PSYCHOLOGICAL APPROACHES TO STUDYING PERSONAL RESOURCES: THEORETICAL ASPECT

Abstract. The article provides a theoretical and methodological analysis of the concept of "personal resources", which includes an overview of the general content of the term, highlighting different approaches to understanding their levels and types, as well as an analysis of various classifications existing in the literature. It is noted that personal resources are considered within the context of various scientific paradigms, such as adaptation, social, activity-related, and others. The systemic organization and interaction of resources with other components of personality are emphasized. Certain functional aspects of the concept are highlighted, emphasizing its reflexive, emotional-appraisal, and regulatory characteristics. In contemporary psychological literature, there is insufficient clarity in defining the conceptual aspects of personal resources, which becomes a problem highlighted by various authors. This lack of clarity can be attributed to the complexity of conducting empirical research in the field of personal resources, as well as discrepancies in terminological definitions. Effective overcoming and reduction of the negative impact of complex extreme situations, caused by the challenges of war, directly depend on the presence of personal resources, their optimization, timely, and adequate utilization. Scientists from various scientific disciplines agree that the term "personal resources" encompasses all mental capabilities aimed at enhancing the effectiveness of addressing diverse life tasks, such as adaptation, emotional self-regulation, overcoming challenges, and conflict resolution. This consensus reflects a shared understanding of resources as factors that assist individuals in adapting to the challenges of the surrounding world and mitigating its negative consequences. This allows for effectively coping with complex situations, minimizing the negative impact on individuals' mental well-being, and represents a relevant task for many people in modern society. In this
context, the concept of personal resources serves as a key factor in preserving and supporting the psychological integrity of individuals. Accordingly, prospects for empirical research aimed at optimizing personal resources in the face of contemporary challenges have been identified.

Keywords: personal resources, extreme situation, stress, anxiety, optimization of personal resources

Василенко Олексій Євгенович аспірант кафедри педагогіки та психології, Міжнародний гуманітарний університет, Фонтанська дорога, 33, м. Одеса, 65009, https://orcid.org/0009-0006-7365-5720

ПСИХОЛОГІЧНІ ПІДХОДИ ДОСЛІДЖЕННЯ ОСОБИСТИСНИХ РЕСУРСІВ: ТЕОРЕТИЧНИЙ АСПЕКТ

Анотація. У даній статті проведено теоретико-методологічний аналіз поняття "особистісні ресурси", що включає огляд загального змісту терміну, висвітлення різних підходів до розуміння їх рівнів та типів, а також аналіз різноманітних класифікацій, що існують у літературі. Зазначено, що особистісні ресурси розглядаються в контексті різних наукових парадигм, таких як адаптаційна, соціальна, діяльнісна та інші. Підкреслено системну організацію та взаємодію ресурсів з іншими складовими особистості. Виділено деякі функціональні аспекти поняття та підкреслено його рефлексивний, емоційно-оцінний та регулятивний характери. У сучасній психологічній літературі спостерігається недостатня чіткість у визначенні концептуальних аспектів особистісних ресурсів, що стає проблемою, висвітленою різними авторами. Ця нечіткість може бути пояснена як складністю проведення емпіричних досліджень у сфері особистісних ресурсів, так і розбіжністю у термінологічних визначеннях. Ефективне подолання та зменшення негативного впливу надскладних екстремальних ситуацій, спричинених викликами війни, безпосередньо залежить від наявності особистісних ресурсів, їх оптимізації, своєчасного та адекватного використання.

Вчені різних наукових напрямків погоджуються відносно того, що термін "особистісні ресурси" включає всі психічні можливості, спрямовані на підвищення ефективності вирішення різноманітних життєвих завдань, таких як адаптація, саморегуляція емоційного стану, подолання труднощів, розв'язання конфліктів. Така узгодженість поглядів відображає загальні розуміння ресурсів як факторів, що допомагають особистості адаптуватися до викликів навколишнього світу та виправляти його негативні наслідки. Це дозволяє ефективно впоратися зі складними ситуаціями, мінімізуючи
негативний вплив на психіку людини та представляє собою актуальне завдання для багатьох людей у сучасному суспільстві. У даному контексті концепція особистісних ресурсів виступає як ключовий фактор у збереженні та підтримці психічної цілісності особистості. Відповідно до цього визначено перспективи емпіричних досліджень, спрямованих на оптимізацію особистісних ресурсів в умова викликів сучасності.

Ключові слова: особистісні ресурси, екстремальна ситуація, екстремальна ситуація, стрес, тривога, оптимізація особистісних ресурсів

Problem Statement: Modern Ukrainian society finds itself in an extremely complex and dire situation caused by war. This situation triggers destabilization of feelings of security, protection, stability, and predictability among the population. Additionally, it affects personal goals, worldviews, and future prospects, putting lives at risk. Consequently, individuals are required to exert significantly more psychological efforts compared to the conditions of normal life. The constant external destructive influence of this situation induces stress, for which individuals often lack sufficient personal resources to overcome. Stress impacts all aspects of life, altering behavior and hindering normal functioning. Under the influence of stressful conditions, anxiety, depression, stress, post-traumatic disorder, and other negative consequences for mental well-being emerge. In such circumstances, personal resources become depleted, new values and orientations are not formed, and the experiences exceed ordinary human experience, causing significant disruptions in various spheres of life. Personal resources play a crucial role in overcoming and supporting individuals in challenging life situations. People resort to psychological resources in times of threat, uncertainty, when they feel a lack of strength, harmony, and support, to overcome difficult life situations. Acquiring new resources during war becomes an extremely challenging task, as individuals quickly deplete them and slowly replenish them. Since many individuals lack experience in resolving these issues, it is important to utilize existing resources and acquire new personal resources, which serve as an essential component, facilitating an individual's ability to survive and function in the realities of the situation.

Analysis of Recent Research and Publications: The category of "personal resource" is explored in various scientific aspects such as: personal potential, elucidated in the works of T. Kukhar, I. B. Volevaha; a complex of personal traits studied by V. Kazibekova, S. O. Lukomska; stress coping mechanisms investigated by L. Kulykova, N. Pohorilska, M. Ivaniuk, M. Lapina; behavior self-regulation mechanisms discussed in the works of T. Kryukova, S. Maksymenko, Z. Virna; coping strategies for complex life situations, or coping strategies, analyzed by O. Voytsekhovska, A. O. Chkhaidze; conceptualization of the term "psychological resourcefulness" presented by O. S. Shtepa; resilience, post-traumatic growth, and
resilience analyzed by S. O. Lukomska, L. Muzichko, and other researchers. Key foreign theories of personal resources include concepts by scholars such as A. Bandura (self-efficacy concept), D. Navon and D. Gopher, who explore cognitive resources of information processing systems, and D. Kahneman with the concept of attention as a single resource, as well as research on coping behavior resources by R. Lazarus and S. Folkman. Particularly, the unique life disposition of a person - "hardiness" or resilience (S. Maddi, S. Kobasa) is separately considered as a resource. Attention is paid to the study of personal resources in the works of foreign scientists. For example, S. E. Hobfoll conducts research on the Conservation of Resources (COR) theory, considering personal resources a key element of the overall resource system. The works of Sumer, N., and Karanci, A. N. are aimed at analyzing such personal resources as self-esteem, optimism, and perceived control. Additionally, Luthans, F., conducted research on Psychological Capital (PsyCap), which integrates four positive personal resources: hope, self-efficacy, resilience, and optimism.

The aim of the article is to conduct a theoretical analysis and systematization of the main scientific positions regarding the issue of personal resources, including a careful definition of their essence, a detailed description and characterization of their component elements, as well as consideration of specific mechanisms of their implementation.

Results: The term "resource" originates from the French word "ressource," which translates as "auxiliary means," and represents an interdisciplinary concept. It includes means and conditions that allow achieving a certain result through the use of specific efforts. A resource can be a state or opportunity that can be utilized when needed, and it serves as an additional source of psychological and physical strength and energy. Through their resources, individuals can take action towards achieving desired outcomes. The concept of "resource" shares many similarities with the concept of "potential," which in a broad sense is considered as "reserve" possibilities. The diversity of the concept of "resource" provides an opportunity for a wide range of researchers to identify its various aspects.

O.S. Shtepa notes that psychological and personal resources are quite often used interchangeably. Usually, personal resources refer to complex, individually psychological structures that serve the function of psychological support, determine more successful performance of activities, and contribute to a high level of personal well-being. In her scientific research, [13].

V. Kazibekova defines resources as a complex of personal traits that contribute to maintaining feelings of happiness and confidence, as well as wisdom and life experience in overcoming difficulties. These inner strengths are necessary for individuals to constructively overcome life crises. [4].

O. Voytsekhovska considers coping strategies for coping with complex life situations as personal resources of an individual. She points out that coping behavior
is an individual way of interacting with a situation, manifested at the behavioral level. [2].

L. Kulykova includes the following in personal resources: motivation, attitudes towards stress as opportunities for personal experience and personal growth, self-concept strength, self-esteem, self-assessment, a sense of significance and "self-sufficiency." Positive and rational thinking, emotional-volitional qualities, physical, material, informational, and instrumental resources are also considered as personal resources. [5].

According to the views of A. Chkhaidze, personal resources are formed during life activities. The author notes that the internal resource of children and adolescents, which contributes to their successful overcoming of life difficulties, is associated with flexibility in thinking, behavior, and emotional reactions. This is manifested in the rapid assimilation of new standards, acquisition of skills, ability to shift attention from one situation to another, emotional flexibility, and imaginative protective work. However, it is important to avoid overestimating the importance of a child's internal resources, as the role of external factors in overcoming difficult life situations for children is much greater than internal ones. Moreover, social and emotional support from significant individuals is a crucial factor in overcoming difficult situations in youth and remains crucial in old age, despite the possibility of developing internal resources such as wisdom and spiritual experience at this age. For the adult period in all its stages, the most important resource in coping behavior is the ability to recognize one's own psychological reality, accept this reality, understand one's capabilities and limitations in various areas of life. [12].

In T. Kukhar's work, psychological resources of personality in the face of modern challenges are investigated, emphasizing the relevance and significance of the issue of psychological resources of personality for modern psychology. She formulates psychological resources as necessary for individuals or society to achieve effective functioning and create a decent quality of life.

Analyzing the interpretation of personal resources in science, Bez’yazichny B.I., Khudyakova V.B., and Gil Y. noted that different authors classify these phenomena according to different criteria. They argue that this does not lead to contradictions if individual personal resources are considered as a multilevel system with a complex nonlinear structure, and the mentioned types of resources are considered as its subsystems. The integrative quality of this system, whose structural elements include various types of personal resources, is a phenomenon known as individuality. Therefore, within the system of individual personal resources, subsystems of biogenetic, physiological, and psychological resources can be distinguished, among which, in turn, subsystems of different levels can be identified. Biogenetic resources are associated with heredity. Physiological resources include health status, features of body structure, physical endurance, age, gender, and others.
Individual-psychological resources include the level of intellectual development (intellectual resources), emotional characteristics, volitional traits, and so on. All mentioned subsystems have a complex structure and ensure the realization of various processes that collectively form life activity. [1].

Within the research paradigm, S. Kuzikova conducted an analysis of personal resources for self-development, establishing criteria for organizing self-development. These criteria include awareness of one's own resources, ability to manage their implementation, capacity for reflection, self-regulation, self-organization, responsibility for one's own self-development, and other aspects. Kuzikova developed a structural-functional model of self-development at the levels of current and immediate development. In this model, she identified characteristics, potential (including needs, mechanisms, and conditions), and motivational-volitional regulators of self-development, which determine the individual as a subject of self-development and define readiness for it. [6].

In the study by Babieva, N.S., and Grinenko, A.V., individual resources were analyzed in a general aspect, identifying three components in the systemic structure of personality: individual traits as prerequisites for personal harmony; life and quality of life as indicators of individual harmony; and joint activity as the result of individual life in the system of social relations. According to the authors, personal resources are expressed in four spheres of individual life: spirituality; contacts (relationships); actions; and future (dreams, ideals).

S.O. Lukomska supports the systemic conception of resources and emphasizes the significant consequences of effective use of personal resources. Among these consequences, she points out resilience, post-traumatic growth, and resilience. Additionally, S.O. Lukomska emphasizes the importance of determining the psychological nature of a specific resource and evaluating its effectiveness in personal use. [10].

Z.O. Kireeva considers personal resources as everything a subject can rely on to satisfy basic needs such as survival, physical comfort, safety, involvement, respect, and self-realization in society.

According to the opinions of N. Pohorilska and M. Ivanyuk, personal mobility can become a significant psychological resource that contributes to the effective performance of various tasks. This aspect reflects professionals' ability to independently and timely make adequate decisions regarding their actions. Personal mobility ensures conscious control over one's own behavior and movements, meaning it involves conscious motor activity, actions, or movements performed in accordance with reasoned decisions and awareness.

Muzychko L. has found a connection between resilience and personal resources. It is noted that only a small part of the components of psychological resourcefulness is correlated with resilience. A relatively low level of resilience can
coexist with a sufficiently high level of psychological resourcefulness, which is somewhat paradoxical. This situation is possible when different aspects of resilience have different degrees of connection with different components of psychological resourcefulness, with the strongest connection observed in self-confidence and resilience.

When considering existential resources as means and conditions for maximizing personal potential and achieving full, authentic existence, O. Ryazantseva identifies the following resources: freedom resource, meaning resource, self-transcendence resource, acceptance resource, and faith resource.

According to the findings of studies conducted by Kokun O.M. and Skrebets V.O., there is scientific evidence confirming the positive impact of personal resources in overcoming various stressful situations. This influence is recorded in the context of solving problems related to professional activities, as well as in the ability to withstand stress and adapt in the professional sphere. Additionally, it has been found that personal resources contribute to personal development, help in choosing one's own life path, and reduce the impact of economic instability and the consequences of natural disasters.

The study by H.V. Pavlenko examines personal resources of psychological well-being taking into account life uncertainty. Among the resources analyzed in the context of life uncertainty, the author considers aspects such as resilience, sense of connectedness, self-trust, tolerance and intolerance of uncertainty, autonomy, and values. For example, resilience is considered by the author as the ability of an individual to adapt to changing life conditions, overcome challenging life situations, and form steadfast beliefs that events unfolding are favorable opportunities for their development.

In her research work, Rodina N.V. points out that the presence of optimism and social support can play a preventive role in the development of depressive symptoms in conditions of increased social demands that may arise at work, in the family environment, or during interpersonal communication. The researcher indicates that the amount of available resources for coping with stress, including their subjective assessment, is crucial in choosing coping strategies.

Zubovsky D.S. indicates that individuals, groups, or organizations with limited resource potential are more likely to adopt a defensive position in stressful situations and are focused on preserving existing resources, preferring passive coping strategies. Scientific studies confirm that a high level of personal resources is a key factor in post-traumatic growth.

One aspect of researching the issue of psychological resources is the conceptualization of the term "psychological resourcefulness," developed by O.S. Shtepa. Psychological resourcefulness is described as self-confidence, love, creativity, belief in goodness, initiative, adaptation to stressful situations, feelings of
happiness, and so on. These resources represent unique personality qualities that manifest over time, including important past experiences, self-confidence in the present, self-development strategies, directed towards the future. O.S. Shtepa defines the components of resourcefulness as the ability to manipulate resources, update and use one's own resources; basic personal-existential resources, such as kindness to others, helping others, belief in goodness, responsibility, love; as well as "competence resources," which include success, professional self-realization, creativity. According to Shtepa's concept, qualities of reflection and self-realization, as well as self-determination, are at the metalevel of resource activation. [14].

Particular attention is drawn to the Conservation of Resources theory developed by S.E. Hobfoll (COR theory). According to his views, personal resources are a key element of the overall resource system and are considered factors that contribute to an individual's adaptation to complex life situations. Resources, as defined by S.E. Hobfoll, are objects, personal qualities, circumstances, or types of activity that are valuable to the individual or a means of achieving important goals. One of the key principles of this approach is the principle of "resource conservation," which involves the possibility of obtaining, preserving, replenishing, and redistributing resources according to personal needs and current demands at the time of redistribution. The author believes that the expenditure of both internal and external resources is the primary mechanism for causing stress reactions, leading to a subjective sense of well-being deprivation and negatively impacting an individual's health, while resource conservation is considered the main process during stress and its overcoming. Psychological stress arises in the case of the actual or imagined loss of part of a resource, as well as in the delay of restoring the expended resource. In this theory, resource expenditure plays a crucial role, and S.E. Hobfoll confirms that the measurement of coping resources is a predictor of stress reactions. [16].

In the study by Westman, M., Hobfoll, S.E., the Conservation of Resources (COR) theory is examined in terms of its application to the work environment and stress in organizational conditions, as well as the use of the COR theory for analyzing burnout, recovery, and preventive measures. The authors found that resource loss is a critical component of the stress process in organizations, and limiting this loss is considered the key to successful prevention and post-stress intervention. [19].

C.J. Holahan and his co-authors point out limitations of most prevalent stress and coping models as psychological resources are perceived as static. They propose a dynamic approach to understanding the role of psychological resources based on long-term research. Studies have shown that resource loss is almost always associated with increased depressive symptoms, whereas their increase during the study period mainly contributes to a reduction in depressive symptoms. It has also been found that changes in the predominance of negative events over positive ones
over a 10-year period are directly related to changes in resources over the same period. Increasing psychological resources proves to be beneficial in the process of personality adaptation to negative events. [18].

In a study conducted by Sumer, N., and Karanci, A.N., the predictive power of personal resources, including self-esteem, optimism, and perceived control, in the context of earthquake impact was examined. Material and human losses, as well as threat perception, were analyzed. Self-efficacy in overcoming general adversity, as well as symptoms of psychological trauma and avoidance strategies, were also assessed among those who experienced the earthquake in Marmara in 1999 in Turkey. The results of the analysis indicated that the impact of personal resources on the overall level of distress was mediated through self-efficacy in overcoming general adversity.

In the work of Xanthopoulou, D., and Bakker, long-term relationships between work and personal resources and work engagement were investigated. The influence of three personal resources - self-efficacy, organizational self-esteem, and optimism - on the Job Demands-Resources (JD-R) model was studied. The research findings indicated that personal resources did not compensate for the relationship between job demands and exhaustion. Instead, personal resources played a mediating role in the relationship between job resources and engagement/exhaustion and also influenced the perception of work resources. They found a positive relationship between work and personal resources and work engagement, confirming the conservation of resources theory. These results suggest that different types of resources and well-being develop in a cycle, defining successful employee adaptation to the work environment. [20].

According to the study by Boudrias, J.S., and Desrumaux, P., personal resources have a direct impact on the perception of work demands, work resources, and outcomes. The study showed that psychological capital (PsyCap) personal resources directly influence the perception of job demands and resources, as well as psychological well-being outcomes and employee engagement levels. Additionally, job demands and work resources serve as mediators in the relationship between PsyCap and psychological well-being and engagement levels in the workplace.

Diener, E., & Fujita, F. investigated the covariance of resources such as material wealth, family support, social skills, and intelligence with subjective well-being using a resource index. The authors concluded that life satisfaction was more closely associated with resources than emotional well-being and that social and personal resources, in general, were more closely related than material resources.

Theoretical analysis indicates significant diversity in the concepts studied in psychological science regarding personal resources. Two main approaches to conceptualizing this issue are noted: an integrative approach describing concepts of the general factor of resource allocation, loss, and acquisition, and a structural-
systemic approach considering specific resource qualities of the individual that facilitate successful activity. [7].

It is noted that among the most studied personal resources in scientific research, the following can be distinguished: active coping motivation, manifested in the attitude towards stressful situations as opportunities for personal experience and growth; strong self-concept, self-esteem, self-assessment, sense of significance, and "self-sufficiency"; active life orientation; positive and rational thinking; emotional-volitional qualities; and health status.

The analysis of personal resources is of significant importance in contemporary psychological science. Currently, various studies are known that aim to uncover the essence of complex life situations, as well as to investigate the peculiarities of human reaction to them and the utilization of their own resources to overcome these situations. Scholars such as J. Davidson, K. Connor, S. Hobfoll, among others, conduct research focused on studying the essential characteristics of complex life situations, human reactions to their conditions, and the use of personal resources for adaptation, recovery, transformation, and growth amidst stress and traumatic circumstances. Works by domestic scientists like S.O. Lukomska, T. Tytarenko, O.S. Shetpa are also dedicated to studying personal resources and their influence on an individual's ability to adapt and self-realize in complex life circumstances.

**Conclusions:** In psychological science, the term "resource" is used to express the concept of a personal reserve of internal and external capabilities that can be mobilized to overcome extreme situations, especially those associated with military actions. It is known that the main function of personal resources is to create conditions for overcoming complex extreme situations in life, including stress and trauma. The important role of personal resources in confronting traumatic situations, stress, depression, etc., arising from extreme circumstances, particularly in wartime, has been outlined. Conditions characterized by high levels of complexity and danger may exceed usual physiological and psychological reactions, leading to the depletion of resources in conditions of constant extreme situations.

Thus, the process of resolving and overcoming extreme situations includes the utilization, development, and restoration of personal resources. Various and complex extreme situations encountered by individuals require effective management of personal resources, as well as their development and preservation to address the consequences of specific situations and ensure the mental health of the individual.

Conducting further scientific research aimed at optimizing personal resources, which serve as the basis for preserving mental health and developing these resources as a system of individual capabilities, is considered promising. Personal resources are key factors in an individual's life, especially in conditions of wartime events.
These research findings are relevant and hold great significance for the practical application and development of psychological science in the face of contemporary challenges.

References:


Література:


