

Vlad Kravchuk

Vinnitsia Mykhailo Kotsiubynskyi State Pedagogical University, Ph.D student at the
Department of psychology and social work (Ukraine)

vlad34.Kravchyk@gmail.com

<https://orcid.org/0009-0007-7801-6589>

THEORETICAL APPROACHES AND PRACTICAL STRATEGIES FOR RESILIENT DEVELOPMENT

У статті розкрито поняття резильєнтності в сучасній науковій літературі, проаналізовані основні підходи до вивчення явища, як здатності людини долати життєві труднощі, як опір стресам та здатності психіки до відновлення. Продемонстрована історична динаміка розвитку дослідження резильєнтності та потенціал використання.

В сучасній психологічній науці важливе місце посідають дослідження ідей як зробити людину більш щасливою, конкурентною, адаптивною та ту яка може протистояти викликам сучасності, які передбачають безліч труднощів, пов'язаних зі швидким темпом розвитку всіх сфер. Саме тому явище резильєнтності активно набирає популярності та все більше привертає до себе увагу, як можливість зрозуміти, які механізми необхідні, щоб протистояти сильним стресам. Важливо зазначити, що причин, які негативно впливають на психіку людини є не лише швидко розвиваючийся світ, а і безліч інших чинників, що спонукає науковців до пошуку цих причин, їх вимірювання, здатності до опору, можливості відновлення тощо.

Вивчення проблеми резильєнтності не є рівномірним в теоретичній площині, адже порівняно з рівнем західних досліджень в Європі та Сполучених Штатах Америки, вітчизняні концепції розуміння явища резильєнтності значною мірою відстають, але з сучасною ситуацією розвитку соціально-політичної, економічної та безпекової сфери в Україні потребують значної уваги до використання інструментами, що вже існують, адаптації їх та розробки нових.

Ключові слова: резильєнтність, стрес, життєві труднощі, стійкість, підвищення резильєнтності.

Abstract. The article reveals the concept of resilience in the modern scientific literature, analyzes the main approaches to the study of the phenomenon as a person's ability to overcome life's difficulties, as resistance to stress and the ability of the psyche to recover. The historical dynamics of the development of resilience research and the potential for its use are demonstrated.

In modern psychological science, an important place is occupied by the study of ideas on how to make a person happier, more competitive, adaptive and able to withstand the challenges of our time, which involve many difficulties associated with the rapid pace of development in all spheres. That is why the phenomenon of resilience is actively gaining popularity and is increasingly attracting attention as an opportunity to understand what mechanisms are needed to withstand severe stress. It is important to note that the reasons that negatively affect the human psyche are not only the rapidly developing world, but also many other factors, which encourages scientists to search for these reasons, measure them, the ability to resist, the possibility of recovery, etc.

The study of the problem of resilience is not uniform in theoretical terms, because compared to the level of Western research in Europe and the United States, domestic concepts of understanding the phenomenon of resilience are lagging far behind, but the current situation in the socio-political, economic and security spheres in Ukraine requires significant attention to the use of existing tools, their adaptation and development of new ones.

Keywords: resilience, stress, life difficulties, perseverance, increasing resilience.

The aim of the article is to conduct a theoretical analysis of the main approaches to studying resilience, as well as to present strategies and methods for increasing perseverance.

Problem statement. People face difficulties throughout their lives, and from childhood they try to develop mechanisms to counter these threats, adapt to them, and return to their previous state of calm. If a

person successfully navigates these stressful periods, we observe personal growth; they cope better with emotional difficulties, anxiety, and stress, are more effective in their activities, and thus increase their resilience.

Given the realities of modern life, we can observe a significant increase in the topic of resilience in science, but it is not popular among the population in Ukraine. According to Google Trends, Ukrainians hardly searched for this concept before February 2022, when large-scale aggression began, after which the number of searches increased significantly, and we can observe considerable interest, although it should be noted that Ukrainians mostly use and know the concept of stress and give it greater preference than “resilience,” which are generally different concepts. This may indicate a significant problem with the population's understanding of these phenomena and low awareness.

Given the significant growth in interest in the topic of resilience and mental health in general, it is important and relevant to study the problem in depth, both theoretically and practically. The development of these concepts should be aimed at alleviating the state of the human psyche.

Presentation of the main material. The concept of resilience has significant differences in its interpretation, history of origin, and understanding, which allows this phenomenon to be used more broadly and ambiguously. Currently, resilience is so widely used that it can be applied in psychology, medicine, social sciences, and engineering [2,3]. There is also a connection with other sciences; for example, there is an assumption that the concept came from physics as the ability of some materials to return to their previous state [10]. Other sciences also have their own concepts based on the process of recovery, elasticity, perseverance, or certain objects or materials.

The concept is so ambiguous that in Ukrainian literature, in addition to different meanings, even the spelling varies. Some researchers use the English words “resilience” and “resiliency” (Merzlyakova O.), ‘resilience’ and ‘resiliency.’ The difficulty lies not only in the correct spelling, but also in the correct translation from foreign languages [6].

In Ukrainian psychology, research of the concept of resilience is relatively new, and the phenomenon is gaining popularity with the emergence of pressing issues in society or factors affecting mental health, such as COVID-19. The next surge was associated with the attack by the aggressor country in 2022. Thus, L. Lihonenko and V. Andriychuk, in their study analyzing journal publications, showed that in Ukraine and worldwide, in the field of business and economics, the demand for resilience and the search for tools to achieve it has grown significantly[3].

As shown by an analysis of domestic scientific research in recent years, the demand for research on resilience has grown significantly (Assonov D. and Khaustova O., Lygonenko L. and Andriychuk V.)(1,3).

If we compare Western and domestic concepts, we can see a significant lag in the number of theoretical and empirical studies. In the West, the phenomenon of resilience began to be actively studied in the 1970s and 1980s. Traditionally, the starting point for resilience is considered to be the longitudinal study by Werner E. and Smith R., who observed certain patterns of development in Hawaii when individuals were exposed to adverse conditions such as poverty, illness, tragedy, etc.[27]. This study was the first impetus for understanding resilience and also made it possible to identify defense mechanisms and how they are formed depending on living conditions, social environment, etc. In general, this was the first stage of resilience research. Bolton K., in his article, referring to his colleagues, describes four waves of development, where he shows the dynamics of understanding the concept [9].

A significant contribution to the understanding of resilience was made by researcher Richardson G., 2002, who managed to shift the focus of research to defense mechanisms that are formed as a result of adverse conditions, and also began to consider resilience as a dynamic process, identifying ways of recovery. At this time, more and more empirical tools are appearing. Richardson G. conducts a substantive study based on which he provides a better understanding of resilience, where the scientist highlights the ability of a person to integrate physical, mental, and spiritual aspects to counteract negative circumstances.

During the analysis of Western literature, it can be observed that most of the early studies were conducted on children and adolescents, and authors often asked themselves how to help them cope with addicted parents, orphans, destructive families, families in which there are mentally ill people, etc. In other words, researchers pay particular attention to childhood. In his analytical article, Condly S. considers three factors that influence resilience. The first is individual characteristics, which include intellect or cognitive skills and temperament. It has been found that high intelligence has an impact on perseverance, but it is not enough; the importance of temperament, which has a significant impact on resilience, is emphasized. The author points out that although intellect is a good mechanism for coping with stress, it has a significant drawback in that people with high or above-average intelligence are more aware of their circumstances,

which affects their emotions. Here, temperament plays a role in restraining emotions and helps in resolving difficult situations, rather than feeling sorry for oneself. The second factor is family characteristics, where family support plays an important role in counteracting stress. The third factor is external support, i.e., the social environment surrounding the child can have a positive (support) or negative (criticism) influence[23].

O'Dougherty W. and Masten A. noted that another reason for the growing interest in resilience at that time was the psychoanalytic model and biomedical approach to understanding how a person can cope, and these approaches had a clear emphasis on pathology, and researchers did not provide specific suggestions on how to solve and prevent pathologies[28].

Masten A. is one of the pioneers who has been working on the topic of resilience for over thirty years. She noticed that children who are considered to be “at risk” are children who are believed to be at risk of developing psychopathological consequences due to unfavorable conditions. She noticed that such children are capable of more positive adaptation and have a better chance of not developing these pathologies. The researcher emphasizes the importance of preventive measures to prevent psychopathologies. A. Masten, who has been conducting research for over 30 years, is considered part of the third wave, which consists of identifying and changing developmental pathways [18,19].

A. Masten gives a wide definition of resilience: it is a person's ability to withstand threats and adapt successfully to ensure continuous development [20].

There was no consensus in the literature on the concept and understanding of the term resilience, and it was only in the 2000s that scientists came to a clearer understanding, but not a unanimous one. Thus, Merzlyakova O. in her work throughout the history of concepts systematized and demonstrated the 9 most common focuses. She concluded that due to such a wide variety, the phenomenon can be interpreted very broadly[6].

Luthar S., Cicchetti D., Becker B. (2000) insist on a clear understanding of terms in order to avoid confusion. The researchers view resilience as a dynamic process that leads to positive adaptation during adverse life circumstances [17].

The concept of resilience can be viewed as a process that demonstrates dynamics (Luthar S., Cicchetti D., Becker B., Fergus S., Zimmerman M.) [17]. Other scientists consider resilience to be a personality trait, an individual's ability to adapt to adverse conditions (Neman R., Connor K., Davidson J.) [12, 21].

Frederick R., Pfingst K., and Carnevali L. propose defining resilience through biomarkers based on physiological, neurochemical, and immune markers. In other words, the researchers argue that research should be conducted on the basis of biological markers for a better understanding at the physiological level, which will help prevent bias, since resilience is mostly studied using subjective methods. This approach indicates that resilience needs to be studied at the biological level of humans. The authors understand the term resilience as “a person's ability to withstand adverse and traumatic events and adapt to them” [14].

Resilience is the ability to remain flexible and adaptive when faced with life's difficulties (Sutton J.). The researcher considers resilience to be a combination of traits, environmental factors, and personal experiences gained during life's difficulties, which serve as factors for recovery, adaptation, and personal growth[25].

Among the factors that influence the development of resilience are protective factors that help to adapt to a difficult situation. These protective factors were mostly studied in the first and second waves and a significant contribution to their understanding was made by Masten A., Rutter M., Ungar M., Richardson G. Norman G. and others[18, 19, 23, 26]. It is important to add that the effectiveness and availability of protective factors also depends on age. Thus, Lagos G., based on the table of Bolton K. and supplemented by other studies, identifies protective factors that are inherent in childhood and adolescence, for example: attachment, control, planning, critical thinking skills, problem solving skills, humor, etc. Adults have optimism, faith, strength of mind, humor, endurance, and the ability to control emotions. Older people use self-confidence in their abilities, independence, social connections, etc. This data both expands and complicates the understanding of resilience, as in the practical aspect of a psychologist's work, he or she must take into account age-related features [4].

Bolton K., considers protective factors from 3 aspects of influence on resilience: social influence at this level, the main factor influencing resilience is social ties, their quality and level; the second is the family, here the influence lies in the relationship in the family itself, destructive relationships, frequent conflicts can negatively affect the level of resilience, honest, open, warm relationships have a positive effect; the third factor is individual, at this level a good and respectful attitude to oneself has a positive effect, and humiliation has a negative effect [9].

It is also important to highlight the ability of a person to realize difficult situations that occur to them, while Neenan R. says that a person is able to adapt to life's difficulties, and sometimes even to growth without even realizing it. That is, human awareness is an important factor for perseverance, as evidenced by the popularity of awareness techniques, but at the same time, a person is able to overcome difficulties unconsciously in some situations [21].

Considerable attention in the literature is also paid to the concepts of ego-control and ego-resiliency. Researchers distinguish between these two concepts, but they are interrelated. Ego control is broadly defined as the inhibition of expression or impulses. Ego resilience is broadly defined as the dynamic ability of a person to change control independently, as a response to life's difficulties. People with excessive control in situations of uncertainty or difficulty react to affects not in accordance with the stimulus, that is, the situation may be simpler than the person perceives. On the other hand, people with low levels of ego control may overuse their impulses and affects in situations where it is needed. People with a high level of ego-resilience have the ability to control and regulate their emotional level, their affects, and their behavior depending on the situation. A low level of ego-resilience is characterized by difficulty in controlling oneself in difficult situations (Letzring D., Block J., Funder C.) [16].

Ungar M. developed his own socio-cultural model of resilience. His understanding of resilience is based on the understanding of resources that fill a person. The resources for a person are psychological, cultural, environmental and material. The researcher identified four propositions for understanding cultural influence:

1. The first is the assertion that resilience is influenced by global and cultural aspects of a person's life. Based on the research of his colleagues, who identified 4 areas: culture (e.g., belonging to a religious organization, cultural identification, presence of a life philosophy, etc.); Community (impact of domestic violence, state provision, access to school, information, etc.); Relationships (social competence, quality of upbringing, etc.); Individual (assertiveness, problem-solving skills, self-awareness, etc.). In total, the study identified 32 aspects that can contribute to the development of resilience at different levels. In support of this, the author cites a practical example of two girls from different countries who survived violence, where they named aspects that helped them cope with the difficulties they faced. They mentioned different aspects, such as religious, family and community support, and the specific culture of those countries.

2. The second statement is the understanding of the aspects of resilience that affect people differently depending on their culture and the context in which they live. This aspect points to a certain problem of unifying the understanding of resilience, because depending on cultural factors, for example, differences in the culture of raising children can have different effects on their level of resilience and growth. Some cultures have an aspect of rigidity in parenting that leads to good resilience development, while other cultures use a more malleable parenting, which can also lead to high levels of resilience. Understanding one's belonging to a particular culture and ethnicity can serve as a way to cope with difficulties.

3. The third statement refers to cultural models and the context of a child's life that contribute to resilience.

4. The fourth statement concerns the contradictions and conflict between cultures and their aspects, i.e. how contradictions can affect the integration of these aspects of resilience. The study identifies 7 contradictions or tensions that can manifest themselves [26].

After analyzing sources in English and collecting concepts, Lagos G. concludes that resilience as a phenomenon can be viewed in three dimensions: biological, where the role of perseverance depends on genetics and heredity, psychological, or personal and social [4]. The researcher also emphasizes the importance of the influence of many external and internal factors on resilience, the process of recovery, and the role it plays in post-traumatic human growth. Annina S. and Josef J., while studying patients with cancer, noticed the importance of developing a person's ability to cope with these circumstances. The studies showed significant post-traumatic growth. The researchers noticed three factors that influenced patients: genetic or biological, personality, and social. It was observed that people who had sufficiently high social support from their environment had hope for a cure, optimism, and adapted much better and their treatment was easier and faster [24].

As it has already been determined, resilience depends on a variety of internal and external factors, for example, the dependence of emotional intelligence on the development of resilience [5].

Assonov D. and Haustova O. in their study, where they demonstrated the importance of distinguishing between synonymous terms, define resilience as an adaptive dynamic process of returning to the initial psychosocial functioning after a period of maladaptive functioning due to the disorganizing effect of psychotraumatic factors [1].

Strazhnyk Y. defines resilience as a psycho-social phenomenon based on psychological and social components that are necessary for the recovery of the psyche after adverse conditions.

Chikhantsova O. and Gutsol K., based on their own model of resilience, talk about the difficulty of unifying any factors that would help a person increase perseverance in the face of stress. However, there are factors that help to overcome difficult situations, for example, if a person is flexible, adaptive and persistent, he or she has a better chance of surviving unfavorable conditions. That is, it is difficult for scientists to name one effective method that would universally apply to everyone and all segments of the population, because depending on the individual, certain factors can work with greater or lesser force[7].

Chernobrovkina V., Chernobrovkin V., after a theoretical analysis, conclude that resilience should not be reduced to a single unit, that it is a more extensive concept that depends on the dynamics of many systems. This makes us realize that the complexity of understanding resilience lies in the dependence of individual manifestations. Moreover, it is also a mix of different systems, for example, the influence of family, society and individual factors on a person [10].

Thus, after analyzing the Western and Ukrainian literature, we can briefly summarize the following:

1. The term of resilience does not have a clear and unified understanding today, although it is worth noting that the term has common features in most scholars, such as dynamism, adaptability, recovery, and the ability to resist stress. However, there is still debate about whether resilience is a personality trait or a skill/process;

2) Resilience is used in many sciences, but has its own differences;

3) Resilience should be seen as a multilevel phenomenon that can be considered at the biological, psychological, social or cultural level, and it is difficult to say which level is more important, as they complement each other and are interdependent;

4. An important aspect in understanding of resilience is age, depending on the age, the factors of resilience may differ;

5. Although resilience has a biological basis, it can and should be developed;

6. In Ukraine, there is a significant increase in interest in resilience among scientists and the general public, but there is confusion in terms, because a non-specialist in the field of mental health can use different terms to provide the same understanding;

Theoretical aspects of understanding resilience are important for people and researchers, what can be done to ensure greater perseverance. The theory is the basis for the development of tools and further use in practice, because today there is a fourth wave of development of the resilience phenomenon, which also includes a practical component. The problem is how to put this knowledge to good use, and for this we need to understand the models of resilience development and their factors.

Let's try to consider a few recommendations that can be used to increase resilience.

The 7 "C" model, proposed by Ginsburg K., arose in response to a request to help adolescents be more resilient and resistant to challenges. According to the scientist, adolescents depend on high expectations of adults. Let's look at these 7 factors:

1. Competence - this factor means developing the skills and abilities that are important to a person, which increases a positive attitude towards oneself. Parents play an important role here, as they can positively or negatively reinforce their child's acquisition of new perseverance skills, which affects how effectively they learn to cope with difficulties;

2. Confidence - young people need to have confidence to be able to think creatively and navigate life effectively in order to overcome difficulties and recover;

3. Connections - the idea that connections to the community, educational institutions, family, and other people provide a sense of safety, security, and the opportunity to be creative;

4. Character - children with strong character act more confidently. It is important for a child to see the difference between right and wrong in order to become stable;

5. Contribution - the feeling that you have sacrificed something for someone increases your own value and motivates you to achieve your goals;

6. Coping skills - people who have the skills to overcome stressful situations are much better able to cope with life's difficulties;

7. Control - the ability to manage one's life, decisions, emotions is much better for coping with life's difficulties. Excessive parental control leads to the fact that children are not able to develop their control [15].

So, this model had the aim of telling how parents can help their children increase their perseverance in life, how to ensure that your child is confident and happy in life.

The American Psychological Association (APA) compares perseverance to muscles that need to be constantly trained and kept in shape. To do this, they provide four components or strategies that are necessary to recover from a traumatic situation:

1. The first component is building connections. A traumatic situation stimulates a person to isolate himself or herself from society, which in turn leads to a deterioration of the condition. Searching for and finding understanding, sympathetic and supportive social connections gives a person the feeling that he or she is not alone, support, which leads to increased resilience. Groups also play an important role in adaptation and recovery, including families, communities, religious gatherings, etc. that can provide hope and support;

2. The second component is to promote better health.

-Taking care of your body, many studies indicate that stress has an impact not only on the emotional sphere of a person, but also on the body, with the release of excessive tension also being used through the body. Regular exercise, proper nutrition, adequate water, and sleep are recommended to help you recover and adapt better. Of course, taking care of the body alone is not the only factor that will help increase perseverance, but it will greatly facilitate and perform a preventive function;

-Developing attention and mindfulness. Focusing on your inner feelings and emotions can help you understand yourself and find hope. It can be meditation, breathing exercises, writing a diary, fixing your thoughts on positive topics;

-Avoidance of harmful energy waste, because of the desire to mask their pain from a traumatic situation, a person is capable of going into deviations, drinking alcohol, drugs, gambling, etc.

3. Finding a goal or aims.

-Helping others will increase your sense of significance among people and for yourself and lead to the formation of new social connections;

-Being proactive - if a situation that may lead to pain is unavoidable, it is important to spend time gradually developing your strengths to cushion yourself;

-Move towards aims. It is necessary to set realistic goals and gradually move towards their realization. It is important to set realistic goals and avoid vague and grandiose ones;

Search for opportunities for self-discovery. Any difficulties lead not only to pain, but also to growth, and sometimes a person may not even notice that through going through difficulties he or she has developed qualities that increase his or her perseverance;

4. Acceptance of healthy thoughts.

-Taking things in perspective, finding your irrational thoughts and trying to find logical ways out of the situation;

-Acceptance of change, it is necessary to recognize that change is constant, acceptance of the circumstances will lead to relief;

-Maintaining a hopeful outlook on life. Optimism will greatly help to see life and the circumstances in which a person finds himself or herself as not so terrible;

-Learning from past experiences. The analyzed experience of past traumatic situations will help in solving future ones[8].

These recommendations are provided in order to prevent difficulties that a person may get into when they are in a traumatic situation. Of course, it is worth emphasizing that these recommendations are too generalized, and some components may not be suitable for a person. There is also an attempt to intellectualize the emotions and feelings that arise after a traumatic situation.

One of the most frequently described components in the literature that helps to increase resilience is optimism (Gillihan S., Sutton J., Morel E., Stahl S., Clarke J., Nicholson J., Chikhantsova O. and Gutsol K., Kireeva Z.). There are also many studies on this topic, for example, Kireeva Z. in her small study proves that optimism affects the level of resilience. Angela M., Kunzler M., Helmreich I. and others in their study of medical staff also notice an increase in resilience due to optimism [22].

It is fair to say that optimism and a positive attitude are not the only factors in coping with critical situations. There are also problem-solving abilities, individuality, flexibility, goal-setting, responsibility, acceptance, social support, etc.

Thus, the analysis of recommendations, models, and factors indicates that resilience needs to be systematically supported and developed. There are now tools available to help achieve a higher level of perseverance. There is also a tendency to focus on the dominance of thought as an influence on the psyche and emotions, which is certainly true and most likely due to the fact that most of the tools were developed by cognitive behavioral therapists (CBT). However, the other side of the impact of a traumatic situation on emotions and feelings, and their influence on distorted thinking, is lost. That is, the importance of

understanding and accepting one's emotions and feelings is leveled, as if “distract yourself with something and you won't feel pain”.

Conclusion. Thus, the concept of resilience does not have a single definition and has many aspects that can define it. Resilience in science is considered at the biological, social, and psychological levels, and the socio-cultural level can be distinguished as a separate one. The theoretical aspects of resilience give us a clear understanding of the importance of this phenomenon for a person, but the modern approach involves a practical aspect that can help a person feel better, have hope, achieve their goals, etc. Self-improvement should be constant, because the most important thing is not only to cope with stress, but also to prevent severe consequences of life's difficulties.

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