

## Psychological Resourcefulness of the Individual as a Category of Ecological Psychology

### Психологічна ресурсність особистості як категорія екологічної психології

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### ABSTRACT

**The purpose** of our article is to analyze psychological resourcefulness of the individual as a category of Ecological Psychology.

**Methods of the research.** The following theoretical methods of the research were used to solve the tasks formulated in the article: a categorical method, structural and functional methods, the methods of the analysis, systematization, modeling and generalization. The experimental method of our research is the ascertainment research.

**The results of the research.** The most adequate study of anxiety is its clinical model: we study hypothalamic disorders (anxiety in this case can be clearly correlated with the inclusion of specific physiological mechanisms in the structure of the psychological resourcefulness of the individual and a change in the functioning of its certain microstructures; the minimization of differences, which is the genesis of the state, is largely determined by the role of situational influences and personal inclinations). Let us present the clinical justification for choosing this model of anxiety for the development of the psychological resourcefulness of the individual of future practical psychologists.

**Conclusions.** Psychological resourcefulness of the individual as a category of Ecological Psychology is revealed through the feeling of internal tension. The least intensity of tension, alertness, under conditions of sufficiently pronounced severe mental discomfort. This feeling does not take on a tinge of threat, but is a signal of the possible approach of more severe anxiety phenomena, important for the development of the psychological resourcefulness of the personality of future practical psychologists. It is this level of development of the psychological resourcefulness of the personality of future practical psychologists that has the greatest adaptive value, since the feeling of internal tension contributes to the intensification and modification of activity, the inclusion of mechanisms of intrapsychic adaptation to the model of development of the psychological resourcefulness of the personality of future practical psychologists and at the same time

*may not be accompanied by violations of the integration of the specialist's behavior into the structure of their professional activity in future.*

**Key words:** *resourcefulness of a personality, psychological resourcefulness, Ecological Psychology, the role of situational influences, personal inclinations, feeling of internal tension, professional activity.*

## Introduction

The problem of the formation of the resourcefulness of a personality is gaining increasing scientific and practical relevance due to the continuous growth of social, economic, environmental, technogenic and personal extremes of our life. In such a way it is explained by a significant change in the content and conditions of the activity for representatives of many professions (Гончарук & Онуфрієва, 2018). In our article, we will present materials on the theoretical and experimental study of the formation of the resourcefulness of a personality and the levelling of psychological stress, and present the accumulated knowledge on the problem of actualization of the functional state of a person (Arbuthnott, & Frank, 2000).

It should be noted that the characteristics of the psychological resourcefulness of the individual are not a single feature by which the classification of the states of the human body and psyche is carried out. Another classification is based on the correspondence of the state of a human body to the norm (Key-DeLyria, Bodner, & Altmann, 2019). If the classification of types of psychological resourcefulness of the individual is based on the indicators of working capacity, the tension of the regulatory mechanisms of the human psyche, then the classification according to the criterion "norm – pathology" is based on other principles, as well as on the principles of assessing the state of human health (Nowak, Watt, & Walther, 2009).

There are also quite a few definitions of the concept of "health" itself. Thus, when considering physiological processes, this concept is usually identified with the concept of "norm", which means the absence of significant deviations from so-called reference characteristics (Heino, Ellison, & Gibbs, 2010). Ho-

wever, statistical calculations indicate that “absolutely” healthy individual is not a rule, but the exception, and the concept of norm is a strictly individual concept. Meanwhile, there is an interval of parameters of the functioning of a human body, within which homeostasis is maintained in the structure of the psychological resourcefulness of the individual (Mykhalchuk, & Ivashkevych Ed., 2018). Therefore, in order to maintain their qualitative certainty, scientists refer to norm (health) as the interval that is determined by the limits of variability and stability of objects and processes. Thus, in the natural sense the norm reflects the functional optimum of the system for ensuring the psychological resourcefulness of the individual, but at the same time the individual optimum does not always correspond to the average statistical indicators of this very psychological resourcefulness of the individual (Cattell, 1988).

Meanwhile, the state of the organism, which is assessed as a disease, has its own characteristics and significance for the development of the psychological resourcefulness of the individual. And most importantly, there are a number of different states between the norm and the pathology (Lawson, & Leck, 2006). Therefore, from the point of view of the correspondence of a human state to the norm, three main types of states can be distinguished: a norm, borderline state, and pathology. Among these three classes of states, the most complex are borderline or borderline states. Moreover, states caused by a violation of both the somatic and mental spheres of the individual can be attributed to this category. The concept of “mental borderline states” is mainly used to denote a whole group of not sharply expressed disorders that border on the state of human health and separate it from the actual pathological mental manifestations, which in a holistic system ensures the psychological resourcefulness of the individual (Pimperton, & Nation, 2010).

This group of states, being included into the structure of the psychological resourcefulness of the individual, is not homogeneous in its composition and qualitative parameters character-

rizing the degree of health or illness of a person, since the transition from health to illness is a qualitative transformation of various parameters of the organism (Stephens, & Rains, 2011). There are states that, on the one hand, correspond to the person's health to a greater extent and only in a number of individual indicators go beyond the norm. On the other hand, there are states that are very close to pathology, but cannot be considered as a disease, because they lack one or more significant signs of the presence of a symptom complex of the disease (Rezaei, & Mou-sanezhad Jeddi, 2020).

In addition, there is a whole range of psychological phenomena that go beyond generally accepted norm, but anyway they can be attributed to pathology. For example, this group of phenomena can fully include character accentuations as structural components of the psychological resourcefulness of the individual. Since this class of states occupies a certain intermediate position between health and illness, the problem of borderline states is studied by both psychiatrists and psychologists (Rains, & Scott, 2007).

The main feature of borderline mental states, which determine the psychological resourcefulness of the individual, doesn't consist in their location between the state of health and illness, but they are directly related to the process of adaptation. When considering the problem of human adaptation, mental, physiological and social adaptation are distinguished. In this regard, mental adaptation is the most significant level for ensuring the successful adaptation of a person in general, since mental adaptation mechanisms are primarily psychological in nature. According to scientists, adapted mental activity is the most important factor that ensures a person's health. In the case when the level of mental adaptation corresponds to that required for active life, we can talk about the norm (Ramirez, & Wang, 2008).

Therefore, one of the main reasons for the emergence of borderline states in the violation of mental mechanisms is the processes of regulation of mental states, which interfere with the

development of psychological resourcefulness of the individual. This occurs when there is a discrepancy between social and biological capabilities of a person to process information (meaning its quantity and speed of processing) and the need to process information in specific conditions of professional activity (Mykhalchuk, & Kryshevych, 2019).

Borderline mental states should be distinguished from the so-called borderline mental disorders, which usually mean various forms of psychopathy (there are over two hundred of them). All of them are the subjects of study of psychiatry, because in this case we are not talking about states bordering on the norm and pathology, but about disorders that occupy an intermediate position between neuroses and psychoses. A psychologist more often in practice encounters the initial manifestations of neurotic disorders, post-traumatic stress disorders, social-stress and panic states (Schleicher, & McConnell, 2005).

The initial manifestations of neurotic disorders constitute the group of human conditions that we have defined as borderline mental states, when there is no disease, but there are significant disorders in the regulation of various body systems. This type of conditions is more often characterized by the presence of increased fatigue, irritability, emotional tension and emotional instability, night sleep disorders, headache, autonomic dysfunctions, and psychosomatic complaints. These conditions usually arise against the background of relatively long-term emotional overstrain, directly related to both individually significant psychotraumatic circumstances and the characteristics of professional activity. As a rule, such conditions are formed gradually and they are initially periodic in nature. However, over time, these conditions appear more and more often, and the time during which they dominate increases each time.

It is necessary to emphasize the special role of emotions in the formation of the psychological resourcefulness of the individual. The fact is that both post-traumatic stress disorders, which are arisen as a result of such psycho-traumatic situations

as natural disasters or technological catastrophes, and stress disorders caused by a radical change in the social conditions of human activity, appear in the emotional sphere, which ensures the psychological resourcefulness of the individual.

Having started talking about emotions and the emotional sphere, we have come close to the problem of regulating human states and behavior in general as stages of the development of psychological resourcefulness of the individual. This is perhaps a central problem of all psychological science. It is extremely complex and contradictory. Currently, there are many points of view on how exactly mental regulation of states and human behavior in general is carried out. If we try to generalize the existing views on this problem, we can come to the disappointing conclusion that the system of mental adaptation mechanisms is multicomponent and the psychological resourcefulness of the individual consists of a number of subsystems, among which the following can be mentioned:

1. Subsystem of socio-psychological contacts.
2. Subsystem of information search, perception and processing.
3. Subsystem of ensuring wakefulness and sleep.
4. Subsystem of emotional response.
5. Subsystem of endocrine-humoral regulation.

It is quite obvious that all these subsystems can be attributed to one of two levels – physiological or mental ones, and adaptation will proceed normally until the demands of the environment reach a certain adaptation barrier, which will contribute to the development of the psychological resourcefulness of the individual.

*The adaptive barrier of psychological resourcefulness of an individual* is a conditional limit of environmental parameters, including social ones, while adequate adaptation is impossible. The characteristics of the adaptive barrier are strictly individual ones. According to scientists, they largely depend on both biological factors of the surrounding environment and the con-

stitutional type of a person, and on social factors and individual psychological characteristics of the individual, which determine the psychological resourcefulness of the individual. We include the self-esteem of the individual, the system of his/her values, to such personal formations. Therefore, we must conclude that the success of the psychological resourcefulness of the individual is determined by the normal functioning of the systems of the physiological and mental levels. However, these systems cannot function without encountering each other. It is quite likely that there is a component that ensures the interconnection of these two levels and ensures normal human activity. We must also assume that this component must have a dual nature: on the one hand, mental one, and on the other hand, physiological nature. Emotions are such a component in the system of regulation of the process of psychological resourcefulness of the individual.

**The purpose** of our article is to analyze psychological resourcefulness of the individual as a category of Ecological Psychology.

### **Methods of the research**

The following theoretical methods of the research were used to solve the tasks formulated in the article: a categorical method, structural and functional methods, the methods of the analysis, systematization, modeling, and generalization. The experimental method of our research is ascertainment research.

The empirical study was carried out in 2024, in November-December at the Academician Stepan Demianchuk International University of Economics and Humanities. The study involved 40 full-time and distance learning masters who will receive the specialty “Practical Psychologist” in the future. At this ascertaining stage of the experiment, we divided the psychologists into experimental and control groups, using the randomization method to form groups, that is, by a random method. Therefore, we divided the entire number of psychologists into two groups:

Group E1 – 20 1<sup>st</sup>-year higher education students.

Group C1 – 20<sup>nd</sup>-year higher education students.

To achieve the set goal of the research and to solve the set tasks of studying coping strategies and studying the psychological resourcefulness of the personality of future practical psychologists, the following methods were used:

1. Questionnaire "My Future Profession" (Опитувальник «Моя майбутня професія», 2024).

2. Stress Coping Strategies Questionnaire (SACS) (Опитувальник стратегій подолання стресових ситуацій (SACS), 2024).

The multiaxial model "Behavior and Coping with the Consequences of Negative Behavior" and the SACS scale were proposed by S. Hobfall in 1994. In this model, the psychological resourcefulness of the individual is considered along two main axes: pro-social – asocial, active – passive, and one additional axis: direct psychological resourcefulness of the individual – indirect psychological resourcefulness of the individual. The existing axes represent dimensions of general strategies of psychological resourcefulness of the individual and coping behavior of future practical psychologists.

3. Questionnaire "Overcoming Difficult Life Situations" (PVZHS) (Опитувальник «Подолання важких життєвих ситуацій» (ПВЖС), 2024). The existing methodology is a Ukrainian-language version of the German questionnaire SVF – 120 by V. Janke and G. Erdmann.

## Results and their discussion

In order to provide a detailed stratification of indicators corresponding to the average level of psychological resourcefulness of the personality of future practical psychologists of the respondents of the control and experimental groups, we used the 26-scale semantic differential method. The data we obtained are presented in Table 1.

*Table 1*

**Factorization of data of respondents of the experimental and control groups with a middle level of psychological resourcefulness of the personality of future practical psychologists using psychodiagnostic methods: the questionnaire “My Future Profession”, the questionnaire of coping strategies for stressful situations (SACS), the questionnaire “Coping with Difficult Life Situations” (PVZHS) (in points, using the methods of factor analysis and semantic differential, ascertainment research)**

№	Name of the factorial quantity	Factor weight of the quantity
1	Anxiety	0.6759
2	Psychological resourcefulness	0.6603
3	Balance	0.6577
4	Anxiety about the outcome of professional activity	0.6421
5	Metasubjectivity	0.6309
6	Adaptability	0.6209
7	Motivational role	0.6001
8	Adaptive mechanisms of the psyche	0.5992
9	Adaptation mechanisms of professional activity	0.5889
10	Primary motivations	0.5761
11	Replacing adequate forms of behavior with primary motivations	0.5671
12	Personal factors	0.5568
13	The psychological significance of anxiety	0.5402
14	Psychopathological manifestation of anxiety	0.5318
15	Integrity of the individual	0.5233
16	Neurotic anxiety	0.5200
17	Situational influences	0.5129
18	Alarming response features	0.5055
19	Anxiety as a disorder	0.5023
20	Motivational aspects of behavior	0.4967
21	Emotional aspects of behavior	0.4817

22	Disturbing aspects of behavior	0.4498
23	Motivational aspects of professional activity	0.3619
24	Emotional aspects of professional activity	0.3515
25	Axiological aspects of professional activity	0.3109
26	Secondary motivations	0.3007

Thus, in respondents with an average level of psychological resourcefulness of the personality of a practical psychologist, anxiety is a basic concept that defines anxiety itself. The sources of anxiety can be any disruption of the balance of the system of a future practical psychologist – the environment due to insufficient mental or physical resources of the individual, satisfaction of his/her needs; fears associated with the possible inability to realize significant aspirations in future.

Anxiety is the result of the occurrence or expectation of frustration; an uncertain threat, the nature and time of which cannot be predicted. The inclusion of the psychological variable threat into the structure of the psychological resourcefulness of the individual, the feeling of which is the central element of anxiety, which determines its biological significance as a signal of adversity and danger. Anxiety is sometimes perceived by us as a form of adaptation of the organism under conditions of acute or chronic stress. Anxiety is rather a signal indicating a violation and activating the psychological resourcefulness of the individual of future practical psychologists. Anxiety can play a protective or motivational role, accompanying various pains, including psychological ones. The emergence of anxiety indicates an increase in behavioral activity, a change in the nature of behavior or the inclusion of mechanisms of intrapsychic adaptation of future practical psychologists to the conditions of professional activity.

The importance of the motivational role of anxiety for the development of psychological resourcefulness of the personality of future practical psychologists allows us to consider anxiety as the basis of a number of secondary motivations, and the reduction of anxiety as a powerful reinforcement of the professional

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activity of a psychologist. Anxiety stimulates activity and contributes to the destruction of the shortcomings of adaptive behavioral stereotypes, replacing them with more adequate forms of behavior, which is the basis for the development of psychological resourcefulness of the personality. Unlike pain, anxiety is a signal of danger that has not yet been realized. The prediction of this danger is purely probabilistic in nature: situational, personal factors, features of transactions of the system of psychological resourcefulness of the personality of future practical psychologists – the environment. Moreover, personal factors may be somewhat more important than situational ones: the intensity of anxiety reflects the individual characteristics of future practical psychologists to a greater extent than a real significance of the threat for the development of psychological resourcefulness of the personality.

In the research foreign scientists (Ishkhanyan, Boye, & Mogenssen, 2019) describe the psychological and psychopathological significance of anxiety for the development of psychological resourcefulness of the individual. Scientists say that anxiety is the body of a general neurotic organization of the professional activity of a practical psychologist. Anxiety is responsible for most mental disorders in which psychopathological disorders are detected. Anxiety is either the main component of various psychopathological syndromes or the basis on which the psychopathological or psychosomatic manifestation of the psychological resourcefulness of the individual is formed.

There are many points of view on various aspects of anxiety: the differences between anxiety and fear, the problem of normal and pathological anxiety, taking into account their role in the development of psychological resourcefulness of the personality of future practical psychologists. There is also no single point of view on whether anxiety is a single phenomenon or a set of certain mental phenomena. Thus, we believe that anxiety and fear differ in that anxiety is felt out of connection with a specific stimulus of the professional activity of a practical psycholo-

gist, and fear is always correlated with a specific object of the professional activity of a practical psychologist. We also have the opinion that anxiety arises when the integrity of the personality is threatened, and fear appears when physical existence is threatened. We are generally inclined to recognize anxiety as less defined and expressed than fear.

In the case of distinguishing between normal and pathological anxiety, we point out that anxiety is a phenomenon of psychopathology, and fear is a normal or pathological phenomenon depending on the structure of the state in which it is observed. But both anxiety and fear determine the formation of the psychological resourcefulness of the personality of future practical psychologists. We divide anxiety into normal, neurotic, psychotic, but still we consider anxiety as the only essentially pathological phenomenon that can acquire a pathological character under conditions of inadequate intensification of anxiety, its generalization or displacement of anxiety reactions to certain rather specific stimuli.

The most adequate study of anxiety is its clinical model: we study hypothalamic disorders (anxiety in this case can be clearly correlated with the inclusion of specific physiological mechanisms in the structure of the psychological resourcefulness of the individual and a change in the functioning of its certain microstructures; the minimization of differences, which is the genesis of the state, is largely determined by the role of situational influences and personal inclinations). Let us present the clinical justification for choosing this model of anxiety for *the development of the psychological resourcefulness of the individual of future practical psychologists*:

A. Under the conditions of these disorders (psychopathological hypothalamic lesions, features of vegetative-humoral regulation and regularities of the action of psychotropic drugs), violations of physiological adaptation (vegetative-humoral shifts) are naturally combined with violations of mental adaptation (borderline psychopathological symptoms). Anxiety in the ini-

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tial stages of the disorders of the development of psychological resourcefulness of the personality of future practical psychologists analyzed by us appears as a rather isolated phenomenon, but later it is as a component or basis for the formation of borderline psychopathological syndromes, which allows us to clinically study the mentioned transformations.

B. The hypothalamus is a center that coordinates vegetative, humoral, and psychomotor mechanisms for ensuring the development of psychological resourcefulness of the personality of future practical psychologists, and plays an important role in the system that forms the psychological resourcefulness of the personality.

The experimental basis of our model of the development of psychological resourcefulness of the personality of future practical psychologists is created by classical data indicating the role of hypothalamic structures in the system of formation of motivational and emotional aspects of the behavior of the professional activity of a practical psychologist. The hypothalamus, which indicates a fairly high level of integrative brain activity, is of such importance in the organization of emotional behavior, in the development of psychological resourcefulness of the personality of future practical psychologists, that it has practically no zones, the irritation of which would cause vegetative effects outside the parallel occurrence of emotional reactions, which may be associated with a special role of the hypothalamus among the limbic structures that control the development of psychological resourcefulness of the personality of future practical psychologists. This special role of the hypothalamus is also explained by the fact that the structures of other brain substructures included into the structure of psychological resourcefulness of the personality are in morphological and functional dependence on the emotionogenic zones of the hypothalamus. Hypothalamic disorders naturally model various options for the formation of psychophysiological relationships, which allow us to study the features of psychophysiological adaptation, testify to the deve-

lopment of psychological resourcefulness of the personality of future practical psychologists.

### Conclusions

Psychological resourcefulness of the individual as a category of Ecological Psychology is revealed through the *feeling of internal tension*. The least intensity of tension, alertness, under conditions of sufficiently pronounced severe mental discomfort. This feeling does not take on a tinge of threat, but is a signal of the possible approach of more severe anxiety phenomena, important for the development of the psychological resourcefulness of the personality of future practical psychologists. It is this level of development of the psychological resourcefulness of the personality of future practical psychologists that has the greatest adaptive value, since the feeling of internal tension contributes to the intensification and modification of activity, the inclusion of mechanisms of intrapsychic adaptation to the model of development of the psychological resourcefulness of the personality of future practical psychologists and at the same time may not be accompanied by violations of the integration of the specialist's behavior into the structure of their professional activity in future.

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**Гудима Олександр, Івашкевич Едуард. Психологічна ресурсність особистості як категорія екологічної психології.**

**Метою** нашої статті є проаналізувати психологічну ресурсність особистості як категорію екологічної психології.

**Методи дослідження.** Для розв'язання поставлених завдань використовувалися такі теоретичні методи дослідження: категоріальний, структурно-функціональний, аналіз, систематизація, моделювання, узагальнення. Експериментальним методом нашого дослідження було констатувальне дослідження.

**Результати дослідження.** Показано, що найадекватнішим вивченням тривоги є її клінічна модель: нами вивчаються гіпоталамічні порушення (тривогу у цьому разі можна чітко співвіднести із включенням конкретних фізіологічних механізмів до структури психологічної ресурсності особистості і зміною функціонування її певних мікроструктур; мінімізація відмінностей, що є генезом стану, визначається великою мірою роллю ситуаційних впливів і особистісних схильностей). Наведено клінічне обґрунтування вибору цієї моделі тривожності для розвитку психологічної ресурсності особистості майбутніх практичних психологів.

**Висновки.** Психологічна ресурсність особистості як категорія екологічної психології виявляється через відчуття внутрішньої напруженості. Найменша інтенсивність напруги, настороженість, за

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*умов досить вираженого тяжкого душевного дискомфорту. Це відчуття не приймає відтінку загрози, а є сигналом можливого наближення важчих тривожних явищ, важливих для розвитку психологічної ресурсності особистості майбутніх практичних психологів. Саме цей рівень розвитку психологічної ресурсності особистості майбутніх практичних психологів має найбільше адаптаційне значення, оскільки відчуття внутрішньої напруженості сприяє інтенсифікації та модифікації активності, включенню механізмів інтрапсихічної адаптації до моделі розвитку психологічної ресурсності особистості майбутніх практичних психологів і при цьому може не супроводжуватись порушеннями інтеграції поведінки фахівця в структуру професійної діяльності у майбутньому.*

**Ключові слова:** *ресурсність особистості, психологічна ресурсність, екологічна психологія, роль ситуативних впливів, особистісні схильності, відчуття внутрішньої напруги, професійна діяльність.*

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