

**THEORETICAL ANALYSIS OF THE PROBLEM OF DEVELOPING PERSONAL RESILIENCE**

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Воєнні дії на території України нищівним чином впливають на все населення держави. Щоденні обстріли, участь у військових діях, втрата близьких та рідних, переживання тривалих стресових ситуацій впливає на всі сфери життєдіяльності населення і, зокрема, на його психологічне та психічне здоров'я. Важливим завданням сучасної психологічної науки є дослідження шляхів вироблення конструктивних шляхів подолання стресових ситуацій та розвитку особистісної стійкості та протидії складним життєвим обставинам.

В останні роки активно розвивається вивчення проблеми резильєнтності як здатності чинити опір життєвим труднощам. Вивчення зазначеної проблеми допомагає вирішити численні завдання практичної психології, так як розвиток стійкості та можливості чинити опір до виникаючих стресових ситуацій необхідна складова особистості у військовий час.

У статті представлено теоретичне узагальнення наукових підходів до вивчення поняття резильєнтності. Розкрито основні напрямки у вивченні резильєнтності зарубіжних та вітчизняних авторів. Проаналізовані різні фактори та чинники, що впливають на розвиток резильєнтності як процесу опору стресам. Представлена історична динаміка розуміння і вивчення поняття резильєнтності та дослідження розвитку резильєнтності особистості.

За результатами теоретичного аналізу, ми можемо виокремити такі наукові узагальнення поняття резильєнтності: вона має динамічний характер та біологічне підґрунтя, є важливою передумовою для успішної адаптації та розвитку особистості, може розглядатись в соціальному, біологічному або психологічному аспектах, її розвиток залежить не від умов життя людини, а від сприймання нею життєвих труднощів, під час виникнення складних умов життя, а також в процесі переживання життєвих труднощів людина здатна до постравматичного зростання та резильєнтності.

У вивченні поняття резильєнтності виокремлюється чотири етапи:

1. Ідентифікація ознак що побудована на лонгітюдних дослідженнях захисних функцій дітей.
2. Ідентифікація процесу. Під час зазначеного етапу змінюється фокус дослідження з захисних факторів до розгляду процесів стійкості людини.
3. Третій етап будується на основі першого та другого, у ньому активно розглядається, стійкість як механізм, який призводить до позитивної адаптації людини у несприятливих умовах.
4. До виникнення четвертого етапу призвів розвиток технологій, що дозволяли вивчати резильєнтність більш якісно за допомогою психодіагностичного інструментарію.

Встановлено, що резильєнтність – це індивідуальна здатність до протидії та пошуку конструктивних методів подолання стресових ситуацій, це важлива передумова психічної адаптації і розвитку особистості. Резильєнтність залежить від впливу зовнішніх (соціальних) факторів і індивідуально-психологічних внутрішньо особистісних чинників.

**Ключеві слова:** резильєнтність, психологічна адаптація, особистісна стійкість, особистісна протидія, механізми захисту.

Military operations on the territory of Ukraine have a devastating impact on the entire population of the state. Daily shelling, participation in combat, loss of loved ones, and the experience of prolonged stressful situations affect all areas of the population's life and, in particular, their psychological and mental health. An important task of modern psychological science is to explore ways to develop constructive ways to overcome stressful situations and develop personal resilience and counteract difficult life circumstances.

In recent years, the study of the problem of resilience as the ability to resist life's difficulties has been actively developing. The study of this problem helps to solve many problems of practical psychology, since the development of resilience and the ability to resist stressful situations is a necessary component of the personality in wartime.

The article presents a theoretical generalization of scientific approaches to the study of the concept of resilience. The main directions in the study of resilience of foreign and domestic authors are revealed. Various factors and determinants that influence the development of resilience as a process of resistance to stress are analyzed. The historical dynamics of understanding and studying the concept of resilience and the study of the development of personality resilience are presented.

Based on the results of the theoretical analysis, we can distinguish the following scientific generalizations of the concept of resilience: it has a dynamic nature and biological basis, is an important prerequisite for successful adaptation and development of the individual, can be considered in social, biological or psychological aspects, its development depends not on the living conditions of a person, but on his/her perception of life difficulties, during the emergence of difficult living conditions, as well as in the process of experiencing life difficulties, a person is capable of post-traumatic growth and resilience.

There are four stages in the study of the concept of resilience:

1. Identification of signs based on longitudinal studies of children's defensive functions.
2. Identification of the process. During this stage, the focus of the study changes from defensive factors to consideration of human resilience processes.
3. The third stage is based on the first and second, it actively considers resilience as a mechanism that leads to positive human adaptation in adverse conditions.
4. The fourth stage was caused by the development of technologies that allowed to study resilience more qualitatively with the help of psychodiagnostic tools.

It has been established that resilience is an individual ability to counteract and find constructive methods of overcoming stressful situations, an important prerequisite for mental adaptation and personality development. Resilience depends on the influence of external (social) factors and individual psychological factors.

**Key words:** resilience, psychological adaptation, personal resilience, personal resistance, defense mechanisms.

**Formulation of the problem.** Military operations on the territory of Ukraine have a devastating impact on the entire population of the state. Daily shelling, participation in combat, loss of loved ones, and the experience of prolonged stressful situations affect all areas of the population's life and, in particular, their psychological and mental health. An important task of modern psychological science is to explore ways to develop constructive ways to overcome stressful situations and develop personal resilience and counteract difficult life circumstances.

**The purpose of the article** is to make a theoretical analysis of the problem of personality resilience, to analyze the theoretical approaches to the study of this problem in the domestic and foreign literature.

**Outline of the main material.** In recent years, the study of the problem of resilience as the ability to resist life's difficulties has been actively developing. The study of this problem helps to solve many problems of practical psychology, since the development of resilience and the ability to resist stressful situations is a necessary component of the personality in wartime.

The concept of resilience was borrowed from physics, and explained the level of ability to return a material to its previous state after its deformation [1].

The concept of resilience is considered and used in medicine, biology and psychology. For example, researchers Annina S. and Josef J. in their study of the development of personal resilience of cancer patients came to the conclusion that resilience has a direct impact on the patient's adaptation and recovery. Scientists identify three factors that influence the success of resilience development and draw a positive parallel with the psychological state and characteristics of the disease. Factors that contribute to resilience:

- biological (genetics);
- personal, which includes a sense of integrity, hope and optimism;
- the social factor includes the support of others.

Annina S. and Josef J., emphasize the importance of post-traumatic growth as a positive psychological change under stress.

Friedrich L. considers resilience as a person's ability to successfully build social ties under unfavorable conditions. The researcher notes that most approaches to understanding resilience, although they look simple, actually have a more complex structure. After analyzing theoretical approaches and his own experience, the researcher complements the understanding of resilience and offers five interrelated aspects:

1. Positive, favorable social conditions and unconditional acceptance of the child.
2. Search for the meaning of life, which can be realized by religion.
3. A person's feeling that he or she can control his or her own destiny and develop his or her own skills and abilities.
4. Adequate self-esteem.
5. A sense of humor.

The researcher calls these aspects "bricks" on which to build human resilience. The researcher also distinguishes between understanding in the theoretical aspect of the concept and in the practical one, and argues that in practical use the term is considered more broadly.

Lazos G., having analyzed theoretical concepts and approaches, then conditionally divides resilience into 3 components, calling it a bio-psycho-social phenomenon that includes biological (natural), psychological and social (interpersonal, social) [1].

Resilience in the broadest sense is the ability to resist and find constructive methods of overcoming stressful situations.

Resiliency in English has a literal meaning such as elasticity, bounce, in Latin the meaning of the definition is as follows: re - to return, siliense - to bounce back, that is, the ability of a person to return and respond to unfavorable conditions (Chikhantsova O., Hutsol K.).

Bonnano G. A., when considering the concept of loss, notes that resilience is the ability of a person to feel and experience positive emotions, the ability to function, the ability to recover positively.

Resilience is an integral concept that is about resilience, the ability to resist when experiencing difficult, life-destroying times.

Connor K., Dsvidson J. consider resilience not just as a person's ability to cope with and resist life's difficulties, but also as an important part that can help in the treatment of mental disorders, anxiety, depression, and anxiety states. Based on a deeper understanding, they are developing a resilience scale [4].

Fergus S. Zimmerman M. Resilience is considered as the main condition for overcoming risks and their negative consequences. By studying the peculiarities of adolescent resilience, they found that those adolescents who are risk-averse have greater resilience. The authors identified the main factors that influence the development of resilience: constructive interaction with parents, acquired social skills, availability of support, and communication skills [5].

Ungar M., based on the experience of his colleagues, developed his own theory, in which resilience is considered within the framework of the socio-ecological approach. The author noted that resilience is a person's ability to find resources. According to Ungar M., resources will help a person to ensure health, a sense of well-being in family and social relationships.

The American Psychological Association defines resilience as the ability to adapt to traumatic events, tragedies, threats, and stress that may arise [1.]

Richardson G. in his scientific research defines resilience as the resilient qualities that a person integrates into himself through the encounter with adversity and life shocks, through which personal growth occurs [12].

Luthar S., defines resilience as a process that has a positive adaptation to adversity[6].

Bolton K., considers the concept of resilience as a person's ability to recover from stressful situations and the ability to develop ways to achieve positive adaptation to the situation. In his theoretical study, the researcher identifies three main constructs: risk factor, protective factor, and vulnerability factor. The risk factor includes unfavorable conditions, such as the presence of mental illness in parents, experience of violence, poverty, etc. Protective factors are personal characteristics of a person that help him or her to adapt successfully. The author considers protective and vulnerability factors to be the result of a three-way influence on a person, namely the influence of society, family and individuality. The influence of society

is defined as negative (alcohol and drug use) and positive (acceptance of a social group) consequences of relationships with the social environment. Family influence is defined as negative (destructive family influences, conflicts, alcohol) and positive (warm family relationships) influences of the family environment [3].

Masten A., considers resilience as a dynamic process of successful adaptation to threats that impede human functioning, positive growth, and development [7; 8].

Based on the results of the theoretical analysis, we can distinguish the following scientific generalizations of the concept of resilience:

1. Resilience is dynamic and biologically based.
2. Resilience is an important prerequisite for successful adaptation and personal development.
3. Resilience can be considered in social, biological or psychological aspects (Lagos G.).
4. There are several areas of studying resilience: as a personality, as a skill, as a process.
5. The development of resilience does not depend on the living conditions of a person, but on his/her perception of life difficulties. For example, a person who grew up in unfavorable conditions may have a high level of resilience, and a person who grew up in favorable conditions may have a low level of resilience development.

6. When facing difficult living conditions, as well as in the process of experiencing life difficulties, a person is capable of post-traumatic growth and resilience [7; 8].

There are four stages in the study of the concept of resilience:

1. Identification of signs (Richardson) based on longitudinal studies of children's defensive functions. The study identified defensive factors that lead to psychological and social improvement: a person's ability to perceive the situation positively (Rutter), a positive approach (Joseph), humor, perseverance, independence (Wagnild and Young), etc.

2. Process identification (Richardson). During this stage, the focus of the study changes from defensive factors to consideration of human resilience processes. Scientists focused on the process of forming protective factors. Resilience is viewed as a dynamic process, and vulnerability and risk factors are studied. The problem of recovery is given considerable preference.

3. The third stage (Richardson) builds on the first and second, actively considering resilience as a mechanism that leads to positive human adaptation in adverse conditions. A clearer and more differentiated diagnostic toolkit is already emerging.

4. The fourth stage was brought about by the development of technology, which allowed for a more qualitative study of resistance, using psychodiagnostic tools. Many studies were done on an interdisciplinary basis, neurobiological research was applied, and the use of genetics and chemistry made it possible to study biological factors of resilience [2; 5; 10; 11; 12; 13; 14].

The study of resilience is relevant in Ukraine today, due to the economic, political and military crises that are taking place in the country. Today, millions of Ukrainians live in a time of severe stress, which they experience on a daily basis, so over the past decades, interest in the study of resilience has increased among the scientific community.

In his publication, O. Khamimich analyzed a number of foreign-language works and concluded that the concept of resilience and the concept of "hardiness" studied by S. Muddy is uncertain in the synonymous analysis of these terms and wonders whether it is necessary to identify these concepts. Thus, in Ukrainian-language studies, one can find the equation of the term resilience and stress resistance, life resilience. The researcher argues that the closest analog in the Ukrainian scientific literature is viability. The correct translation of the word is important for understanding the essence of the phenomenon. The concept of resilience has different interpretations and spellings not only in Ukraine but also abroad.

Also, Hamimich O. in his work argues that it is typical for domestic researchers to consider resilience through the prism of personal characteristics. The researcher concludes that the concepts of resilience and viability should not be equated. Resilience is dynamic and involves stress, while viability has a broader meaning.

Manapova K., according to the approach of Muddy S., defines resilience as a certain psychological "core" that helps a person overcome life's difficulties using their own resources. Resilience is considered through the aspect of personal potential, which helps a person to overcome difficult circumstances. Aspects of personal potential are meaning, will, logic of control, etc.

Ukrainian researcher Lagos G., having analyzed different approaches to the definition of the term resilience, as well as the history of its emergence through four stages of research, concludes that the concept

does not have clarity in its interpretation, but at the same time identified five consensuses among researchers:

1. Resilience is a bio-psycho-social phenomenon.
2. Resilience is a phenomenon that can restore a person after life's difficulties.
3. Resilience is considered as a dynamic process and as a separate characteristic of the individual.
4. Resilience depends on many external and internal factors.
5. Resilience plays an important role in posttraumatic growth.

Scientists Chernobrovkina V. A., Chernobrovkin V. M., based on the developed theoretical material, came to the conclusion that resilience should be considered under the consideration of internal and external factors, and the main factor of influence is the environment. Although scientists attach great importance to the individual efforts of a person in achieving a resource, the socio-cultural environment is still decisive.

Based on the study of theoretical models of resilience, Chikhantsova O. and Gutsol K. developed their own model, which consists of six components:

1. Optimism - implies an optimistic approach to life's difficulties.
2. Social contacts or environment - implies the importance of maintaining and finding new social contacts.
3. Self-projecting - involves building future projects of oneself.
4. Self-attitude - is a positive attitude towards oneself, as well as predicting one's positive attitude towards society.
5. Goals - is the formation of clear and understandable goals for the future, because it is easier to move when you have them.
6. Meanings - consist of a sense of devotion, need, and the search for meaning in your favorite things.

This model reflects the building of resilience on the basis of positive prognosis of the future, development of positive personal traits.

Grishyn E. considers resilience as a certain psychological resource of a personality that helps him or her to overcome stress and help in adapting to adverse life circumstances. In his understanding of the phenomenon of resilience, he includes the following functions:

1. Regulatory is the development of those resources that help a person to control himself or herself, such as the development of self-regulation, active coping, resilience, etc;
2. Cognitive function - involves a positive comprehension of one's goals, the development of intelligence;
3. Emotional - the importance of the emotional sphere;
4. Social-behavioral - consists in childhood relationships with parents and the formation of social contacts.

A significant impetus for the study of resilience in Ukraine was not only the military actions on its territory, but also the global COVID-19 pandemic, when there was a need for forced isolation.

Researcher Kireeva Z. studied resilience during the pandemic in people aged 26-40. In her research, she identifies components that unite middle-aged people:

1. The past - experiencing and overcoming past experiences of difficulties in life;
2. The present - awareness and understanding of new patterns of behavior that allow them to overcome life situations;
3. Future - a positive vision of the future.

The scientist argues that resilience is also influenced by a person's experience of overcoming difficulties, and the more experience they have, the faster their recovery during quarantine.

**Conclusions and Prospects for Further Research.** The article presents a scientific analysis of the problem of resilience, revealing the historical background and scientific generalization of most foreign and domestic concepts. It is established that resilience is an individual ability to counteract and find constructive methods of overcoming stressful situations, it is an important prerequisite for mental adaptation and personal development. Resilience depends on the influence of external (social) factors and individual psychological intrapersonal factors.

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Review received 23.01.2024