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FEATURES OF PSYCHOLOGICAL RESILIENCE DEVELOPMENT IN THE CONTEXT OF CONTEMPORARY PSYCHOLOGICAL RESEARCH

Стаття висвітлює динамічну природу розвитку психологічної резильєнтності на фоні сучасних суспільних змін. Звертає увагу на необхідність поєднання внутрішніх можливостей особистості та зовнішніх підтримуючих факторів. Виходячи з сучасних психологічних досліджень, підкреслює багатогранні компоненти резильєнтності, що включають в себе саморегуляцію, оптимізм, когнітивну гнучкість і життєво важливу роль систем соціальної підтримки. Робота узагальнює внески сучасних вчених в напрямку психологічної резильєнтності. Особливо спрямована увага на валідні, в тому числі й порівняно нові шкали оцінок резильєнтності, що застосовуються як дієві інструменти як для вимірювання так і в сприянні розвитку стійкості в різних категоріях суспільств. Крім того, стаття виявляє не достатньо висвітлені раніше аспекти досліджень резильєнтності в широкому контексті, зокрема необхідність глибшого вивчення міжкультурних вимірів, впливу цифрових технологій та формування комплексних програм підтримки, адаптованих саме до викликів сучасного світу. Метою статті є синтез теоретичних та емпіричних знахідок, пропонуючи узагальнений підсумок огляду досліджень сучасних науковців, які ведуть діяльність в напрямку психологічної резильєнтності, одночасно визначаючи майбутні напрямки для вивчення та застосування.

Цей всебічний огляд не тільки допомагає краще зрозуміти, як розвивається психологічна стійкість, але й вказує на невивчені аспекти та можливості для майбутніх досліджень. Об'єднуючи висновки з різних джерел забезпечує певну базу, основи для створення ефективних методів допомоги, які б сприяли зміцненню психологічної витривалості у людей незалежно від їх віку, соціальної позиції та культурної приналежності.

Ключові слова: міждисциплінарний підхід, міжкультурний підхід, психологічна резильєнтність, сучасні психологічні дослідження, шкала резильєнтності

This article illuminates the dynamic nature of psychological resilience development against the backdrop of contemporary societal changes. It draws attention to the necessity of integrating an individual's internal capabilities with external support factors. Based on current psychological research, it emphasizes the multifaceted components of resilience, which include self-regulation, optimism, cognitive flexibility, and the vital role of social support systems. The work summarizes the contributions of modern scholars to the field of psychological resilience, particularly highlighting valid, including relatively new, resilience assessment scales applied as effective tools for both measuring and facilitating resilience development across various societal categories. Furthermore, the article reveals aspects of resilience research that were previously underexplored, such as the need for a deeper investigation into cross-cultural dimensions, the impact of digital technologies, and the formation of comprehensive support programs tailored to the challenges of the modern world. The goal of this article is to synthesize theoretical and empirical findings, offering a generalized summary of the research overview by contemporary scientists active in the field of psychological resilience, while also identifying future directions for study and application.

This comprehensive review not only aids in a better understanding of how psychological resilience develops but also highlights unexplored aspects and opportunities for future research. By integrating findings from various sources, it provides a foundation for creating effective assistance methods that could enhance psychological resilience in individuals regardless of their age, social position, and cultural background.

Keywords: interdisciplinary approach, cross-cultural approach, psychological resilience, contemporary psychological research, resilience scale.

Formulation of the problem. Contemporary society is experiencing unprecedented social, economic, technological changes, demanding significant psychological flexibility and resilience from individuals. Psychological resilience is defined as an individual's ability to withstand and adapt to challenges, stress, and trauma. The significance of this phenomenon for overcoming life difficulties and its role in facilitating positive psychological development is increasingly recognized in scientific research.

The scientific understanding of resilience development mechanisms, ways to support and enhance it through targeted interventions, is fundamental for forming effective strategies across a broad range of practical measures. This process encompasses not only psychotherapy and psychological counseling aimed at resolving personal issues and emotional disorders but also the creation of social support programs that include measures to strengthen social connections and networks, the development of educational initiatives aimed at increasing awareness and developing personal competencies, and the formulation of governmental strategies intended to create conditions for the overall psychological well-being of the population. A major challenge in resilience research is its multi-level nature, incorporating interconnected biological, psychological, social, and ecological aspects. The development of resilience is not limited to an individual's internal psychological processes; it is also closely related to their interaction with the external social and natural environment. Biological factors, including genetic predisposition and neurochemical processes, influence an individual's reactions to stress, while psychological aspects, such as emotional regulation and cognitive strategies, determine their ability to adapt to challenges. The social environment, including family, friends, and community, can provide crucial support and resources for overcoming difficulties. Environmental conditions can create additional stresses but also provide resources for recovery. Understanding these complex interactions requires the integration of knowledge from various scientific disciplines, including neuroscience, which explores the biological bases of behavior, psychology, which focuses on studying mental processes and behavior, sociology, which analyzes social structures and their impact on the individual, and education, which deals with the development of teaching and upbringing programs. This interdisciplinary approach allows for a deeper understanding of resilience development processes and the development of comprehensive support and strengthening strategies that include both individually-oriented interventions and community, and society-level measures. [1]

Outline of the main material. The scientific interest in studying and developing psychological resilience reflects its importance not only in academic circles but also in the practical sphere. This interest is driven by the understanding that resilience plays a critical role in mental health and the well-being of individuals, enabling people to adapt to the challenges, stresses, and traumas they encounter in life. In psychotherapeutic practice, understanding the mechanisms of resilience helps develop more effective treatment and support methods for clients, allowing them not only to cope with current psychological problems but also to strengthen internal resources for overcoming future difficulties. This approach may include teaching skills for stress resilience, self-regulation, and positive thinking. In the education and upbringing of children, the emphasis on developing resilience helps children and adolescents effectively deal with academic and personal challenges. This is achieved through the integration of programs for developing social skills, emotional intelligence, and self-esteem into the educational process. Human resource management and organizational development also benefit from research in the field of resilience, implementing strategies to strengthen employees' resilience to increase their productivity, job satisfaction, and ability to adapt to changes in the work environment. The development of social programs aimed at strengthening resilience in various population groups, including vulnerable groups such as veterans, refugees, and trauma survivors, becomes possible through the application of interdisciplinary approaches and scientific research in this area. Such programs may include elements of psychological support, social network development, and training in stress management strategies. Overall, the growing interest in the development of psychological resilience in the scientific community reflects its key role in ensuring mental health and well-being. This stimulates the integration of resilience strengthening strategies into a wide range of life spheres, from psychotherapy and education to human resource management and the development of social programs, underscoring its importance for both theoretical and practical application. [6]

Among the main tasks facing contemporary researchers in the field of psychological resilience, a significant place is occupied by both the identification and systematization of key factors influencing an individual's ability to withstand various life challenges, as well as the development and implementation of strategies aimed at enhancing this capability. Considerable attention is paid to analyzing the effectiveness of educational programs, as they play a critical role in forming necessary life skills, including self-regulation, conflict resolution, and the development of effective communication strategies. These programs, which include training and educational courses, are not only designed to develop specific skills but also to form a general psychological readiness to manage one's emotional responses, effectively respond to social challenges, and build positive interpersonal interactions. When addressing conflict resolution issues, such programs emphasize the importance of finding constructive solutions in complex social situations, which, in turn, contributes to strengthening internal harmony and reducing stress levels. Determining the effectiveness of educational programs aimed at enhancing resilience is a complex process that requires a comprehensive scientific approach capable of assessing both the immediate and long-term impacts of such initiatives on individuals. However, according to preliminary research, there is significant evidence of the potential of these programs to substantially enhance psychological resilience, providing individuals with tools for effective self-control and adaptation to contemporary life. [7]

One of the key aspects of contemporary research is identifying the mechanisms of self-regulation, optimism, cognitive flexibility, and the ability to establish effective interpersonal relationships as the main components of psychological resilience. Examining these aspects together with the impact of social support paves the way for the development of targeted programs aimed at increasing resilience levels across different societal groups. Identifying and thoroughly studying the mechanisms of self-regulation, optimism, cognitive flexibility, and the individual's ability to form and maintain effective interpersonal relationships stand out as primary components that contribute to psychological adaptability and endurance. Self-regulation: involves an individual's ability to manage their own emotional states, behavior, and motivation, and is a critical factor in overcoming stressful situations and challenges. Developing self-regulation skills allows individuals to adapt more effectively to changing conditions, maintaining psychological balance and health.

Optimism: emphasizes the importance of a positive outlook on life and belief in a favorable outcome even under difficult circumstances. An optimistic worldview contributes to resilience against psychological difficulties, helping individuals find a way out of challenging life situations.

Cognitive Flexibility: plays a key role in an individual's ability to adapt to new conditions, reinterpret challenges, and find alternative problem-solving approaches. This aspect of resilience includes readiness for change, the ability to view situations from different angles, and a flexible approach to finding solutions.

Ability to Establish Effective Interpersonal Relationships: is crucial for psychological resilience, as support from close ones, friends, and colleagues can significantly help overcome stress and recover from difficulties. The importance of social support cannot be overstated, as it is one of the fundamental resources for maintaining mental health.

Analyzing these components in their interrelation and impact on different societal groups paves the way for creating targeted educational and social programs aimed at increasing the overall level of resilience. Such programs may include training sessions, workshops, group, and individual classes focused on developing participants in the aforementioned aspects, aiming to enhance their ability to effectively adapt to life challenges and strengthen psychological well-being. [5]

Recently, there has been significant interest in developing and implementing innovative educational programs in the field of psychological resilience based on the latest scientific achievements in psychology and neuroscience. This research direction emphasizes the use of cutting-edge technologies and methodologies aimed at effectively addressing the tasks of developing personal resilience in the modern world. One of the key elements of such programs is the application of virtual reality technologies, which allows for the simulation of various stressful situations in a safe and controlled environment. This provides participants with a unique opportunity to practice applying stress-coping strategies and fostering adaptive responses to challenges. Gaming techniques integrated into educational programs play an important role in improving communication skills and self-regulation. They promote deeper participant engagement in the learning process, making it not only effective but also engaging. Game elements and simulations help individuals better understand their own emotional states and reactions, as well as practice effective communication strategies and interactions with others. This approach involves combining insights from psychology, neuroscience, sociology, education, and other related disciplines to create programs that

consider various aspects of human nature, social experience, and technological achievements. The promising direction of developing and testing innovative educational programs for resilience development reflects the contemporary science's effort to find effective solutions for enhancing individuals' viability and adaptability in the unpredictable variability of the modern world, using the latest technologies and scientific advances. Thus, contemporary research in the field of psychological resilience seeks not only to expand scientific understanding of this phenomenon but also to develop practical tools. [1]

The intercultural approach in resilience research requires researchers to have the ability to conduct deep cultural analysis, openness to the diversity of human experiences, and readiness to collaborate with representatives of different cultures to ensure the accuracy and validity of studies. This also includes the need for researchers to understand how cultural norms and values influence life perception and organization, stress-coping strategies, and support of healthy interpersonal relationships. The examples below illustrate intercultural diversity:

In societies with a high level of uncertainty avoidance, such as Japan or Greece, there may be a greater need for control over the external environment and situations, leading to the development of detailed plans for various life circumstances. This may affect the perception of resilience as the ability to foresee and plan ahead, rather than just adapting to changes. In cultures with a high level of individualism, such as the United States or Australia, emphasis is placed on personal initiative, independence, and self-development capacity. In such cultures, resilience may be perceived as the ability for self-help and self-affirmation. In collectivist cultures, such as many African, Asian, and Latin American countries, family and community support is highly valued. In this context, resilience means not only personal resilience but also the ability to rely on one's social support network. In high-context communication cultures (i.e., cultures where meaning is conveyed through non-verbal means and the context of the conversation, not directly through words), where communication often has a high context (for example, in many Asian cultures), resilience may include the ability to read between the lines, understand non-verbal signals, and adapt to implicit social expectations. Where there is a strong belief in fate, in the idea that everything is predetermined (for example, in some Islamic or Hindu societies), resilience may be associated with religious faith and spiritual endurance as tools for coping with life's trials. All these examples highlight the importance of a deep understanding of cultural context when studying resilience and creating support programs for people with various cultural experiences. [4]

Also, it is important to note that the development of psychological resilience is not a static process and can change throughout life, responding to various internal and external factors. This means that an individual's ability to overcome difficulties and recover from them is not an unchangeable characteristic but rather changes over time, responding to new challenges, life experiences, and socio-economic changes in the environment. Taking these aspects into account will not only increase the effectiveness of psychological support and resilience development but also ensure its relevance and appropriateness to the real needs of people. Hence, research in the field of psychological resilience requires from scientists not only deep theoretical knowledge but also flexibility in approaches and methods, the ability to innovate, and creativity in finding new solutions for supporting and developing resilience in different contexts.

Fundamental to resilience research is the exploration of its structure and components. Studies focusing on the development and validation of resilience scales contribute significantly to the capability to measure this construct, thereby allowing a deeper understanding of its elements and relationships with other psychological and social factors. The development of valid assessment tools, such as resilience scales, plays a crucial role in studying the effectiveness of various interventions aimed at strengthening psychological resilience. Resilience scales facilitate a deeper understanding of adaptation mechanisms to stress factors and recovery after them, enabling the identification of key components of resilience which, in turn, can serve as specific "targets" for psychological interventions. Research using these scales promotes the development of approaches to enhance mental endurance across different societal categories. In contemporary studies and clinical practice, various time-tested methods of measuring individual levels of resilience are utilized, aiding in the formation of individual treatment and support plans. [2]

Various validated measurement systems exist; here are some of them:

Scale of Protective Factors (SPF): Developed by Ponce-Garcia, Madwell, and Kennison in 2015, this scale consists of 24 items and measures resilience by focusing on factors that create a buffer between individuals who have experienced trauma and ensuing stress.

Resilience Scale (RS): Developed by Wagnild and Young in 1993, this scale consists of 25 items and measures resilience based on five main characteristics: meaningful life (or purpose), perseverance, self-

reliance, equilibrium, and existential aloneness. The scale has two subscales: a 17-item personal competence scale and an 8-item acceptance of self and life scale.

Predictive 6-Factor Resilience Scale (PR6): Developed based on the neurobiological foundations of resilience and theorized relationships with health factors. PR6 measures resilience across six domains: vision, composure, reasoning, health, tenacity, and collaboration.

Connor-Davidson Resilience Scale (CD-RISC): One of the most well-known scales, developed to assess psychological resilience and the ability to cope with stress. CD-RISC includes 25 items, divided into five factors, and demonstrates high reliability and validity.

Brief Resilience Scale (BRS): This scale consists of 6 items and is designed to measure an individual's ability to quickly recover from stressful situations. BRS measures "bounce back" or recovery after stress, which is closer to the original understanding of resilience.

These scales are directed at evaluating resilience as a multidimensional construct that encompasses various aspects of mental endurance and adaptability. For example, RS focuses on five main characteristics defining resilience, whereas PR6 includes six dimensions based on neurobiological and theoretical foundations. The scales were developed with consideration for use in diverse settings and applicability to different categories of people. For instance, SPF is designed to measure resilience, focusing on factors serving as a buffer for traumatized individuals. In contrast, BRS assesses an individual's ability to quickly recover from stressful situations, aligning closer to the foundational understanding of resilience. All these methods have been rigorously tested for reliability and validity. For example, CD-RISC shows high internal consistency and correlates with other measures of resilience, confirming its effectiveness in measuring psychological endurance.

There are also other, less popular yet valid resilience scales, with ongoing research developments even today. For example, Dutch scientists Christianne A. I. Van Der Meer and Hans Te Brake developed versions of the Resilience Evaluation Scale (RES), which represent an innovative approach to measuring psychological resilience, with a particular emphasis on the significance of self-assurance and self-efficacy as key components. This approach, guided by the secondary appraisal model of stress by Lazarus and Folkman, considers these two factors as critical internal psychological mechanisms enabling an individual to positively assess their ability to manage difficulties. The RES development process involved a team of clinicians and scientists with expertise in resilience and trauma, who developed 10 new items through several iterative sessions. Notably, the team chose not to use existing resilience scales to develop these items due to copyright issues, highlighting the novelty and originality of RES. [3]

Despite significant progress in understanding and developing the issue of psychological resilience, some aspects of this topic are important and under-researched or not covered in the scientific literature. Among the key issues requiring attention are:

Interdisciplinary Approach to Studying Resilience: Existing research often remains within the confines of a single discipline, whereas psychological resilience is a multifaceted phenomenon requiring the integration of knowledge from psychology, sociology, medicine, economics, and other fields.

Impact of Digital Technologies on Resilience Development: In the context of rapid digital technologies and social networks development, the question of their impact on psychological resilience remains open. The potential of digital tools in strengthening resilience needs further investigation.

Resilience Development in Response to Global Challenges: The contemporary world is characterized by new global challenges, such as wars, pandemics, climate change, migration. Understanding how these factors affect resilience development and developing corresponding adaptive strategies is critically important.

Individual Differences in Resilience Development: The need for a deeper study of individual differences in resilience development, including the impact of genetic factors, personality traits, and life experience.

Mechanisms of Resilience Development in Different Cultural Contexts: Most existing studies focus on specific cultural and geographical groups, leaving the question of the universality or specificity of resilience development mechanisms in various cultural conditions open, thus, significant attention should be directed to the cross-cultural aspect of resilience, considering that cultural and socio-economic contexts can influence the ways of expressing and mechanisms of resilience development. Research in this area points to the need for developing global and local resilience support strategies that take into account the specificity of different cultural dimensions. This necessitates a deeper study of cross-cultural differences and similarities in resilience development, as well as the development of assessment tools sensitive to these differences. In the context of global challenges like wars, migration crises, pandemics, and climate changes,

resilience issues become especially relevant. Studies focusing on the impact of these factors on psychological resilience highlight the necessity of developing comprehensive approaches to support individuals and communities in adapting to a changing world.

Conclusions and Prospects for Further Research. The review of contemporary research in the field of psychological resilience highlights its complex and multifaceted nature, as well as its dynamism within the constantly changing social, natural, and technological conditions. Aspects such as self-regulation, optimism, cognitive flexibility, and the role of social support emerge as fundamental elements that contribute to the formation and strengthening of resilience. An interdisciplinary approach to studying resilience considers its interrelation with a broad spectrum of factors, including personality traits, social environment, cultural, and ecological conditions. While this approach is employed in current studies, the engagement of experts from various fields and interdisciplinary discourse often remains insufficient. The significance of validated resilience assessment methodologies in contemporary research cannot be overstated, as they provide a reliable foundation for measuring the construct and evaluating the effectiveness of interventions. Both time-tested and alternative measurement methods exist. Current research directions highlight the need for a detailed examination of the impact of digital technologies on resilience development, as well as the development of adaptive interventions that consider cultural nuances and the specifics of contemporary challenges.

Overall, a deeper understanding of psychological resilience within the context of current research opens broad prospects for developing new theoretical models and practical tools aimed at supporting and developing this critical quality in individuals of varying ages, social statuses, and cultural backgrounds.

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