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## Peculiarities of personality resilience formation in modern conditions

### Peculiaridades de la formación de la resiliencia de la personalidad en las condiciones modernas

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#### Abstract

The speed, complexity, and all-encompassing nature of modern socioeconomic processes place high demands on such personal qualities as resilience, stress resistance, competitiveness, and the ability to self-develop and self-help. These qualities are essential for successful functioning in society and overcoming serious social challenges. According to psychologists, the modern conditions in which people live and realize themselves are extreme and stimulate the development of stress. The article aims to outline the key trends in the modern scientific literature on issues related to the formation of resilience. It is equally important to study the practical aspects of the development of this trait as one of the key factors of a successful life in modern conditions. In the course of the study, the analytical and bibliographic method was applied to study the scientific literature on resilience formation. Furthermore, the authors of the study conducted an online questionnaire survey to clarify the most important issues related to the formation of personal resilience, given the challenges of today. According to the results of the study, the

#### Resumen

La velocidad, la complejidad y la naturaleza integral de los procesos socioeconómicos modernos imponen grandes exigencias a cualidades personales como la resiliencia, la resistencia al estrés, la competitividad y la capacidad de auto desarrollo y autoayuda. Estas cualidades son esenciales para funcionar con éxito en la sociedad y superar serios desafíos sociales. Según los psicólogos, las condiciones modernas en las que las personas viven y se realizan son extremas y estimulan el desarrollo del estrés. El artículo tiene como objetivo esbozar las tendencias clave en la literatura científica moderna sobre temas relacionados con la formación de la resiliencia. Es igualmente importante estudiar los aspectos prácticos del desarrollo de este rasgo como uno de los factores clave de una vida exitosa en las condiciones modernas. En el transcurso del estudio, se aplicó el método analítico y bibliográfico para estudiar la literatura científica sobre la formación de resiliencia. Además, los autores del estudio realizaron una encuesta en línea para aclarar los temas más importantes relacionados con la formación de la resiliencia

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main most important theoretical aspects of the issue of the formation of personality resilience in modern conditions are identified. Moreover, the viewpoints of scientists and practicing psychologists on the key aspects of this issue are studied.

**Keywords:** resilience, overcoming life's difficulties, stress resistance, self-help, vitality, effective social interaction.

## Introduction

The current stage of development of psychological science is characterized by the growing interest of researchers in the formation of human vitality. This situation can be explained, on the one hand, by the general need to solve real practical problems of personal expression and forms of interaction with the social environment. On the other hand, it can be explained by the development of psychology as a science, the achievement of a high level of theoretical and methodological basis, and the possibility of fruitful research on personality resilience.

The theoretical part of this study substantiates the relevance, concepts, components, and prerequisites for the formation of human resilience.

The practical part of the article includes an assessment of the importance of the factors of change in public life. This should be taken into account when planning work on optimizing resilience, and identifying the most important components of the concept. This is especially relevant in terms of the need to give priority to the concept in the process of practical work with people in need of psychological assistance. Meanwhile, the survey allowed for the identification of the main aspects of resilience. These aspects require special attention as areas of preventive measures to ensure a person's resilient attitude to changes in the environment in the future. The study also identified negative factors that can have a significant negative impact on the development of human resilience in adulthood. Moreover, the characteristics and traits of the personality, the formation of which is positively influenced by the presence of resilient beliefs, are identified.

Based on the results of the study, conclusions have been drawn on the issues raised. It was found that rapid social and political changes in

personal, frente a los desafíos de hoy. De acuerdo con los resultados del estudio, se identifican los principales aspectos teóricos más importantes del tema de la formación de la resiliencia de la personalidad en las condiciones modernas. Además, se estudian los puntos de vista de científicos y psicólogos en ejercicio sobre los aspectos clave de este tema.

**Palabras clave:** resiliencia, superación de las dificultades de la vida, resistencia al estrés, autoayuda, vitalidad, interacción social efectiva.

society are the key factors of changes in public life that should be considered when planning work to optimize resilience. According to the survey results, it was found that one of the most important components of the concept of resilience is the ability to build a full life in difficult conditions (adaptability). These aspects should be considered in the process of practical work with people in need of psychological assistance. However, among the aspects of resilience that require special attention as areas of preventive measures to ensure successful personality development and create prerequisites for a person's resilient attitude to changes in the environment in the future, it is worth noting stability and balance. The survey participants identified the most important factors that, if present in a person's childhood, can have a significant negative impact on the development of their resilience in adulthood. These include the lack of support and encouragement from loved ones, as well as the presence of alienation from significant adults. Furthermore, the study showed that individuals with high resilience scores have a greater sense of competence and higher cognitive scores. Moreover, they have better-developed coping skills and are more capable of building trusting relationships, and can maintain high standards of personal interaction with others.

The research aims to determine the position of scientists studying the issues of personality resilience and practicing psychologists on the peculiarities of forming personality resilience, given the challenges and peculiarities of today's conditions.

## Literature Review

Nowadays, it is no longer enough to successfully overcome another life crisis and draw the right conclusions for a successful life. The changing present forces people to live effectively in an

extreme environment, in conditions of the need to constantly set personal goals, work with their feelings, communication skills, etc. (Melnichuk et al., 2022), (Bertrams et al., 2020).

Many scientists nowadays pay special attention to the study of a person's internal capabilities that help him or her to withstand difficult life conditions and preserve personal essence, integrity, and identity. According to psychologists, this ability can be characterized as resilience. This concept is usually viewed from two perspectives: as a set of components that help an individual build a fulfilling life in difficult conditions; as a functional ability to adapt, protect and maintain the stability of the personal system. Thus, resilience is the individual ability of a person to manage their resources in the context of social norms and environmental conditions. One of the specific and basic forms of resilience is overcoming unfavorable conditions for personal development (Cangiano, Parker & Yeo, 2019), (Lavrusheva, 2020).

When studying the mechanisms of social transformation, scholars point out that a modern personality must navigate the expanded social space and demonstrate internal flexibility. Moreover, he or she needs to strive for a variety of interests, and self-improvement, and perceive the present as a special important temporal dimension of human existence (Chang, Kuo & Ni, 2022).

Therefore, the efforts of scientists in this area are primarily aimed at studying the specific abilities of an individual that help him or her successfully adapt to a complex dynamic environment. According to psychologists, this ability is interpreted as flexibility, resilience, elasticity, and resistance to external influences (Logan, Berman & Prescott, 2023).

Resilience is an integral and stable personality trait. It varies depending on the type of stress, its context, and other factors that can be defined as risk and protective factors (Leontiev, Mospan & Osin, 2022).

From another perspective, resilience is viewed as a person's energy potential, which reflects the degree of ability to overcome adverse circumstances, as well as the degree of effort made to work on oneself and one's life circumstances. This trait is an integral feature of personal maturity and a form of manifestation of personal potential and self-determination (Keefer & DeBeliso, 2020).

One of the specific forms of manifestation of resilience (personal potential) is overcoming unfavorable conditions for personal development. There are objectively unfavorable conditions for the formation of a personality that can affect its development. However, such influence can be overcome following the external and personal capabilities of a person (Gray et al., 2018).

The level of development of resilience as a trait that reflects the ability of a subject to find a balance between compliance with existing conditions determines the degree of protection of a person from various threatening influences. These are associated with a person's perceptions of his or her ability to achieve expected results, successfully implement the necessary forms of behavior and overcome the negative impact of the environment (Buchner et al., 2022).

### Methodology

An empirical study of current trends in the formation of personality resilience was conducted by interviewing 246 scientists and 211 practicing psychologists who conduct research and practice in Lviv, Ivano-Frankivsk, Zhytomyr, Khmelnytsky, and Kyiv oblasts of Ukraine.

When organizing the survey, respondents were asked to evaluate the importance of each option in every question in the questionnaire as a percentage from 0 to 100, based on their perceived importance.

When processing the survey questionnaires, the average value of all respondents' answers for each answer option was calculated. After summarizing the results of the survey, the respondents reviewed the data obtained and, having agreed with its results, gave permission to publish the results of the study.

The group of respondents was selected considering the gender and age proportions of the population in each region of the study.

The study was conducted using the SurveyGizmo service.

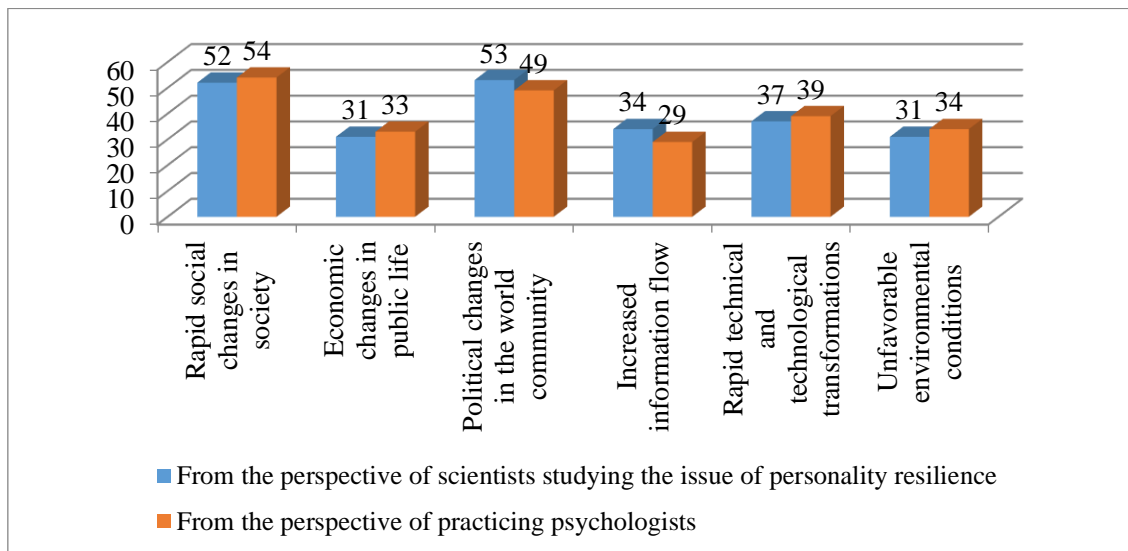
### Results

According to the survey participants, in today's conditions, the key factors of changes in public life that should be considered when planning work to optimize resilience are primarily (Figure 1).

Thus, the survey showed that, according to both scientists and practitioners in the field of psychology, rapid social and political changes in society affect people's mental health and well-being. They cause stress, neuroses, depression, and inadequate behavior and, accordingly, require increasing the resilience of individuals exposed to such factors. Therefore, the issues of formation and preservation of subjective well-being, quality of life, high vitality, and resilience

of a person are of increasing need and scientific and practical interest for research.

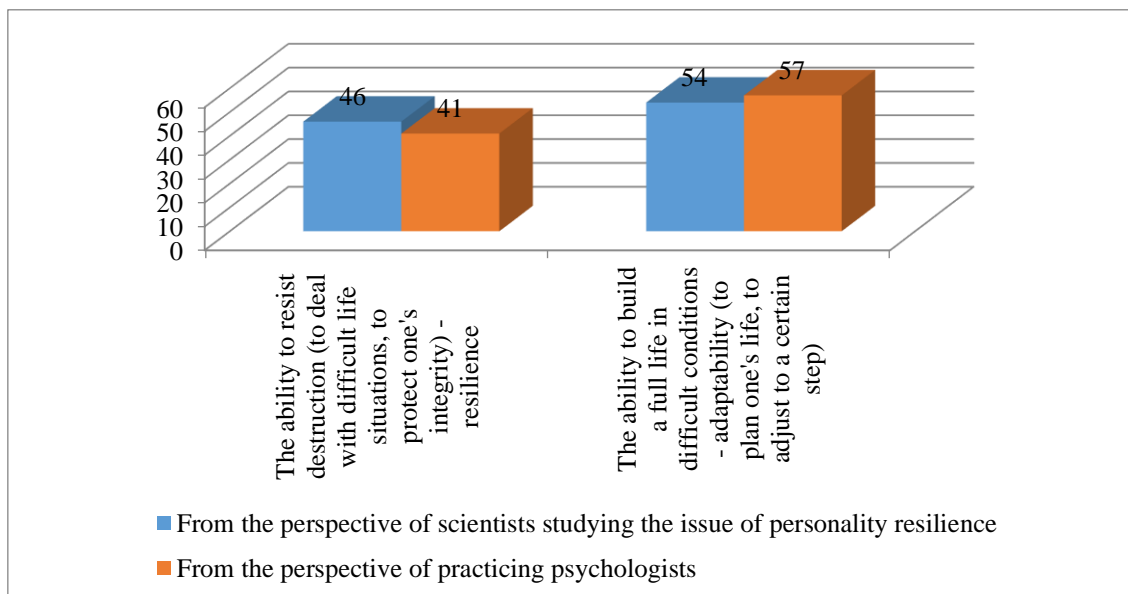
In the course of the survey, respondents identified the most important component of the concept of resilience for them, which should be given priority in the process of practical work with people in need of psychological assistance (Figure 2).



**Figure 1.** Distribution of importance of factors of changes in social life that should be considered when planning work to optimize resilience, %  
Source: built by the authors.

As can be seen from Figure 2, both components are extremely important in the work of strengthening the resilience of an individual in

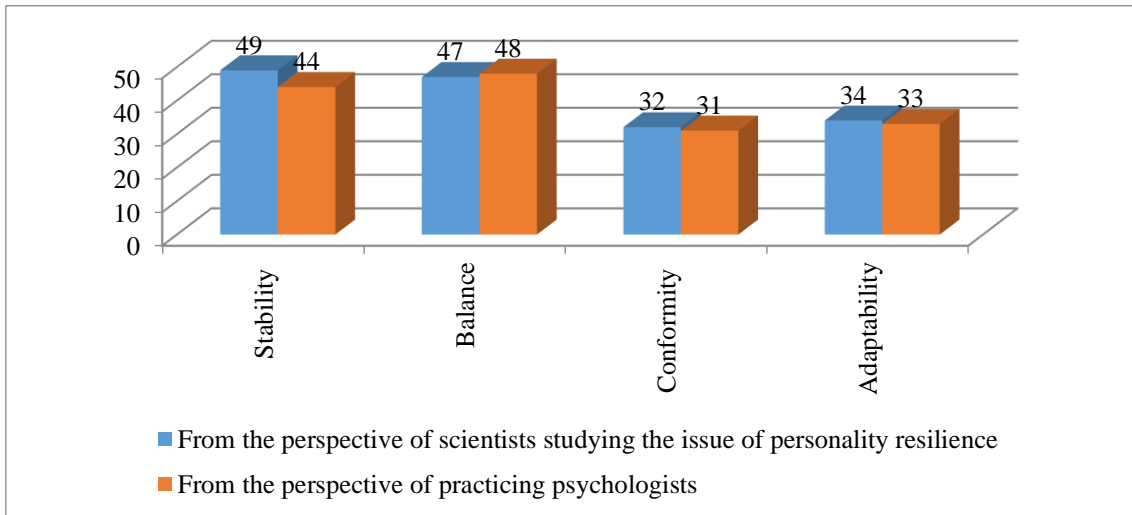
life circumstances. However, the ability to build a fulfilling life, namely adaptability, is the most important vector of resilience formation.



**Figure 2.** The most important component of the concept of resilience, which should be given priority in the process of practical work with people in need of psychological assistance, %  
Source: built by the authors.

During the survey, respondents identified aspects of resilience that require special attention as areas of preventive measures to ensure successful

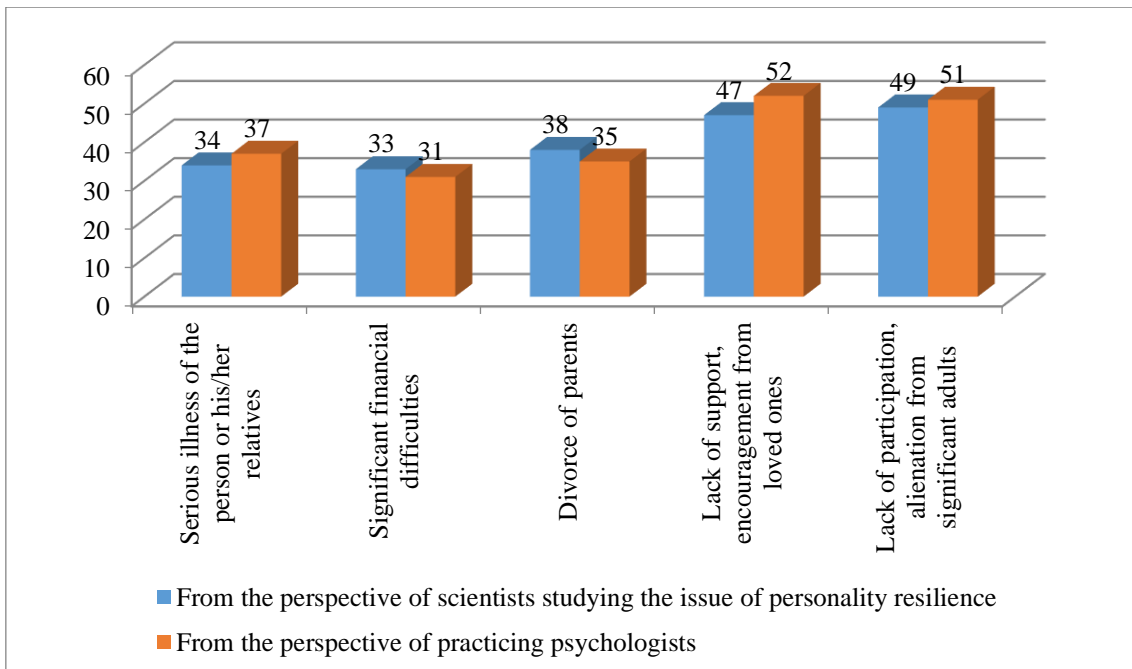
personal development and create prerequisites for a person's resilient attitude to changes in the environment in the future (Figure 3):



**Figure 3.** Aspects of resilience that require special attention as areas of preventive measures to ensure a person's resilience to changes in the environment in the future, %  
Source: built by the authors.

As shown in Figure 3, these aspects are primarily stability and balance. An essential result of the survey was to identify the most important factors

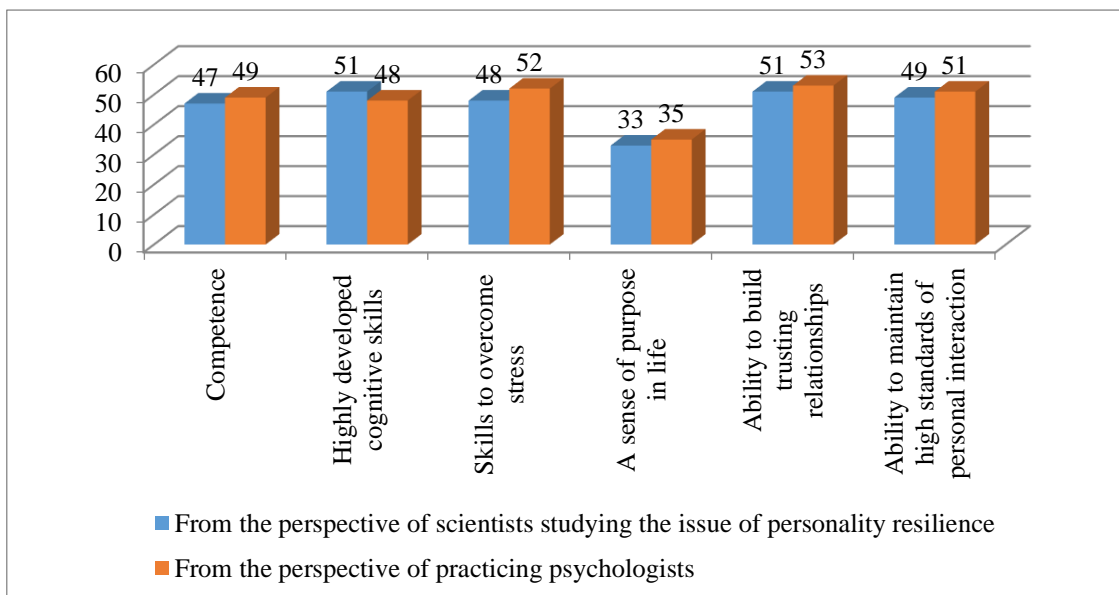
that, if present in a person's childhood, can have a significant negative impact on the development of their resilience in adulthood (Figure 4).



**Figure 4.** Negative factors that, if present in a person's childhood, can have a significant negative impact on the development of their resilience in adulthood, %  
Source: built by the authors.

As shown in Figure 4, the development of resilience in adulthood is most negatively affected by the lack of support, encouragement from loved ones, and the alienation of significant

adults in childhood. In the course of the survey, the participants identified the characteristics and personality traits that are positively influenced by the presence of resilient beliefs (Figure 5):



**Figure 5.** Characteristics and personality traits that are positively influenced by the presence of resilient beliefs, %

Source: built by the authors.

Research has shown that people with high resilience scores have a greater sense of competence and higher cognitive scores. Moreover, they have better-developed coping skills and are more able to build trusting relationships and maintain high standards of personal interaction with others.

### Discussion

The problem of human resilience to various life difficulties is and has been one of the most important at all times in any society. It has always attracted and continues to attract the attention of philosophers, writers, doctors, educators, and psychologists. Researchers rightly characterize the rhythm of modern society as stressful, sometimes even extreme and critical. The optimal overcoming of difficult stages of life is very topical for the modern development of our society (Carrillo, Etchemendy & Baños, 2018), (Fruchart & Rulence-Pâques, 2022).

Resilience is considered the main functional component of vitality that maintains the stability of the personality system and is a systemic factor that sets the parameters of the main components of life. Furthermore, resilience is a central personality variable that mediates the impact of stress factors on somatic and mental health, as well as on the success of individual activities (Kokou-Kpolou & Park, 2020), (Stuart-Edwards, 2023).

Resilience in overcoming difficulties is manifested as the ability to believe in oneself,

self-confidence, self-reliance, and the ability to effective mental self-regulation. Moreover, it is manifested in the preservation of the individual's ability to function, exercise self-determination, develop, and adapt. Reduced resilience encourages a person to overcome a risky situation with negative consequences for mental and somatic health, personal development, and established interpersonal relationships. The balance of resilience is defined by scientists as the ability to correlate the level of stress with the resources of one's psyche and body, to minimize the negative impact of stress, and the ability to keep stress within acceptable limits (Goldbeck, Hautzinger, & Wolkenstein, 2019), (Yin et al., 2022).

The most important aspect of resilience is individual and personal self-sufficiency in terms of freedom from dependence. Resilience is a personality trait, some aspects of which are stability and balance. This allows a person to withstand life's difficulties and unfavorable pressure, and to maintain health and efficiency in various challenges (Kukita, Nakamura & Csikszentmihalyi, 2020).

Scientists mainly see the main function of resilience as ensuring the ability of an individual to effectively interact socially and find optimal ways of self-development and self-realization in difficult life circumstances. The personal property of vitality emphasizes the attitudes that encourage a person to transform stressful life events. A person's attitude to change, as well as his or her ability to use available internal



resources to effectively manage it, determines to what extent a person can cope with the difficulties and changes he or she faces daily (Chen, Wu & Biljecki, 2021), (Garau & Annunziata, 2022).

The essence of constructive forms of behavior in difficult situations is that they allow one to cope with a difficult life situation, to act vigorously, consciously, purposefully, and adequately to the objective conditions of the situation and one's capabilities. Depending on the situation, attention can be paid either to changing the situation or to activating and developing one's skills. In the broadest sense, constructive behavior is ensured by a person's vitality, his or her ability to withstand life's difficulties, and preserve oneself as a holistic personality (Purvis, Mao & Robinson, 2019).

### Conclusions

Thus, the analysis of the scientific literature on the research topic and the results of the questionnaire survey showed that rapid social changes are constantly increasing the importance of the degree of development of human vitality in various spheres of life. Largely, this also applies to professional resilience, which is one of the most important components of a person's overall viability.

The theoretical analysis of the literature on this issue and the results of the survey indicate the crucial importance of resilience. It is considered the main functional component of personal development that maintains the stability of the personality system. Moreover, resilience is a system-forming factor that sets the parameters of a person's basic capabilities. Through resilience, people perceive life problems as less threatening and respond to them in a more productive way for their health, personal, and professional life.

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