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Інтерпретація категорії стресостійкість в психології

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Анотація. Актуальність дослідження визначається неоднозначністю тлумачення поняття «стресостійкість», внаслідок чого виникають труднощі під час надання допомоги особам, що потерпають від надскладних ситуацій. Метою дослідження є надання авторської інтерпретації категорії «стресостійкість особистості», що узагальнює різні визначення. Для досягнення мети автор спирається на методологію системного підходу, що надає ясності в розумінні досліджуваної категорії, впорядкованості та можливість узагальнити дослідницьку інформацію, яка існувала у вигляді розрізнених елементів розкриття чогось більш цілісного. Надано авторське визначення поняття стресостійкість як складної інтегративної системної властивості особистості, в якій компоненти її структури (психофізіологічний, емоційний, когнітивний, вольовий) знаходяться в певному співвідношенні й утворюють цілісну структуру – стійку внутрішню організацію, що визначає якість і розвиток досліджуваної системи. З'ясовано, що різні дефініції терміна вживаються відносно умов виникнення стресу та зон ураження психіки особистості. Підтверджено, що життестійкість вживається для позначення адаптивних властивостей особистості, яка долає надскладні умови життєдіяльності. Обґрунтовано, що стресостійкість в екстремальних умовах вказує на фізіологічну витривалість і залежить від навичок саморегуляції з відновлення гомеостазу в ситуаціях загрози життю. Зазначено, що термін «резиліентність» краще вживати в умовах ускладненого спілкування, що порушує емоційний баланс особистості. Вказано, що духовна стійкість визначає силу волі людини, що прагне свободи. Практична цінність дослідження полягає в тому, що наукові розробки з обраної теми отримали чітку структурно-системну основу, яка надає можливості більш об'єктивно та цілісно підходити до вирішення проблем пов'язаних зі стресом

Ключові слова: адаптація, копінг-стратегії, саморегуляція, самоуправління, стресостійкість

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Interpretation of the Category of Stress Resistance in Psychology

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Abstract. The relevance of the study is determined by the ambiguity of the interpretation of the concept of "stress resistance", as a result of which there are difficulties in providing assistance to persons suffering from extremely difficult situations. The purpose of the study is to provide the author's interpretation of the category "personality stress", which summarises the various definitions. To achieve this goal, the author relies on a methodology of a systematic approach that provides clarity in the understanding of the studied category, order and the ability to summarise research information that existed in the form of disparate elements of the disclosure of something more holistic. The author's definition of stress resistance as a complex integrative systemic property of personality, where the components of its structure (psychophysiological, emotional, cognitive, volitional) are in a certain ratio and form a holistic structure – a stable internal organisation that determines the quality and development of the system. It has been found that different definitions of the term are used in relation to the conditions of stress and areas of mental personality. It is confirmed that vitality is used to denote the adaptive properties of a person who overcomes extremely difficult living conditions. It is substantiated that stress resistance in extreme conditions indicates physiological endurance and depends on the skills of self-regulation to restore homeostasis in life-threatening situations. It is noted that the term "resilience" is better used in difficult communication, which violates the emotional balance of the individual. It is stated that spiritual stability determines the strength of will of a person seeking freedom. The practical value of the research is that the scientific developments on the subject matter have received a clear structural and systemic basis, which makes provision for opportunities to more objectively and holistically approach the solution of problems related to stress

Keywords: adaptation, coping strategies, self-regulation, self-management, stress resistance

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INTRODUCTION

The relevance of the psychology of stress tolerance is growing every day, as more and more representatives of society suffer from crises, conflicts, stress and frustrations. The results of such an impact on an untrained person have destructive consequences. In order for psychologists

to skilfully help people suffering from stress, it is necessary to more carefully understand the semantic load that researchers put into the concept of "stress tolerance". It is worth starting with the fact that the term "stress tolerance", as "overcoming", was first used by H. Hartman

in 1939 in the work “Ego psychology and problems of adaptation” [1]. Unlike S. Freud, who interprets human adaptation to the world in the context of resolving an internal conflict, he uses the term “adaptation to reality” and emphasises that it can occur in a completely “peaceful” way [2]. The defence mechanisms described in psychoanalysis are used by a person unconsciously and are designed to protect his psyche from the destructive effects of stress factors. However, there are also constructively conscious means of protecting and solving extremely complex situations, which are commonly called “coping strategies”. The founders of the concept of “coping strategies” are psychologists R. Lazarus and S. Folkman, who called them “strategies for mastering and regulating relationships with the environment” [3]. R. Lazarus in his book “Psychological stress and the process of overcoming it” described strategies for overcoming stress as “viability” and “stress resistance” [3].

The concept of “stress tolerance” is related to the concept of “stress”. The phenomenon of stress began to be studied in the early 20th century by endocrinologist H. Selye [4]. In 1936, he gave it the name “adaptation syndrome”. The scientist described physiological stress, and also tried to develop his own philosophy of coping with stress. In the end, researchers interpret the concept of “stress” ambiguously, it is reproduced in various aspects of personal development: material and spiritual. It is worth noting that it also occurs in the definitions of such concepts as “emotional stress”, “physiological stress”, “information stress”, “managerial stress”, “life stress”, “death stress”, “acoustic stress”, “combat stress”, “organisational stress”, “professional stress”, “creative stress”, “psychosomatic stress diseases”, “post-traumatic stress disorders”, etc., which indicates the breadth of its application and ambiguity of interpretation by scientists [5]. The use of various modifications of the “stress” category leads to some confusion about the application of the “stress tolerance” category. The concept of “stress tolerance” is revealed in such definitions as: coping behaviour, mechanisms of psychophysiological regulation, life strategies, stress coping, proactive overcoming of difficult situations, productive strategies of behaviour under stress, cognitive “processing”, resiliency, self-regulation, self-management, resilience, etc. The variety of these concepts requires generalisation.

The purpose of the study is to provide the author's interpretation of the category “stress tolerance of the individual”, generalising various definitions. *Objectives of the study*: to carry out a theoretical analysis of research on the concept of “stress resistance” and its modifications; find own definition of “stress resistance”.

LITERATURE REVIEW

Modern scientists often choose the concept of “stress tolerance” as the object of their research, but they use different names to refer to it. What is the reason for such a difference? As an example, Yu.V. Kovalenko investigated that the choice of *coping behaviour* by a person depends on her cross position: ethnic and religious identity [6]. There is already a well-established opinion of scientists about the difference between psychological protection and coping behaviour of the individual. T.B. Kodlubovska worked through *mechanisms of psychophysiological regulation* after stressful conditions of law enforcement officers [7]. She came to the conclusion that functional states are the basis for regulating behaviour. Among the mental structures involved in stress, she identified such components as: moral and psychological, psychophysiological, physiological (biological) and basic: cognitive processes, functional states and individual personality traits. Attention is mainly paid to the psychophysiological mechanism of regulation of functional states of law enforcement officers, which bring all three levels (moral and psychological, psychophysiological and physiological) to the maximum possible balance (*internal homeostasis*). Psychocorrective means used by the scientist are primarily aimed at reducing the intensity of the manifestation of protective mechanisms, anxiety, tension, aggressiveness. The cognitive, emotional, and volitional aspects of stress tolerance were not considered. Not all structures of the psyche that suffer from stress are regulated by the mechanism of homeostasis. Cognitive constructs of beliefs are regulated by the mechanism of information consistency, as stated in the theory of “cognitive dissonance” by L. Festinger [8]. Disturbed equilibrium in any system is directed by the mechanism of stress relief by restoring equilibrium, which is described in Kurt Levin's “field” theory [9].

In his research, Yu.V. Melnyk focuses on the *strategies of personal life* in conditions of situational uncertainty, which is also a cause of stress in some people [10]. The scientist identifies cognitive-informational, motivational-value and organisational-managerial components of a person's life activity, and also describes *basic action strategies* in a situation of uncertainty: ignoring, adapting, and setting goals. If a person sets a goal, he creates tension for himself, but it will be supported by motives for growth, rather than deficient motives, as stated in the theory of “needs” A. Maslow [9]. Distress forces a person to run away from negative experiences, and achieving the goal is caused by the desire to repeat positive emotions from the expected victory. The mechanism of striving for success and avoiding failure is at the heart of overcoming frustration.

In the work of A.V. Sokur explores the phenomenon of “willingness to forgive”, as a personal resource *stress relief* [11]. The process of forgiveness is considered multifunctional coping strategy a psychologically mature person who knows how to plan problem solving, is capable of positive reassessment and *proactive overcoming of difficult situations*, has a high level of mental health, well-being, self-esteem, ethics, realistic perception of the world, is holistic. At the same time, the scientist N.S. Yarosh described “selection factors *productive strategies for stress behaviour*: “I am a concept”, positive self-esteem, personality anxiety level, cognitive style as well as an energy resource, which includes endurance and characteristics of temperament, intelligence, creativity and locus-control of the individual”. The main focus is on “*cognitive processing*” a certain situation, which consists in the development of sanogenic thinking through reflection [12].

S.I. Dyakov developed a structural-system model of self-organisation of the individual, in which the emotional and volitional spheres are contrasted as two poles of the same plane; using a synergetic approach, he establishes the hierarchical meaning of each component of the human psyche, so it is clear that the processes of *self-regulation and self-management* obey the process *self-organisation* [13]. The process itself proceeds more efficiently in people with psychological education, on the basis of self-identification with their own mental constructs. Important for social adaptation is *social intelligence*, which should also be considered in the aspect of developing stress tolerance as its cognitive component. “Social intelligence refers to the ability of a person to correctly understand their own behaviour and the behaviour of other people in society, on the basis of which behaviour forecasting is carried out” [13]. The subjective psychosemantic space includes aspects of speech or cognitive activity, and makes it possible to reconstruct the system of meanings, as stated in the study of the structures of consciousness that create a “typical conceptual *the system self-regulation* forming a normative and factual subjective picture of one’s own ideas about health and the psychological causes of its violation” [12].

Summarising the theoretical analysis of modern research related to the topic of stress resistance of the individual, we conclude that the definition of the concept of “stress resistance” is associated with the structural components of its system studied in the works, which are studied in fragments. Psychoconsultative and psychotherapeutic work will be better if it includes all the basic mental elements of the category “stress tolerance”: psychophysiological, emotional, cognitive and volitional. The latter is associated with the concept of freedom from the stress factor, overcoming it through self-awareness and finding a way out of the situation. It was found out

that the perception of the world is formed through the words of the native language and is reflected in the image. I. Bubnova, O. Kazachenko, studying the phenomenon of freedom, came to the conclusion that it is consonant with the concept of fate, means the ability to act at will, the absence of restrictions, prohibitions, slavery, complications, as well as ease, abandonment, the ability to do something in your own way, make your own choices, live according to your own laws, lack of control, the ability to make decisions independently, etc. [14].

It is worth noting that S. Muddy considered resilience as a special personal quality that helps *keep your balance and be successful* [15]. They consider stress tolerance as *resilience* – the ability of a person to overcome stress on the basis of a specific cognitive assessment, semantic interpretations of life events, which contributes to increasing self-esteem and personal growth. So, the relevance of the topic chosen for scientific study follows from the ambiguous definition of the category of “stress tolerance” of the individual by modern scientists.

MATERIALS AND METHODS

Achieving the goal and solving the tasks set required the use of theoretical scientific methods for the analysis of scientific research sources, the synthesis of labour results, the systematisation of scientific data, a systematic analysis of the constituent components of the category under study. During the research, the following stages of its implementation were identified: familiarisation with the dissertation research of scientists over the past five years, theoretical and critical analysis of insufficiently studied aspects for determining the “stress tolerance” of a person; identification of elements that need to be finalised in order to improve work with stress problems.

In the process of theoretical research of the phenomenon of “stress tolerance”, the author also relies on the methodology of a systematic approach: K. Bernard considered the internal environment of the body as a system that ensures its survival in the external environment [16], W. Cannon saw the principle of systematic homeostasis in ensuring the dynamic constancy of the properties of the human body system that counteract threatening environmental factors [17]. The principle of system determinism is described by A.V. Petrovsky and M.G. Yaroshevsky: individual components of the system depend on the properties of the whole [18]. Based on the principle of consistency, the mechanism of self-regulation to the average psychophysiological normative indicators of the human body is described. With this approach, the dynamics of the development of the studied system becomes clear, that is, the relationship of structural components of the stress resistance of the individual, their order and the ability to generalise research information

that existed in the form of disparate elements of revealing something more holistic. Based on the analysis, the concept of “stress tolerance” becomes clear, and cognitive information is ordered. The definitions studied by scientists are considered as a set or multiplicity of organisationally related elements, and the phenomenon of “stress tolerance” is considered as a system of interrelated structural components.

The system analysis of the topic chosen for research consists of the following stages: the study of all concepts that are directly related to the category of “stress resistance” and significant semantic relationships with it; the study of mechanisms of action that are the cause of certain phenomena; the identification of structural components of stress resistance of a person, reflecting different zones of impression of human stress: psychophysiological, emotional, cognitive, volitional; the study of methods of working with stress of various origins; generalisation of concepts based on four centres of self-awareness by a person: motor, emotional, intellectual, volitional; systematisation of knowledge; formulation a definition that combines others.

Generalisation of research information has a certain sequence: the study of stress resistance as a phenomenon that arose in certain conditions; generalisation of approaches to the study of stress resistance; identification of structural components that generalise different concepts; identification of a certain dynamics of stress resistance from the point of view of developing self-awareness of the individual; the application of an integrative approach in the psychological development practice of stress resistance of the individual.

RESULTS AND DISCUSSION

Basic Approaches to Defining the Category of “Stress Tolerance”

It is worth starting with the fact that the interpretation of stress tolerance depends on the conditions of its formation. As an example, in theory, stress tolerance is distinguished under normal conditions caused by the stress of life, extreme conditions, or the stress of death. The concept of “extreme”, which translates from Latin as “extreme”, is used to combine the concepts of maximum and minimum. When using the term “extreme”, we are not talking about normal, ordinary business conditions, but about circumstances that differ significantly from them. Extreme conditions can be created not only by maximising (overloading, excessive action), but also by minimising effective factors (underloading - lack of Information, communication, movement, etc.). Therefore, the effect of influencing a person’s activity and condition in both cases can be the same. In extreme working

conditions, the usual mode of work and rest of a person is often disrupted. In severe extreme situations, mental and other overloads reach the limits beyond which fatigue, nervous exhaustion, impaired activity, affective reactions, and psychogenic (pathological states) occur. Extreme situations are dangerous for people’s lives, health, and well-being. Sometimes they occur in normal production activities, resulting in so-called professional stress. As we can see, stress resistance, in accordance with the conditions of stress, has two different interpretations: in terms of social adaptation – “*vitality*”, in extreme conditions – “*self-regulation*”. For her part, Salvatore Maddi noted that *vitality* is a measure of a person’s ability to withstand a stressful situation, the ability to maintain balance, to be involved, to control the situation in order to achieve the desired result [15]. It is important to be able to take risks, to perceive all situations as contributing to the goal.

In accordance with the conditions of stress tolerance formation, the study identifies three approaches to its interpretation: situational, dispositional and integrative. The situational approach was proposed by R. Lazarus [3], he considers *stress management styles* as a process of assessing and making decisions about the situation, the availability of resources to overcome stress, the strength of the stress factor; focuses on the problem and on emotions. The dispositional approach in the study of stress issues is aimed at identifying personal characteristics or coping styles such as: repressive (displacement, avoidance) and synthesising (control of threatening events). Stress resistance of successful interaction of the individual with the social environment is determined by indicators of emotional stability, low level of anxiety, high level of self-regulation, psychological readiness for stress. People with an internal locus of control, self-confident and those who do not expect approval are considered more stress-resistant. Stress tolerance depends on your lifestyle and ability to cope with distress conditions. Less resistant to stress are anxious, insecure people with low self-esteem, seeking approval and inadequately perceiving the situation and themselves in it. For its part, the integrative approach combines personal and situational elements of overcoming stress by a person.

Evidently, the concept of “stress tolerance” is characterised by the interaction of intellectual, motivational, characterological and volitional components, which reveals it as an integrative property of the individual and ensures the achievement of the goal in complex emotional situations. However, one way or another, along with this view of stress tolerance, there are other characteristics that follow from the concepts associated with the interpretation of the very concept of “stress”. For example, back in 1979, endocrinologist H. Selye [4] considered

“stress” as a biological response of the body to various stimuli, which he called “adaptive syndrome”. This definition was formed in his course of monitoring infectious patients in Prague, where he worked as a doctor. H. Selye noticed that the symptoms of people with different diagnoses are previously similar, which led to the idea that the human body reacts naturally to various stress factors [4]. He discovered three phases of stress: mobilisation, adjustment, and exhaustion. Depending on the situation, the body either passively adapts to stress, suffering from it, or runs away and fights for survival. There are three known reactions to stress: flight, freeze, and fight. However, these reactions should be understood in the context of a stressful situation, including knowledge of all the internal mechanisms and processes associated with stress. You can say that stress needs to be dealt with, not retreated, but if this is a life – threatening situation, then retreating or running away is the only correct solution.

Along with this, we can refer to the modern concept of considering the concept of “stress”, which is practiced during classes at trainings-seminars on the development of stress tolerance of the individual. Participants are asked to do an exercise called “Association”, the essence of which is to write all the words on the topic of “stress” that come in the stream of consciousness, on paper. This way, you can find the most relevant and exciting problem and work it out. Interestingly, to the question “What is stressful for you?” people respond differently: for some, this is a difficult conflict situation, someone defines it as overload and fatigue, someone – as a long-term problem that they are not able to solve on their own, and so on. Stressful situations are not only different for all participants of the training, but also change every time for the same person. What pushes us to realise that a person experiences stress on a daily basis and different situations are subject to this understanding. However, there is also something in common that unites them all – tension. It is not for nothing that stress means “tension” or “pressure” in English. The training participants primarily refer to stressful situations that cause a high level of tension and are perceived as somewhat negative and superfluous in their lives.

Such a variety of definitions of the concept of “stress” causes ambiguity of views on the interpretation of the concept of “stress tolerance”, which, in turn, is a boundary category. Stress affects the hormonal, muscular, autonomic nervous system, individual psychological properties of the individual, which generally contributes to its adaptation in the social-cultural space. In the end, scientists, for the most part, pay attention to the analysis of one of the above aspects and do not apply a systematic approach in the study of the psychology of stress tolerance of the individual. Summarising the above, we can conclude that stress can be called any critical situation,

the level of tension of which for a person experiencing stress is high and exceeds its resources. Thus, according to the definition of stress and its impact on individual components of the human body, it is possible to find an interpretation of the term “stress resistance”.

Stress and Its Impact on Individual Components of the Human Body as Grounds for Interpreting Stress Tolerance

It is known that stress affects all components of the human body. Depending on which component needs to be restored, approaches to overcoming stressful situations are formed. Accordingly, the study of the concept of “stress resistance” should be conducted taking into account these aspects.

First of all, it is worth starting with the fact that *stress is the cause of many somatic diseases*. They impair immunity and make a person vulnerable to infectious diseases such as colds, herpes, some forms of cancer and autoimmune diseases (rheumatoid arthritis), drug addiction. Stress affects the formation of psychosomatic disorders: depression, anxiety, heart attack, stroke, some forms of stomach ulcers, kidney disease. As you can see, stress affects the psychophysiological component of the personality. The investigation of this aspect was carried out by psychophysiological V.V. Klimenko, in particular, he studied the Psychophysiology of purposeful actions with reverse predictions of human tone [19]. The scientist noted that the counteraction to stress is created by natural instinctive self-movement, which helps restore lost balance, performs self-regulation, firstly, through intention (biological motivation) and, secondly, by instinctive action, functioning spontaneously, beyond the control of consciousness. Most researchers of psychophysiological processes recognise that self-regulation by the autonomic nervous system is possible through the conscious formation of skills that can only be applied in known conditions of activity [19]. Some of them raise questions about the interpretation of the concept “*self-regulation*” and they note that it is interpreted ambiguously today [19]. “Regulation” appears as the coordination of something with the established norm. It is important to analyse the logic of their reasoning: “we talk about “direct regulation” only in the case of fixing the constancy of the norm; therefore, the process of equalising deviations of the state of the system from this value is called stabilisation; if the norm is a variable value, then we should talk about “regulation associated with management”; then the process of regulation consists in equalising deviations from the norm; under such conditions, self – regulation is a subsystem of self-government; the process of regulation proceeds on the basis of internal laws, without personal goal setting and awareness, or with the participation of

an active subject of self-regulation, able to perform conscious “arbitrary” actions in relation to its inherent mental phenomena”. The authors explain such terminological and meaningful inconsistencies by the lack of a continuum of step properties (organism – individual – personality) of a person in the development of the problem of self-regulation.

In addition, *stress is the cause of emotional burnout at work*, the experience of which can lead to insomnia, chronic fatigue, depression, allergies, emotional anxiety, diseases of the musculoskeletal system, gastric ulcer, migraine, cardiovascular disease (hypertension, hypertension, attack), accident and even suicide. For entrepreneurs, this means a deprivation of labour resources, which affects the material costs caused by hospitalisation, and affects the reduction of productivity. The holistic model of the approach to coping with professional stress in the aspect of organisational psychology is aimed at preventive work with burnout and offers a mindfulness approach in the development of individual and team work on stress tolerance. Modern scientists study stress tolerance as “*resiliency*”, which was first applied in positive psychology. Translated from Latin, the term means restoring balance. It is revealed as a property of personality and as a process of overcoming stress: as a flexible trait that helps to enter new situations, it is contrasted with rigid behaviour, as the ability to maintain a balance between excessive control and escape from the situation, between one’s own desires and opportunities, as a trait that promotes positive emotions and overcoming anxiety, it helps to quickly restore the balance lost in stress, perceive changes as a challenge [20].

Ultimately, *stress emerges as a cause of personality maladaptation in society*. This question is being investigated by clinical psychologists. A special age category suffering from stress today is young people, who find it difficult to adapt to the conditions of a crisis society. The consequences of stress are aggressive forms of protection, among which are more common “self-blame for real and imaginary actions”, “suspicion of others that they want to do something wrong”, “resentment of others”, which is interpreted, according to the Bass – Darka questionnaire as envy and malice towards those around, for real and imaginary actions [20]. A person who is powerless before the problems of society, feels like a victim, resorts to extremes in actions. The experience of constant frustration, negative emotions, fears, phobias, anxiety becomes unbearable. Therefore, psychologists investigate in this aspect *stress tolerance, how to overcome such critical situations* like frustration, stress, conflict, and crisis. In modern psychological science, the study of the interaction of the individual with the external environment is increasingly carried out in the context of coping strategies.

“*Coping*” is seen as a person’s ability to cope with a stressful situation. The term proposed by R.S. Lazarus means mechanisms of self-regulation in a stressful situation: it combines cognitive, emotional and behavioural strategies to cope with stress [3]. Coping strategies are considered by scientists as an individual way of interacting with the situation in accordance with their own logic, significance in a person’s life and psychological capabilities. They see the psychological purpose of coping in the best way to adapt a person to the requirements of the situation, giving the opportunity to master it, weaken or mitigate these requirements, help to avoid or get used to them and, thus, reduce the stress of the situation. So, *overcoming life’s difficulties* – these are purposeful efforts of an individual to manage stressful situations that are assessed by him as having the nature of a test or exceeding his resources. Scientists also use the term self-government. According to psychologist N.M. Peisakhov, *self-management* – focus on the goal set by a person who manages his own forms of activity: communication, behaviour, activities and experiences [21]. Self-management should be distinguished from self-regulation; it is a creative process associated with creating new things, encountering an unusual situation or contradictions, the need to set new goals, and finding new solutions and ways to achieve goals. “*Self-regulation*” is also a change, but those that are carried out within the existing rules, norms, stereotypes. The function of self – regulation is different-to consolidate what is acquired in the process of self-government. So, self-government and self-regulation are two sides of a person’s activity, a dialectical unity of a person’s subjective world that is changeable and stable in the continuous development. *Stress is the cause of an existential crisis*, which gives rise to noogenic neuroses. If people lack the spirit or willpower, they lose the meaning of life. Spiritual development is the direction of the will to meaning, to conscious freedom.

The theoretical analysis of the study of the phenomenon of “stress resistance of personality” gives reason to believe that today scientists consider it somewhat one-sided – as the ability to control emotions in difficult emotive situations, which results in the successful performance of official tasks. The negative influence of stress affects the hormonal system of the human body according to R. Sapolsky [5], affects its emotional sphere according to W. Kennon [17], changes the quality of cognitive processes and affects the objectivity and adequacy of the reflection of the situation as a whole. Considering the above, “stress resistance” cannot be narrowed down only to the boundaries of “emotional stability” [5]. Applying a systematic approach to the consideration of psychophysiological and personal characteristics of human reactions to stress, and its relationship with the

environment, four structural components of stress resistance of the individual: psychophysiological, emotional, cognitive and volitional. According to them, stress resistance is self-regulation – equalisation of body tension to psychophysiological norms, resilience – flexibility in finding emotional and communicative balance, self-management – creative search for new strategies to overcome life difficulties, independence – the will to act according to their own meaning in life.

Stress Resistance as a Level of Personal Self-Awareness and Views on Psychological Support

Stress resistance of the individual is considered in three aspects: as a reaction, as perception and as the attitude of the individual to stress factors. The theory of the “trine brain” describes a combination of three important components of personality structure that determine its behaviour in stress. The reptilian brain responds to stress on the principle of “flight”, “freeze”, “fight”. The emotional brain contributes to a person’s irrational behaviour under stress and loss of self-control. Such persons are called hysterics, manipulators, omniscients, aggressors, hermits, idiots, victims, martyrs, whiners [22]. B.V. Ovchinnikov [16] considers emotional reactions to stress as a psychophysiological phenomenon. In his opinion, the neocortex depends on the biological maturity of brain cells and determines the intelligent response of a person to stress.

Reaction – passive response to the stress factor with anxiety; escape from reality and inadequacy of behaviour; manifestation of aggressive behaviour, impulsiveness; the use of negative forms of mental protection (merger, confluence, deflection, introjection, etc.). The reactions are automated and unconsciously learned along with parenting and developmental programs. Stress reactions are grouped by psychologists according to their division into decisive and indecisive, focused on inaction (“go with the flow”); naive (perceive information uncritically); leadership (can pull others out of stress); predictable (prepare for stress in advance); creative (find different ways out of stressful situations) [20].

Perception – awareness of the stressful situation and oneself in it: analysis of the stressful situation, the influence of stressors on the responding subject (requires the development of self-observation and objectivity). Sometimes the adequacy of reflecting a stressful situation is distorted by protective mechanisms. Substitutes for positive coping strategies are psychological defences, which “equalise” the tension according to S. Freud, A. Freud [2]. A. Freud uses the term “defensive styles” and sees that they can be expressed in certain specific forms of psychopathology [23]. Mature defences include: humour, sublimation, altruism, anticipation. In extreme

working conditions, the usual mode of work and rest of a person is often disrupted. In severe extreme situations, mental and other overloads reach limits, beyond which there is overwork, nervous exhaustion, impaired activity, affective reactions, psychogenias (pathological conditions). People in extreme situations tend to use negative defences: relaxation, idealisation, fantasising, introjection, passive aggressiveness, projection, somatisation, wishful thinking, splitting, psychotic denial, repression, and so on. Some scientists believe that defence is an unconscious and passive way of responding to stress, while coping strategies, on the contrary, are active and conscious. The mechanisms of stress processing and mental protection are commonly referred to as the “*life style index*”. In L. Wasserman work we find a connection between personal properties and defence mechanisms: shy passive-aggressive type is prone to displacement, aggressive passive-aggressive type is prone to substitution, communicative manic type – to reactive education, sad depressive type – to compensation, trusting steroid – to denial, suspicious paranoid – to projection, controlling obsessive-compulsive – to intellectualisation, uncontrolled psychopathic – to regression [24].

Attitude – the acquisition of coping strategies in order to constructively overcome the stressful situation and influence the stress factor on the principle: “change the inner world, acquire information and energy resources and influence changes in the outside world, adapting to stressors, transforming the world of relationships with them”. Attitude as an active position of the individual to life with a set of successful “coping strategies”. The most adapted form is a positive attitude towards yourself, others and God: life on the principle “I’m fine, you’re fine, the universe is full of resources, God created a harmonious world in which wisdom reigns – everything will be as should be” [25].

At the present stage of development of psychology, despite the multiplicity and fragmentation of psychological, medical, psychophysiological, genetic, biological works, the main approaches to psychocorrection of post-stress consequences in the personality have been quite clearly formed: cognitive, analytical, existential, psychophysiological, gestalt approach, behavioural [26]. However, it is too early to talk about the conceptual generalisation of scientific developments on the evolution of stress resistance, which will help prevent stress or mitigate its effects. Summarising the results of the study, it was concluded that the topic is *relevant*, in particular in such *three main aspects* as psychoprophylaxis of stress, first aid to people in extreme situations, stress psychotherapy. Summarising the theoretical and empirical results of other studies, the author applies an integrative approach to the choice of ways and methods of stress development:

autorelaxation, which is used to work with psychophysiological symptoms of stress (muscle strain; fatigue; mental pain; sleep, breathing; panic, hysteria, anxiety, fear, etc.); physical psychotherapy and gestalt therapy in dealing with emotional manifestations of stress (restoration of integrity through the integration of parts of “self”, work with the shadow aspects of personality, changing negative defence mechanisms to positive, restoring the balance of “take-give” in the system of “being” and not “have”); cognitive and existential psychotherapy in working with beliefs and value-semantic sphere of personality, unsuccessful scenarios and programs, strategies for finding a way out and making decisions in a stressful situation; application of systematic thinking, methods of symbol dramas, metaphorical maps in work with symbolic images in extremely difficult stressful situations. The choice of the above psychotherapeutic approaches to the development of stress resistance makes it possible to apply all the codes of the individual subconscious: neurological, spatial, semantic and emotional.

CONCLUSIONS

Thus, thanks to a systematic approach, a definition of the term “stress resistance” was found, which includes all the structural elements considered by previous scientists. Thus, *stress resistance* is an integrative systemic property of the individual, which combines psychophysiological,

emotional, cognitive, volitional components, awareness of which provides an opportunity to intervene in a stressful situation in order to predict, address and avoid post-stress consequences. It was found that the insufficient level of systematisation of knowledge in the psychology of stress resistance of the individual is associated with a variety of definitions of “stress”. Research and generalisation of the causes of stress and mechanisms of overcoming it helped to identify the structural components of stress resistance of the individual: psychophysiological, emotional, cognitive and volitional. All of them are subject to different resource recovery mechanisms, which, although different, are interconnected. It is established that the psychophysiological component of stress resistance is regulated by the mechanism of homeostasis and is often called self-regulation. The emotional component is defined as emotional stability. The cognitive component is reflected in strategies of mastering behaviour, coping strategies, and self-organisation (self-management and self-regulation). The volitional component is expressed with the terms “spiritual stability”, “willpower”. It is established that each component acts as a centre of self-awareness when it comes to conscious intervention in the situation of managing reality, which is stress tolerance. The prospect of further research consists in an empirical study of the category of “stress tolerance” of the individual in the psycholinguistic aspect.

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