is a risk factor for cardiovascular disease. These results allow us to state that psychological vitality contributes to the body's resistance to diseases through its influence on cholesterol production and metabolism.
E.A. Makiabadi (2016)	Iranian researcher found a significant positive relationship between productive family interaction and psychological resilience in groups of parents with disabled children and healthy children.
A. Narad (2018)	The Indian author established that the home environment has a strong positive influence on the formation of vitality of schoolchildren. At the same time, students of private schools, compared to students of public schools, receive more support at home, as a result of which their vitality indicators are significantly higher. Indicators of resilience in boys and girls are also significantly different: in particular, young men accept risk situations more easily.
J.R. Maramis, J. Cong (2019)	found an inverse relationship between the level of professional burnout of nurses at a hospital in Manado (Indonesia) and their psychological resilience. The authors of the publication recommend that when conducting further research, additional factors that affect viability and the use of a wider range of research methods should be taken into account.
A.G. Thomassen, S.W. Hystad, B.H. Johnsen, G.E. Johnsen, J.C. Laberg, J. Eid (2015)	Norwegian researchers point out that, although many studies show a link between vitality and cohesion with mental health in a military context, most of them do not take into account the initial symptoms of mental health, which is a mistake. This study examines the joint effect of resilience and cohesion in a prospective model, taking into account the baseline development of mental health symptoms among Norwegian military personnel conducting a peacekeeping operation in Kosovo. The results of the

	<p>study showed that both vitality and cohesion contributed to the improvement of stress. For subjects with a high level of vitality and cohesion, the level of cohesion did not affect the increase in mental health complaints. On the other hand, subjects with low resilience scores were less likely to complain of mental health problems when cohesion scores were high</p>
<p>I.C. Giurcă, A. Cătană, R. Sassu, M.D. Bucută (2017)</p>	<p>scientists note that there are many studies on the impact of being in a war zone (the main stress factor) on the health of military personnel. Some research is devoted to protective factors that can prevent a number of problems that occur in veterans after being in a war zone. The authors studied the relationship between personal characteristics of military personnel (sustainability and coherence), coping strategies and mental health indicators (level of stress perception and anxiety) in the situation of anticipation of a stressful situation. It was supposed to determine whether these indicators will have any effect on increasing the level of psychological stability of servicemen who are sent to Afghanistan. The subjects' characteristics were assessed before their participation in international military operations. Two hypotheses were proposed: 1) a high level of coherence and vitality will help to cope more effectively with the main stress factors in the situation of stress anticipation; 2) active coping with a focus on the stress factor will be associated with a lower level of emotional distress.</p>
<p>Ä.G. Thomassen, S.W. Hystad, B.H. Johnsen, G.E. Johnsen, P.T. Bartone (2018)</p>	<p>the authors use prospective modeling to examine whether resilience has an indirect effect on PTSD symptoms through the avoidance coping strategy. The study involved 163 Norwegian soldiers participating in international operations between 2009 and 2010. A regression analysis method was used, with the main symptoms of post-traumatic stress, the intensity of the combat experience and the deprivation of the opportunity to meet their immediate needs. variables The results showed that the effect of vitality on the development of PTSD symptoms was manifested through a reduction in the use of avoidance coping strategies. It was concluded that the tendency to use this strategy is a factor of vulnerability to the development of post-traumatic stress symptoms, while resilience, on the contrary, is a factor of the opposite.</p>
<p>Wang X., Wong J.Y-H., Zhai L. (2019)</p>	<p>Chinese researchers hypothesized the existence of a mediating role of achievement motivation/failure avoidance between resilience indicators and depressive symptoms. Military servicemen and cadets participated in the study. The authors concluded that subjects with low vitality and behavioral activation and high levels of behavioral inhibition had more severe depressive symptoms.</p>
<p>M. Nordmo, O.K. Olsen, J. Hetland, R. Espevik, A.B. Bakker, S. Pallesen (2020)</p>	<p>consider survivability as an advantage in stressful conditions, correlate it with improving military performance. Recent evidence suggests that vitality may be associated with resistance to sleep disturbances. The purpose of this study is to study the restraining role of vitality in the relationship between sleep quality and work capacity in a sample of naval cadets in the conditions of a stressful educational and training process. The cadets first completed a general questionnaire and then a daily diary assessing sleep quality during a 30-day training mission across the Atlantic Ocean. Daily working capacity was assessed using the ratings of colleagues. The results of the multilevel analysis showed a positive effect of sustainability on labor productivity and sleep quality. Cadets with a high level of vitality suffered less from poor sleep quality, including after accounting for neuroticism. The obtained results indicate that resilience moderates the impact of poor sleep quality on work productivity.</p>
<p>D. Bank and L. Cannon</p>	<p>in their studies considered the influence of "hardiness" on the relationship between stressors and psychosomatic pathology. They found out that individuals who have well-defined "hardy" qualities experience stress much less often and do not perceive minor troubles as stressful</p>
<p>S. Hang</p>	<p>found that people with a high expression of vitality have a high probability of staying healthy and perceiving the changes occurring in their lives as positive. Research has found that resilience positively affects coping resources, increasing overall self-efficacy. Individuals with high "hardiness" scores have a higher cognitive assessment and developed coping strategies.</p>

In our understanding, resilience is the degree of formation of an individual's ability to withstand a situation of acute or chronic stress, to maintain internal balance, without reducing the success of activities. In this sense, resilience and resilience are common in such a plane as increasing the level of physical and mental health of a person, which contributes to the development of self-realization, self-affirmation and transcendence of the individual.

Thus, summing up all of the above, we can state that resilience is an integrative personal quality that allows you to successfully endure stressful situations, while maintaining optimal performance and maintaining internal balance. This happens thanks to the orientation to the future and the activity hidden in it, which brings new experience and opportunities to a person's life, which stimulates him to further personal development. The main ingredients of resilience are the individual's conviction in being prepared to handle the situation and their willingness to try new things. Sustainability includes three components, namely: involvement, which is responsible for a person receiving joy from the activity being performed; control, which allows a person to maintain an active life position and independently choose his life path; risk-taking, which encourages justified risk and helps to use the acquired experience. The correlation between resilience and general self-efficacy, psychological well-being, successful adaptation, and life creativity is strong, and coping strategies aimed at active problem solving are also positively correlated.

3. Research on the resilience and sustainability of internally displaced persons as a result of military operations on the territory of Ukraine

An internally displaced person (IDP) is a citizen of Ukraine, a foreigner or a stateless person who is in the territory of Ukraine on legal grounds and has the right to permanent residence in Ukraine, who was forced to leave or leave his place of residence as a result of or in order to avoid negative consequences armed conflict, temporary occupation, widespread manifestations of violence, violations of human rights and emergency situations of a natural or man-made nature. The initial intra-personal conflict between the lack of positive motivation to move and the physical impossibility of staying at home, being in an extreme life situation, difficulties in adapting to a new place, determined the formation of a specific experience of an IDP that goes beyond the usual and everyday. When making the decision to leave their places of residence, people found themselves in a situation where the life space of the individual was destroyed: the established life orientations were destroyed, there were no clear and clear ideas about the further development of events. The duality of the situation consisted in the necessity of a choice, which, in any of its variants, was accompanied by disturbing uncertainty, a sense of guilt in case of lost opportunities, and the impossibility of predicting the outcome of the development of events with any choice. Thus, the condition of forcibly displaced persons is accompanied for some time by intense emotional experiences, a state of shock (related to coming under fire, seeing dead people, loss of loved ones and housing, etc.), strong stress related to a long stay in conditions that pose a threat the life of a person or his loved ones. According to Bagheri Masoud, forced migration can cause a person to be dissatisfied with life changes, which can lead to depression, psychiatric disorders, paranoid/schizoid disorders, and other disorders.

It is evident from the analysis of psychological problems and mental disorders of IDPs that they are complex and touch all the major spheres of personality: emotional, cognitive, behavioral, motivational, and communicative. Global personality problems can be caused by violations in different areas of IDP mental health that overlap. The identity crisis is the most significant one. It is important to emphasize the presence of psychosomatic symptoms and disorders. Under the influence of hostilities starting in 2022, hundreds of thousands of Ukrainians are forced to seek refuge in other regions of our country, adapting to new social and cultural conditions. Adaptation to new social and cultural conditions is a complex process, in case of successful completion of which a person achieves compatibility with the new cultural environment, accepting its traditions while preserving his own and acting in accordance with them. In the process of adaptation, forced migrants undergo significant personal changes, which are expressed in a decrease in self-esteem and

the level of harassment, deformation of value orientations and social attitudes. Based on the results of the research, it was determined that the majority of IDPs (85%) are maladapted, which is manifested in a hypothesized type of response, chaotic nature of activity, a tendency to take a defensive position, externality and escapism. Emotional tension and a tendency to causeless concern over minor problems, irritability, and anxiety are revealed in IDPs as their emotional background reduces. The situation in which forced migrants find themselves, which radically changes the entire structure of their motives and needs, which are the most important regulators of human behavior, makes it difficult to meet the needs of various levels – from basic to higher – in self-respect and self-realization. Changes in the motivational sphere begin in forced migrants even before departure, when obstacles arising on the road to meeting needs at various levels lead to increased reactions of fear, anger, aggression, and gradually become permanent determinants of behavior. The social situation of forced migration can be described as a crisis or even an extreme one, which can pose a threat to one's health and life. During the survey of forcibly displaced persons from the territory of military operations, they expressed the following opinions: "there is no confidence in the future"; "there are no job prospects", "you need to have strong nerves to at least survive". In turn, the analysis of the results of the survey of IDPs, which was conducted on the basis of the Open space of assistance to displaced persons "Same here" in the city of Zaporizhzhia, revealed the presence of "survivor syndrome" in 65% of IDPs. Survivor syndrome is an incredibly strong feeling of guilt, shame and regret when a person manages to keep his life or if his life is easier and simpler than that of friends and loved ones. Feelings of guilt and shame can befall both the one who decided to leave the country and the one who stayed to live in a peaceful region where it is quiet. In other words, the survivor's syndrome feels like: 'I am responsible', 'I couldn't help – it's regretful', 'I am inadequate and my assistance is always insufficient'. Fear, insecurity, despondency, increased anxiety, reduced activity, difficulties in adapting to a new environment, feelings of guilt, a feeling of "destruction of internal harmony and the world", unwillingness to start all over again, aggressiveness – these are the dominant states and experiences experienced by IDPs at various stages of adaptation to the new sociocultural environment. Therefore, a systematic and comprehensive approach to organizing psychological support for IDPs and assisting them in integrating into the new realities of life is important in the socio-cultural aspect.

Interdisciplinary empirical research was carried out on the basis of the Laboratory of Health Psychology and the Laboratory of Psychophysiological Research of Melitopol State Pedagogical University named after Bohdan Khmelnytskyi. The study was conducted within the framework of the implementation of the research topic of the Department of Psychology: "Preservation of mental health and actualization of individual resilience in conditions of uncertainty." As a result of military aggression and in order to create a safe educational environment for participants in the educational process from areas where active hostilities are ongoing and regions under temporary occupation, in particular certain communities of the Zaporizhzhia region, from May 2022 the Bogdan Khmelnytsky Melitopol State Pedagogical University was relocated and legally re-registered in the city of Zaporizhzhia. Under these conditions, about 85% of teachers and 67% of students became forcibly displaced persons. Accordingly, the need to carry out research aimed at the development of sustainability and constructive coping strategies of the behavior of forcibly displaced persons has become particularly relevant in the realities of our university.

The methods used in the research process are: the method of analyzing theoretical sources, studying best practices and the results of empirical research by foreign and domestic scientists on the problem of developing adaptive coping strategies of individual behavior in uncertain stressful conditions; design and modeling of the technological and empirical construct of the implementation of AR technologies in the program for the development of constructive coping strategies for the behavior of forcibly displaced persons; psychodiagnostic methods; methods of mathematical statistics. 40 students who have the status of forcibly displaced persons took part in the study. The sample is randomized, created by the stratification method. In advance, written consent was obtained from the respondents to participate in the study. The confirmatory stage of the study was implemented during 2022-2023.

The confirmatory study involved conducting a psychodiagnostic examination in an online format using Google Forms. As part of the ascertaining stage, the following techniques were carried out:

- "CISS Coping Behavior in Stressful Situations", focused on defining the dominant coping behavior strategy (coping focused on problem solving; coping focused on emotions; coping focused on avoidance; subscale of isolation/distraction; subscale of social distraction);

- "Test to determine the level of stress" according to V.Yu. Shcherbatykh, aimed at determining the presence of signs of stress – intellectual, behavioral, emotional and physiological;

- S. Maddy's vitality test (adaptation by D. Leontiev, O. Rasskazova, 2006), developed as part of the study of factors that contribute to successfully overcoming stressors and reducing internal tension. Resilience is defined by the author as a certain existential courage, which allows the individual to depend less on situational experiences, to overcome constant basic anxiety, which is actualized in a situation of uncertainty and the need to make a choice.

- Resilience questionnaire Connor-Davidson (Resilience Scale K. Connor, J. Davidson), translated and adapted to Ukrainian researchers: H. Kolisnyk, Yu. Batrakova (2022). The authors of the technique note that maladaptation in conditions of stress and crisis situations is associated with a violation of "biopsychosocial homeostasis". This is manifested in the impossibility of achieving post-traumatic growth and a decrease in the level of resilience, a return to the previous level of development where homeostasis was established, as well as in an increase in the amount of time required for recovery, which requires considerable effort and is often accompanied by a loss of psychological and physical health, and also using ineffective coping strategies. All this emphasizes the importance of the connection between resilience, psychological well-being, post-traumatic growth and coping strategies, which, in turn, affect the adaptability of the individual. Within the framework of the ascertaining study, the features of the manifestation of the coping strategy for overcoming stressors were analyzed. The results are presented in Figure 4.

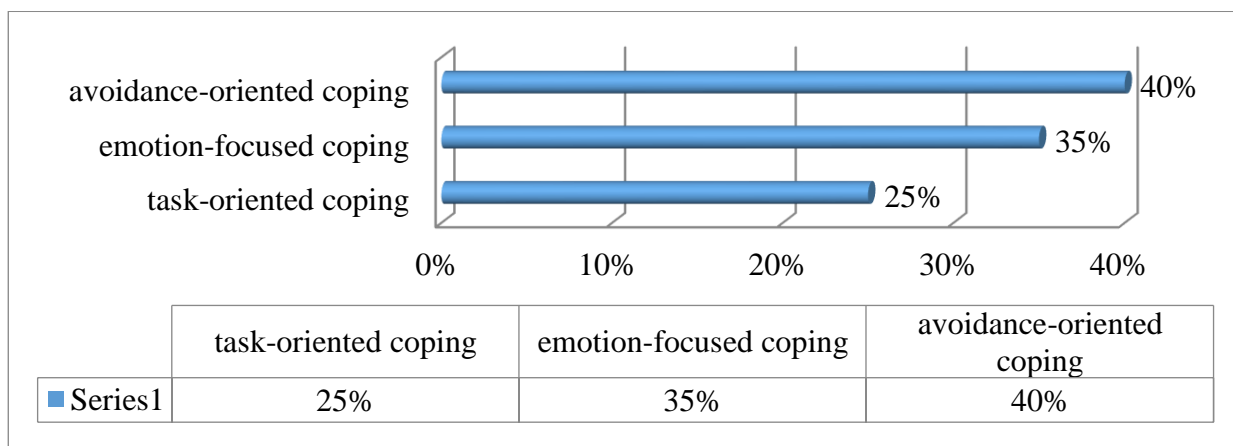


Fig. 4. Determination of the dominant coping behavior in stressful situations in forcibly displaced persons

The dominant coping strategy for behavior among young people was revealed in the empirical study. The data processing results show that 40% of the subjects prefer avoidance-oriented coping. That is, the desire to avoid the influence of a stressful factor, by replacing an unpleasant activity or situation with a distraction for communication, immersion in one's own world, and non-productive activities. The adaptation capabilities of respondents decrease significantly when they are under the influence of a stress-related factor, as indicated by this. In addition, 62.5% (10 people) choose distraction as an avoidance, and 37.5% (6 people) choose social distraction from stressful events and situations. In stressful situations, these students are able to avoid solving their problems by avoiding contact with others, showing aggressiveness towards them, aiming at social isolation and the use of protective mechanisms.

As part of the diagnosis, it was found that 25% of the total number of interviewees in stressful situations choose coping focused on solving the task. These students in situations of stress are directed to rational analysis of the problem, creation and execution of a plan to solve a complex stressful situation. At the same time, this is manifested in such forms of their behavior as independent analysis of the problem, seeking help from others, searching for additional information, critical analysis of stressful factors.

Emotional coping and stress behavioral strategies are dominant in 25% of students. These students are not known for taking specific actions to solve stressful situations. This style of behavior is manifested in the form of attempts not to think about problems at all, involving others in their experiences, the desire to forget in a dream, or to compensate for negative emotions with food. Cognitive, emotional, and behavioral efforts are used by a group of students who choose emotion-focused coping to reduce emotional stress. The impact of hostilities, pandemic conditions, social and economic instability on all spheres of life of temporarily displaced persons is definitely perceived as stressful. Changes in the social, economic and educational spheres become the driving force for the emergence of stress and the results of its destructive influence.

According to the survey data, it was found that in the existing realities of constant physical and psychological danger, only 7.5% of respondents experience moderate stress, and 57.5% of students experience a strong level of stress, of which 20% of respondents experience pronounced emotional and physical stress, 15% of respondents complete exhaustion of adaptation energy is observed. Quantitative results are presented in Figure 5.

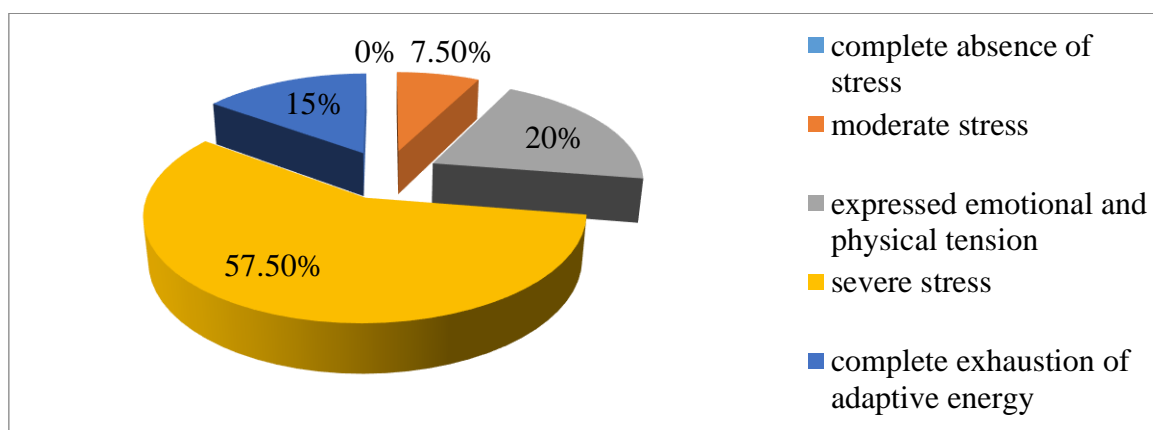


Fig. 5. Determining the level of stress in forcibly displaced persons

According to the results of the sustainability research, the majority of respondents reported a low level of general sustainability index development (72.5% – 29 people). Accordingly, the majority of IDPs with low vitality in the conditions of adaptation differ: they have low sociability, often high anxiety, they live for today or yesterday, often feel dissatisfied with their lives, do not believe in their ability to control the events of their own lives. They are often characterized by fatalism, the conviction that human life is not subject to conscious control, that freedom of choice is illusory, and it is pointless to think about the future. They don't like to think about their future. They set goals in a situational manner and usually don't independently. They are more dependent on the situation and the opinions of the people around them, often tend to "self-dig" and self-flagellation, do not know how to value themselves and accept themselves as they are. The predominance of low indicators on the scales "acceptance of risk" (60% – 24 people) and "control" (55% – 22 people) indicates that the majority of respondents do not get pleasure from a certain activity, and any external influence in the process of activity perceived as stressogenic, causing tension and anxiety. Self-realization and building a life strategy are difficult and helpless for IDPs. The predominance of low indicators on the "involvement" scale (47.5% – 19 people) indicate difficulties in building a constructive communicative space in a new environment, a low desire for interaction, immersion in the inner world and one's own experiences, a feeling of being "outside of life" (Figure 6).

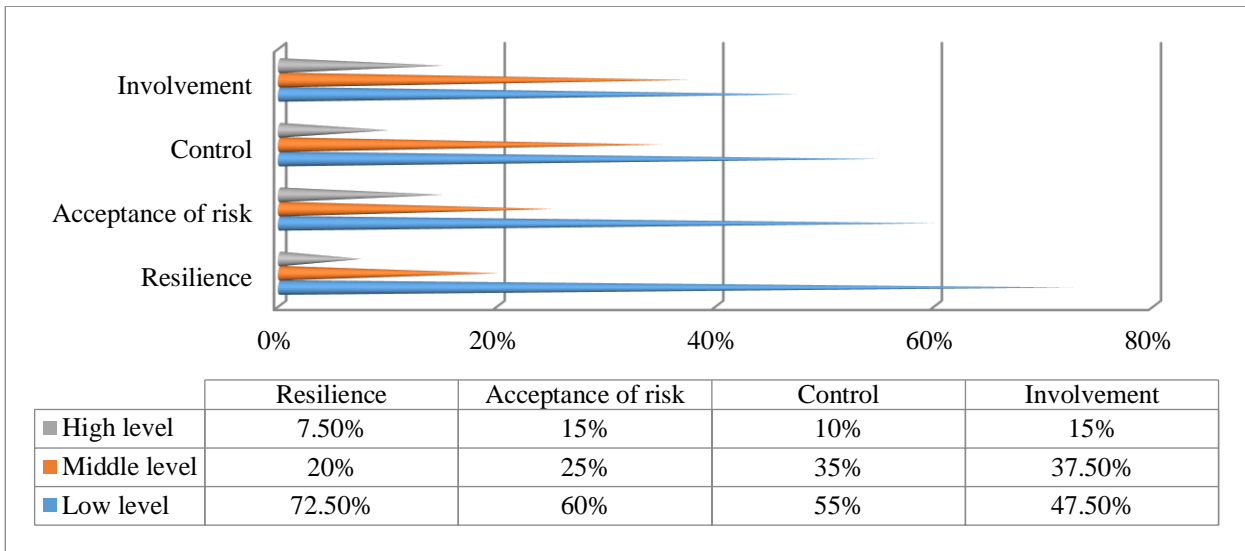


Fig. 6. Indicators of the vitality of the IDP personality (n=40)

Thus, according to the results of the ascertaining research, the above-mentioned quantitative and qualitative results make it possible to talk about the mostly negative emotional state of forcibly displaced persons and the dominance of a low level of vitality and non-constructive strategies of behavior. High level of stress and depletion of adaptive resources, increased level of anxiety, negative impact of emotional reactions of the individual on activities and interpersonal relations are the consequence of forced changes in the everyday life of forcibly displaced persons.

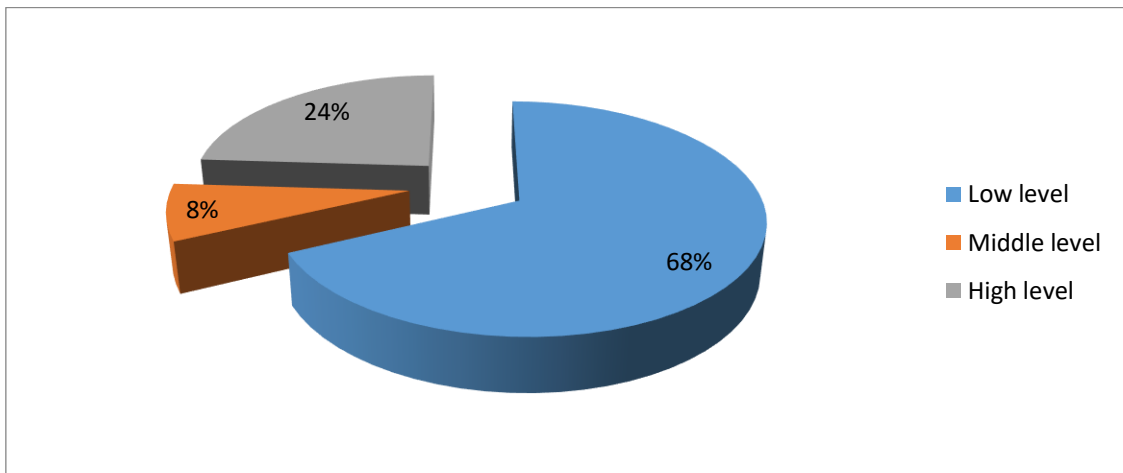


Fig. 7. Results of determining the level of resilience using the «Scale of resilience Connor-Davidson»

The obtained data shows that only 24% of respondents possess an average level of resilience, which implies that they are moderately resistant to new stressors. When they feel something new, they don't always make the right decisions because they feel partially confident. The ability to endure, recover, and grow mentally after difficult life troubles or disasters is not always present. Resilience development was found to be high in 8% of the subjects. The ability to recover, strengthen, and adapt well to stressful situations and troubles is only high in 8% of respondents. The respondents have a low level of resilience development, with 68%. The majority of respondents demonstrate a low ability to adapt to complex conditions of uncertainty and do not possess the necessary resources to resist negative stressogenic factors, which blocks opportunities for effective

adaptation, formation of constructive coping strategies of behavior and realization of internal potentials and resources of traumatic growth.

Conclusions

The corresponding results indicate the need to develop and integrate into the system of psychological support of IDPs a program of development of vitality and constructive coping strategies of behavior in the conditions of adaptation to a new socio-cultural environment. Having analyzed various scientific approaches to the study of personality resilience, we found that this topic remains relevant and attracts more and more attention of modern researchers against the background of the war in Ukraine. Resilience is a dynamic personality trait that encompasses a complex of cognitive, emotional, adaptive, and personal traits that guarantee a person's ability to withstand stress and resist the negative impact of stressors in order to maintain mental health. Prospects for further research should be aimed not only at studying the nature and essence of stress and its causes, but also methods of overcoming stress and effective coping strategies that ensure human resilience in emotionally stressful situations. Knowing our readiness to master these methods is crucial because it has a significant impact on a person's psychological well-being.

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