WAYS TO OVERCOME PERSONAL CRISSES IN THE PERIOD OF MARTIAL STATE: A REVIEW OF THEORETICAL CONCEPTS IN WORLD PSYCHOLOGY

Abstract. Right now, when Ukraine is under martial law due to full-scale Russian aggression, and many countries around the world are witnessing increasing economic, political, social, cultural, religious, ecological and other variations of crises, the problems of each personality with its internal conflicts and sufferings have become more obvious.

This article examines the analysis and classification of the concepts of "sustainability", "resilience", "personal adaptation", "adaptive resources". An analysis of the key moments of the life crises variants and characteristic of the individual in the period of martial law, was carried out, as well as ways of strengthening the vitality and adaptation of the individual in difficult life conditions. Theoretical concepts in world psychology regarding the influence of crisis situations on the psychological health and life activities of the individual are also highlighted. Various classifications of life crises in the modern period are presented, the value of resilience for an individual in the period of war is analyzed. The own theory for understanding the phenomena of vitality, resilience and adaptive resources of the individual is indicated. The significance of special moments in relation to the adaptation and vitality of the individual in the conditions of martial law was also substantiated.

It should be noted separately that since many people currently left Ukraine due to the war as refugees with the need for further adaptation in the conditions of a different cultural environment, the measure of importance of the cultural component of the adaptation resources of the individual was analyzed, taking into account, first of all, the peculiarities of cultural intelligence.

Keywords: crisis situation, resilience, life crisis, resilience, personality adaptation, personality adaptation resources, cultural intelligence.
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СПОСОБИ ПОДОЛАННЯ ОСОБИСТІСНИХ КРИЗ У ПЕРІОД ВОЄННОГО СТАНУ: ОГЛЯД ТЕОРЕТИЧНИХ КОНЦЕПЦІЙ У СВІТОВІЙ ПСИХОЛОГІЇ

Анотація. Саме зараз, коли в Україні введено воєнний стан через повномасштабну російську агресію, а у багатьох державах по всьому світу спостерігаються наростию економічні, політичні, соціальні, культурні, релігійні, екологічні та інші варіації криз, проблеми кожної конкретної особистості з її внутрішніми конфліктами та стражданнями зробилися більш якими.

У даній статті розглядається аналіз та класифікація понять «життєстійкість», «резілієнтність», «адаптація особистості», «адаптаційні ресурси». Був проведений розбір ключових моментів варіантів життєвих криз, характерних для особистості у період воєнного стану, також розглянуто способи посилення життєстійкості та адаптації особистості в складних життєвих умовах. Також висвітлені теоретичні концепції у світовій психології стосовно впливу кризових ситуацій на психологічне здоров'я та життєдіяльність особистості.

Окремо потрібно відзначити, що так як багато людей на даний час виїхали з України через війну як біженці з необхідністю подальшої адаптації в умовах іншого культурного середовища, була проаналізована ступінь важливості культурної складової адаптаційних ресурсів особистості, враховуючи, насамперед, особливості культурного інтелекту.

Ключові слова: кризова ситуація, життєстійкість, життєва криза, резілієнтність, адаптація особистості, адаптаційні ресурси особистості, культурний інтелект.

Statement of the problem. The concept of "crisis" (derived from the Greek kreses - decision, turning point, result) in psychology means a complex state that arises due to certain reasons or a sharp change in the status of a person's individual life. In the psychological literature, there are synonyms for the term "crisis", such as "transition", "critical period", "turning stage of life", "critical situation", "break".
With regard to crisis situations in life, scientists have not reached a consensus on this issue at the moment. Modern psychology distinguishes between different types of crises. At least at the level of differentiation, one can state a wide variety and ambiguity of the relevant terms: "spiritual crisis", "existential crisis", "life crisis", "moral crisis", "crisis of the meaning of life", "identity crisis", "age crisis", "crisis of professional development", "personal crisis", "crisis of meaning", "crisis of meaninglessness", etc.

In addition, there are psychological phenomena that are inextricably linked to the problem of personality crisis, namely "internal conflict", "intrapersonal conflict", "existential vacuum", "experiencing", "crisis situation", etc.. In general, a life crisis is a complex phenomenon of a person's individual life.

However, despite the large number of empirical studies devoted to various aspects of the study of personal crisis, the problem is still far from a final solution. There are conflicting views on the very definition of a personal crisis, its boundaries have not been clarified. The concept of personal crisis is used in a too broad sense. Therefore, the definition of "personal" includes all crises of individual life (existential, psychological, vital, and others), which complicates the understanding of the crisis situation and its analysis. Almost the most important point in overcoming the crisis remains unexplored - the role of the individual himself and the influence of socio-cultural aspects, which, in our opinion, decisively affects its course and the results of this course.

In addition, in order to restore normal life in Ukraine after the end of the war, it is necessary to implement mandatory measures to provide psychological support to people experiencing a crisis and help them adapt using their adaptation resources.

Analysis of recent research and publications shows the works of American psychologists E. Kübler-Ross, R. Moody, B. Deits, also German-American psychiatrist E. Lindemann, and S. Muddy are devoted to methods of overcoming life crises.

Among the latest achievements of crisis psychology are the studies of coping strategy as a way of human interaction with a difficult life situation in accordance with the logic of its unfolding, the significance of crisis circumstances in current life and the realization of opportunities, available human resources (A. Bandura, L. Murphy, R. Lazarus, S. Volkman, G.-J. Frydenberg, R. Schwarzer, as well as T. Kryukova, E. Kuftyak, O. Berestneva).

Ways of solving crises situations are developed by the Ukrainian psychologists P. Gornostay, T. Tytarenko, B. Lazorenko, L. Lepikhova, O. Kliapets, N. Rodina, K. Cheremnykh. Philosophical, sociological, and psychological-pedagogical justification of life crises of personality in Ukraine was carried out under the leadership of L. Sokhan, A. Solodka, Yu. Bokhonkova and I. Yermakov. The study of medical and psychiatric aspects of crisis counseling is headed by L. Yuryeva.

The course of the crisis is also influenced by the general socio-cultural background, creating associative fields that impose on a person a new possibility of
structing meanings, new ways of interpreting oneself and one's life, in relation to this topic there is a studies by Yu. Bohonkova and A. Solodka.

There are interest works of Ukrainian psychologists of recent years - I. L. Lyaskovska, V. V. Kyrychenko, A. V. Ovsyehka, L. O. Shevchenko, I. M. Shcherbakova and others. So, to date, the phenomenology of the personal crisis has been described not fully, the stages of its development, psychological, physiological and behavioral manifestations, as well as triggering mechanisms have been marked (R. Assaggioli, F. Yu. Vasyliuk, S. Grof, K. Grof, T. Yeomans, E. Yeomans, I. L. Lyaskovska, O. S. Ognev, A. V. Ovsyehka, O. V. Khukhaeva, I. M. Shcherbakova, K. and others).

The purpose of the article is the theoretical analysis of conceptual ideas regarding the peculiarities of experiencing personal life crises during the period of martial law.

Presentation of the main research material. "Crisis" is a term known by all of us nowadays. The psychological health of an individual is an extremely important component of a healthy individual as a whole. In view of this, the concept of social aspects of the influence of crisis situations on the personality is relevant for its study within the framework of psychological science, opening before us another urgent question about what exactly are the peculiarities of the influence of social aspects of the environment on the emergence of a maladaptive strategy of personality behavior [1].

From the point of view of psychological science, crises can be conditionally divided into:

1. Crisis of unrealization (occurs on the basis of the individual's feelings about the unrealization of life's achievements).
2. Crisis of desolation (caused by a person's experiences regarding the uncertainty of his future, his life perspective).
3. A crisis of hopelessness (caused by the lack of a clear idea of the future in a person's mind, devaluation of life plans, projects, dreams).

A life crisis is a complex phenomenon of a person's individual life. In crisis psychology, there are several more definitions of the term "life crisis" [2]. A life crisis is a phenomenon of the inner world of a person, which manifests itself in various forms of experiencing the unproductiveness of one's life path and is its turning point, which arises in the situation of the impossibility of realizing a life plan. A life crisis is a change of direction, a decision, a choice. A crisis can be defined as a long internal conflict about life in general, its meaning, main goals and ways to achieve them [3]. It can have both destructive and constructive significance for the process of development and personality formation.

The crises experienced by each individual are normal (normative, progressive) and abnormal (non-normative, regressive).

The most widely research can be considered: crises of age-related mental development; life crises caused by traumatic events; relationship crises or group crises, considered in terms of family relations, groups, teams, organizations, as well
as from ethnic and religious positions, etc.; professional crises, which are characterized as a short-term period of radical restructuring of professional consciousness, which causes a change in the vector of professional development; neurotic crises, which are often marked by internal defense mechanisms and lead to personality maladaptation; spiritual crises, which are associated with the manifestation of unconscious problems in the course of human development, which direct the individual to transform his own experiences and change perception and intellectual operations; existential crises experienced by a person as a person's loss of meaning in life, his identity, authenticity.

In studies of the spiritual crisis, scientists pose the problem of the sense of life in the first place, and the fragments of spiritual development are based on the moral values of the particularity of value orientations, faith, love, motivation and directness, then their destruction may be a change of mind caused by the crisis of the sense of life. The systematization of formed ideas about the causes and conditions of the existence of an existential crisis allows us to distinguish three psychological varieties: a) a crisis of senselessness, which occurs due to the lack of meaning in life and the impossibility of finding it; b) a crisis of loss of meaning, which is caused by the loss of the meaning of life in a critical situation and the impossibility of restoring it; c) a crisis of a suboptimal meaning of life, which arises as a result of an individual's acceptance of a meaning of life with inadequate content and structural and functional properties and the inability to implement it productively. The source of the personality crisis in foreign psychology is considered to be both internal conflicts between the structural elements of the personality and inconsistency between the inner and outer world of the personality [4]. As a starting point in the emergence of a crisis, any extraordinary, most often negative event or situation that disrupts the usual way of life of a person is considered.

In the history of the study of the personality crisis in foreign psychology, a tradition can be noted in which researchers approach the study of the crisis from the standpoint of the crisis situation. It can be said that it is generally accepted that a crisis as a fracture and a contradiction is a necessary condition and indicator of personality development and can be determined by both external and internal factors that combine in the experience of the individual. If we talk about certain approaches to the problem of the crisis, based on modern theoretical and research works, the following can be distinguished: frustrating, where the crisis is correlated with a state of frustration and a person's dissatisfaction with himself and his relationships with others; transformational (personally oriented), in which a stressful situation is accompanied by a revision of ideas about oneself and the world and personal restructuring, which is both positive and negative in nature; transcendental (life-oriented), where the crisis acts as a turning point, a point of change in the development of a person and his life.
The personal experience of a crisis event, along with the emergence of acute negative emotions of despair and depression, contains the internal potential of personal growth, which consists in mobilizing the vital activity of the individual, in understanding and accepting oneself, in rethinking one's own life, in the formation of new connections, in the inclusion of deep reserves of the psyche, in the final account - in a person's search for the meaning of life, if he finds himself in a crisis life situation that cannot be changed anymore.

In modern literature, the experience of significant positive changes in a person's life, which is the result of a struggle with a life crisis, is commonly called post-traumatic or stress-induced personal growth. Both concepts reflect a person's ability to personal growth in the process of overcoming a stressful or crisis situation. Stress-induced and post-traumatic growth can be manifested: a) in the acquisition of greater vitality, as a person can discover in himself unknown mental and physical capabilities that allow him to form new life strategies and expand the range of behavior; b) in psychological readiness to overcome existential obstacles, since thanks to the experience of effective mastering of a crisis, a person becomes not only better prepared for further difficult situations, but also less prone to them; c) in existential reevaluation, since as a result of the struggle for the return of inner harmony, a person can experience spiritual transformation, which involves, in particular, a more pronounced experience of the presence of meaning and purpose in life and greater satisfaction with life in general [5,6].

Let's consider the differentiation of crisis states of the personality as a central link of the personal "I" and as a milestone in overcoming a life crisis. As the main states of differentiation of the crisis personality, the following are distinguished:

- acceptance by a person of responsibility for an undetermined result of his actions;
- experiencing the possibility of realizing various options for the future, one's involvement in building the image of the desired result and one's ability to realize the desired;
- realization of the opportunities that open up in actions taken of one's own free will;
- making a responsible decision to end the action (showing oneself as the root cause, the subject of the end of the action);
- evaluation of the result as a personally significant neoplasm determined by one's own activity (manifestation of oneself as the subject of a completed action).

Due to the deficiency of the feeling of a crisis event, a person will consider himself the object of manipulations, which are carried out without taking into account his wishes or even against them. This can give rise to a refusal to use the acquired experience under the pretext of its low value or lack of confidence in one's abilities.

Therefore, the feeling of the crisis of this or that event is based, first of all, on the state of the individual, that is, the development of the ability of the individual to
adapt, to master himself, capable of being responsible for his own actions and acting as the author of his own actions, that is, such a personality that is able to analyze and create own life path.

Therefore, it is necessary to consider the problem of adaptive resources of the individual. In our opinion, the adaptive potential of an individual reflects the general ability of a person to adapt to various situations, based on his internal and external resources. This is an integral characteristic that unites various aspects of the psychological, physiological and social functioning of an individual. Adaptive potential shows how successfully a person can cope with challenges while maintaining their mental and physical health.

Adaptation resources of the individual, on the other hand, represent specific internal and external factors that can be used by the individual for successful adaptation. These can be personality qualities such as optimism, resilience, social skills, knowledge, skills and support from the environment. Adaptive resources provide individuals with tools to adapt to challenging circumstances, helping to reduce the negative impact of stress and hardship.

Thus, an individual's adaptive potential expresses the general ability to adapt, while adaptive resources represent specific attributes and factors that enhance this ability.

The key methodological importance for the formation of the logic of our research is the consideration of adaptation resources, as an integral characteristic of the individual, a system of human abilities to eliminate contradictions of the individual with the living environment, overcoming adverse life circumstances, difficult life situations, which is actualized and revealed in the processes of self-determination of the individual [7]. Accordingly to this approach, for the study of adaptive resources of an individual in crisis life situations, the following main elements of its content potential were determined:

1) external (social support, work, social status, income)
2) internal, intrapersonal variables (self-esteem, abilities, interests, self-control, optimism, life values, belief system);
3) mental and physical conditions;
4) volitional, emotional and energetic characteristics, which are necessary to overcome difficult life situations and achieve personally significant goals.
5) characteristics of the value-motivational sphere.

An interesting approach to the interpretation of adaptation can be found in the theory of vitality or "hardiness" by S. Maddi. This theory determines that the concept of "sustainability" is not a personal quality, but a system of guidelines and beliefs that to a certain extent are amenable to formation and development. Vitality, according to S. Maddi, is a basic characteristic of an individual, which mediates the influence on his consciousness and behavior of all kinds of favorable and unfavorable circumstances, starting from somatic diseases and ending with social conditions. Thus, adaptation is understood as the process of personality development
and its ability to effectively cope with life's difficulties, adverse conditions, challenges and changes [8,9].

In the interpretation of S. Maddi, sustainability includes three relatively autonomous components:

- involvement in the life process - conviction that participation in what is happening gives the maximum chance to find something valuable and interesting for the individual. The basis of involvement is self-confidence - a person's perception of his ability to act successfully in a particular situation (self-efficacy);

- confidence in the controllability of significant events in one's life and readiness to control them - conviction that the struggle allows one to influence the outcome of what is happening. The level of control is influenced by the style of thinking (an individual way of explaining the reasons for the events taking place);

- accepting the challenge of life - a person's conviction that all the events that happen to him contribute to his development due to the acquisition of experience. Accepting a challenge (risk) is a person's attitude to the fundamental possibility of change [9].

In the works of Ukrainian researchers, it is also possible to single out various aspects of human resources, which deeply reveal the concept of "sustainability". For example, Yu.O, Bohonkova singles out important informational and instrumental resources, such as the ability to control the situation, the use of methods to achieve goals, the ability to adapt, readiness for self-development, interactive techniques for changing oneself and the environment, and activity in transforming situations of interaction with stressful factors. Also, material resources play a significant role, including a high level of income, stable pay, hygienic living conditions [7].

In situations of life crises, such as forced resettlement, migration, refugees, during which stability and usual ways of life are disrupted, individuals and societies face the task of positive adaptation to the new reality. In this context, the analysis of adaptation acquires special importance through the prism of the theory of cultural adaptation, based on the study of the influence of cultural factors on adaptation processes.

Within the framework of this theoretical model, the concept of adaptation is revealed as a complex process determined not only by biological and psychological aspects, but also by the influence of cultural features, values and traditions on the perception and reaction to change as said Yu.O, Bohonkova. In this context, cultural adaptation and the development of cultural intelligence become especially important as people face cultural differences, changing lifestyles and instability [7].

It is necessary to take into account the fact that when it comes to a specific personal "I", then in real life we encounter a situation when the personal "I" of a specific individual does not have a transcendental dimension, that is, when a person is simply a social individual performing a certain role or certain teams, but not a person. This person acts as a social function, as a derivative of a group, organization, crowd and, deprived of the usual external determinants, finds himself in a situation
of the most real life crisis, since the functioning of this social unit outside the boundaries of the usual social determinants becomes impossible.

A person literally has nothing to live for, since his existence is not a product of his own life. It is in such a life crisis that a person begins to lose dignity, a sense of self-respect, his own meaning in life, feels useless, resorts to drug or alcohol poisoning or, on the contrary, baselessly, according to the action of compensatory mechanisms of false self-affirmation, demands for himself some extraordinary privileges and honors, produces and develops false instructions, pathological habits and pathocharacterological reactions, ineffective coping strategies, destructive types of attitude to the disease, which turn it into a patient of drug addiction departments or psychiatric services, patients of rehabilitation centers or other medical institutions [10,11].

Also, in our opinion, it is important to pay attention to the analysis of social factors that influence the emergence of personal crisis situations. More than once we have to hear the word "progress" in relation to certain events, scientific, social, etc. Such events, as a rule, have a description of certain development paths, however, only those of them that lead to a certain improvement of the entire system or its individual elements can be called progressive [12,13,14]. But one way or another, progress is impossible without some social and individual costs, which are usually necessary to reach a certain level of it.

Another representatives of the theory of vitality, A. Masten, K. Burt and others also point to the positive role of resilience, as a significant ability of an individual to successfully resist stress and difficulties [15,16,17].

Thus, at the scale of society, a necessary condition for its progressive development is the process of a certain transformation of it on the way to the general improvement of both its individual spheres and the social order itself in general. It also implies an increase in the level of social and psychological health of the population as a desired result of transformational processes. However, on the way to this much-desired result, during life in the conditions of a transformational society and war, a person is also waiting for more or less crisis situations that disrupt his adaptive capabilities and cause mental and psychological disorders, including psychosomatic ones [18,19].

However, before proceeding to the consideration of the threats to the psychological health of the individual in the conditions, it is worth, first of all, to reveal the essence of the very term "transformational society" and certain nuances related to it.

Thus, guided by the statements of many scientists, it can be concluded that a transformational society, in its broadest sense, is a society in which radical changes are taking place, spreading to all its spheres. In this society, we can observe the transition from the process of overcoming the historical elements of the old order to the achievement of a new quality of a certain system [20].

It is worth paying attention to the fact that in addition to the positive assets to which the society is obviously heading through its own transformation, a person
living in a transformational society also constantly deals with one or another risks. As mentioned in the previous subsections, certain rather radical changes, whether they have a negative color or embody something positive, one way or another, can be considered potentially stressful. Sensitivity to various types of social change is influenced by many factors. So, for example, people belonging to different age categories, as a rule, tend to evaluate sudden changes as a result of social transformation in extremely different ways.

Moreover, usually, the older generations are, the more important they are to the preservation of the foundations and rules prevailing in society, without excessive urges to change them.

Thus, the measure of the threat to this or that individual is what constitutes value for this individual, and existence in society during his stay in the midst of transformation processes implies an inevitable impact on the above-mentioned values [20].

So what is the process of social transformation as it is? In view of the statements of foreign and domestic scientists, and on the example of the prevailing social reality in our country, we can talk about the presence of certain stages of social transformation. Where the first stage involves, so to speak, social diagnostics, which includes a description of the urgent reality; factors underlying the current situation, as well as possible ways out of the crisis situation. At the second stage, society re-evaluates the existing state as a crisis, as well as assesses the essence and scale of the existing crisis, which has a systemic nature.

At the third stage, the actual, so to speak, destruction of the old system takes place, at the very front, with the aim of eliminating its inconsistencies with the existing level of social development and its trends. The fourth stage involves, so to speak, drawing a new self-determination of society, with the resulting visions of possible ways of further development.

Having paid enough attention to the examination of each of the stages of social transformation, the reverse side of the above-mentioned process comes to the fore, which is reflected in the form of threats to the psychological health of the individual and violation of his adaptive capabilities under the given conditions [9].

Not all people equally easily overcome obstacles on the way to future outcomes as a result of social change. Yes, each specific aspect of social transformation can have a threatening effect on certain aspects of the psychological health of a person, if for one reason or another, he is extremely vulnerable to them.

However, even in the absence, so to speak, of special sensitivity in matters of social transformation, this process is always a chance to achieve positive social changes. However, this chance also has a reverse side, which appears before the individual in the form of certain threats to his psychological health [21].

As you know, not all people experienced these events in the same way. In many people who were used to the past social system, it was possible to trace the so-called "cultural trauma", which is a fairly widespread negative consequence of sharp
and large-scale changes in society and, as a result, the development of a state of maladaptation and the inability to adapt to urgent changes. It is also not uncommon under such conditions to develop social stress disorders, which occur as a result of the dominance of one political regime over a considerable period of time, during which more than three generations were brought up under the conditions of this regime, which are characterized by the corresponding norms and values [21]. And also from the condition of the economic and political crisis, with the increase in unemployment, increase in the level of crime, as well as possible local wars and, as a result, refugees. What can also be traced on the example of today's situation in the country.

Conclusions. Thus, based on the information given above, it can be seen that definitely social transformation is positive in view of the future goals and development towards which the society that is on the path of transformation is headed. It should take place when reformation is powerless and large-scale fundamental changes are needed. Conditionally, this social phenomenon can be compared to a crisis period in the life of an individual, which in itself is quite painful, shocking, and at the same time the only true path to development, when all other possibilities have already been exhausted. As in the case of a crisis state, under the condition of a successful transformation, the final point on this path is a certain neoplasm. In the case of society, a qualitatively new level of state organization, positive legal, economic and other changes, improvements in the functioning of social institutions, etc. can be seen as such a new formation. However, this process also has a reverse side, which appears before the individual in the form of certain threats to his psychological health, and violates his adaptive capabilities. Thus, each specific aspect of social transformation can have a threatening effect on certain aspects of the psychological health of one or another person, namely: value and goal attitudes, self-confidence and trust in society and authorities, etc. So, depending on which side of the problem or at what level the problematic in this direction appears, specific tasks for psychological and psychocorrective work are determined. After all, the focus of psychological work on the specified aspects of the personality reveals the prospects of working on self-understanding, self-awareness, and self-acceptance. Here can be the task of personal development, the task of increasing the level of meaningfulness of one's own life, providing psychological conditions for psychological adaptation and goal setting, clarifying the transcendental coordinates of an individual's orientation in the world and to designing the desired future, etc.

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