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PSYCHOLOGICAL FACTORS OF PERSONAL TOLERANCE TO UNCERTAINTY

У статті здійснено розгляд особистісної стійкості до невизначеності як холістичного феномена, який має комплексну структуру, що включає зовнішні та внутрішні чинники, які відіграють різну роль в його цілісній організації, тобто мають як прямий, так і опосередкований вплив. Оскільки поняття особистісні ресурси стійкості пов'язується, переважно, із адаптацією та подоланням кризових ситуацій, то саме внутрішнім ресурсам людини як системі взаємопов'язаних характеристик (емоційних, потребнісних, мотиваційних, поведінкових та ін.) надається перевага у забезпеченні мобілізаційної та адаптаційної функції за будь-яких змін умов, що потребують пристосування. На основі узагальнення теоретичних підходів, побудовано цілісну модель феномена особистісної стійкості до невизначеності, структурними компонентами якої є: внутрішні чинники (базисні переконання, цілі, цінності, самоефективність, оптимізм, надія, когерентність, когнітивна гнучність, резильєнтність, життєстійкість); зовнішні чинники (соціальна підтримка, включеність у значиму взаємодію, соціальні контакти); медіатори (копінг стратегії, психологічні захисти). Обґрунтовано, що психологічні ресурси можуть виконувати роль як чинників та предикторів стійкості до невизначеності, так і можуть бути медіаторами, ма-

ючи опосередкований вплив; внутрішні ресурси є фундаментальними здібностями людини для протидії негативним психологічним впливам і сприяння збереженню психічного здоров'я; розпізнавання та використання цих активів (когнітивних, емоційних, фізіологічних), пов'язаних з особистими цінностями та переконаннями — створює проактивний підхід до психічного здоров'я та психологічного благополуччя особистості; психологічні ресурси мають прижиттєвий генезис і піддаються розвитку; зокрема, оптимізм є ресурсом, який сприяє надії, дає необхідну життєву енергію та стійкість, запобігає апатії та безнадійності й допомагає долати стрес у складних життєвих обставинах.

Ключові слова: *особистісна стійкість, толерантність до невизначеності, резильєнтність, життєстійкість, внутрішні ресурси, стрес, салютно-генез.*

Introduction

The increasing dynamism, unpredictability and stress load of the modern world have a fundamental impact on human life, leading to generally decreased safety and security. In 2019, the coronavirus pandemic caused a serious global health crisis, symptoms of anxiety and depression grew highly among the population. And now the most serious challenge, especially for Ukrainians, has become a full-scale war of Russia against Ukraine. Uncertainty and unpredictability of life have become a modern reality, which is a serious challenge to resources of people, especially young people, to their personal resilience, readiness to overcome everyday difficulties, adapt to changing life situations, interact effectively with other people and be successful in various spheres of life.

Problem statement

In recent decades, many different concepts of personal psychological resilience have been proposed (Bryan, O'Shea & MacIntyre, 2019; Fletcher, & Sarkar, 2013; Southwick et al., 2014). The influence of external factors on personal resilience and psychological well-being in difficult life circumstances is multifaceted and deeply interconnected. The complex interplay between internal (personal) resilience and external factors requires a holistic approach to understanding, prevention and intervention. By recognizing the role of external events and considering them at different levels, from individual coping strategies to social support systems, we can promote resilience and stability in the face of unpredictable and often challenging external circumstances. However, the

concept of human resources in the context of personal resilience refers, first of all, to psychological and emotional assets that people possess, which allows them to adapt to crisis situations and overcome them. Therefore, first of all, it is a person's internal resources as a system of interconnected characteristics (emotional, need-based, motivational, behavioural, etc.) that provide the main mechanisms contributing to personal resilience and having a mobilization and adaptation function under any changes in conditions.

The article purpose is to determine the overall structure and psychological factors of personal resilience against life uncertainty and unpredictability.

Theoretical analysis

Review of recent research and publications. The data obtained during the studies of Covid-19 consequences convincingly proves that, first of all, internal resources can help resist negative psychological outcomes and contribute to the preservation of a person's psychological health. In particular, a sense of hope, self-efficacy, existing goals in life, developed cognitive and affective personality spheres, optimism effectively support psychological well-being, cushioning adverse effects (Pellerin & Raufaste, 2020; Krok et al., 2021); self-compassion, applied effective coping strategies, positive emotions, empathy and gratitude contribute to the emergence and maintenance of positive emotions and optimism; psychological capital and internal locus of control support a positive affect balance (Сердюк et al, 2021).

Highlighting previously unresolved parts of the problem. In psychology, the system of resources that allow a person to demonstrate high achievements, overcome situations of uncertainty and, at the same time, feel satisfaction with life and function positively is of considerable interest.

The concept of «resources» is mainly associated with adaptation and overcoming crisis situations. The research (Kahneman, & Tversky, A. 2000; Lyubomirsky, 2013) and others confirm that external events influence less on a person's life and well-being in comparison with internal resources that perform a mediating function for environmental factors. Modern foreign research (Buheji, Jahrami, & Dhahi, 2010) showed that stress and worsened well-being occurred if a person was sensitive to the perception of external stimuli and did not have enough internal resources to transform a negative impact from the environment or to change it. Therefore, for modern psychological science, research aimed at the study on personal resources contributing to the preservation of a person's somatic and mental health despite daily stressors, to internal balance, to meaning of life and opportunities to develop are really important.

Presenting main material.

Personal resilience, as an important component of psychological stability, means a person's capability to withstand and adapt to ambiguity and unpredictability without significant suffering, which involves accepting the inner unpredictability of life. One's personal resources as a system of interconnected characteristics (emotional, need-based, motivational, behavioural, etc.) have a mobilizing and adapting function for any changes in conditions that require adaptation.

In psychological studies, the phenomenon of personal resilience is mostly associated and related to tolerance to uncertainty, which is understood as a capability to perceive tension and resist to uncertainty, while feeling relatively safe in difficult life situations. At the same time, low tolerance to uncertainty (intolerance) is associated with dispositional fear, which leads to anxiety under influence of unconscious factors, and can be a sign of anxiety disorders and chronic stress reflecting a hidden struggle against ambiguity and changes. According to the approach proposed by S. Budner, who thoroughly researched tolerance to uncertainty, a individual's reaction to perceived uncertainty is manifested in such forms of behaviour as: 1) repression and denial; 2) anxiety, discomfort; 3) destructive behaviour; 4) avoidance (Budner, 1962). He discovered that a reaction to a situation of uncertainty depends on the emotional and individual perception of it by the person. For some people, a situation of uncertainty can be stressful, and for others, it is adequate and acceptable.

Currently, significant interest is naturally given to the concept of personal resilience, which has a long history of study in foreign psychology (Budner, 1962; Bonanno, et al., 2006; Rutter, 1987; Luthar, 2000; Southwick et al., 2014 etc.). This problem has recently become actual in Ukrainian studies and significant empirical work has already been accumulated: the mediating effect of coping strategies on psychological well-being (Олефір, 2015); the connection between personal dispositions and well-being (Павленко, 2021); personal factors of resilience and hardiness (Чиханцова, 2021; Чиханцова, & Гуцол, 2022) and others.

The resilience structure includes (Heshmat, 2020): existing meaningful goal that reduces anxiety and stress; self-confidence (challenging of assumptions), which allows a person to examine many points of view, for example, a good life after divorce, demands not only to leave a spouse, but also to leave oneself in the past; cognitive flexibility in thinking and responding to stress; personal growth through suffering; the courage to act and live a full life; optimism; regulation of emotions; sense of responsibility, etc.

The existing considerable interest in the problem of resilience causes many different interpretations of this concept. Without resorting to a detailed analysis, resilience can be defined as a capability to maintain a relatively stable level of psychological and physical functioning in adverse situations, to adapt to adverse changes and to recover from the impact of negative external factors and psychological trauma. In earlier studies, resilience was interpreted in the context of unconscious defence mechanisms and conscious coping strategies (Luthar, 2000). In modern studies, resilience is defined as a psychological ability to adapt to stressful circumstances and recover from adverse events, as well as the process of creating resources to find a better future after potentially traumatic events (Heshmat, 2020). Some of these resources come from a person's inner potential, and some from what experiences a person had in the past to withstand adversity.

Agreeing with the definition of O. Chikhantsova (Чиханцова & Гуцол, 2022), who understands resilience as a person's capability to recover to a «pre-stress» state after stressful and traumatic events with the help of personal resources, that is, not to adapt to new realities, but to return to the previous usual life without losses for physical and mental health, we believe that the problem of personal resilience cannot be limited only by characteristics providing behavioural flexibility and adaptation to external and internal requirements.

The resources of personal resilience that help overcome difficult life situations include the phenomenon of personal hardiness, which is a criteria for personal maturity and the ability to self-regulation. The broadest definition of the concept of hardiness is given by O. Chykhantsova, defining it as a personal construct that contributes to a person's successful adaptation to changes in the surrounding world in his/her desire to achieve psychological well-being and self-realization, and also performs an important buffer function, preventing destructive personality development (Чиханцова, 2021). The researcher considers the structural components of hardiness to be: goals and meanings; self-understanding; developed self-regulation skills; positive relationships with others; the integrity of a perceived life path. Hope and optimism are also considered as factors of personal resilience (Sheier, & Carver, 1985), which we fully agree with, since faith in oneself and one's own capabilities is a component of self-efficacy according to A. Bandura's theory. Belief in one's own strength and the capability to recover both during and after solving problems is the basis of self-regulation, and therefore contributes to the development of personal resilience.

As for psychological factors of personal resilience, in our opinion, it is also important to mention a person's fundamental assumptions (Janoff-Bulman, 1992), which are the basis of his/her picture of the world and are included

in the acts of a person's internal choice. In the research of R. Janoff-Bulman, within the framework of the theory of shattered assumptions, a person needs a system of stable positive ideas about the surrounding world that allow him/her to predict events, make decisions, be stable, build strategies for interaction with the world and oneself. This structure of fundamental assumptions includes eight implicit ideas about benevolence of the surrounding world; benevolence of surrounding people; a fair distribution of life events (negative/positive); manageability (controllability) of events and their results; a chance as hope to succeed; perception of one's own «I» (self-esteem, self-worth); self-control; luck. The system of fundamental assumptions is quite stable and does not change in everyday life. However, in traumatic situations, under life challenges, a person encounters new information that is inconsistent with the existing system of positive beliefs and this information must be integrated into his/her life. This change in existing beliefs is an important aspect of post-traumatic growth.

As we can see from the performed analysis, psychological studies on the phenomenon of personal resilience differ in the variety of approaches. Our approach in identifying the psychological factors of personal tolerance to uncertainty consists in determining the overall structure of this phenomenon. Currently, psychology has accumulated considerable amount of empirical data, which shows that psychological resources are characterized by holistic features: they can play the role of both factors and predictors of personal tolerance to uncertainty, and can be mediators, exerting an indirect influence (Luthar, 2000; Mastenbroek, et al, 2014).

If the state of uncertainty is understood as the impossibility to predict accurately life events, then a person almost always lives in the conditions characterized by varying degrees of uncertainty. In this case, uncertainty appears as a fact of unconditional acceptance, that is, a circumstance that cannot be influenced. However, formulating the theory of logotherapy, V. Frankl (2020) noted that there is always a time between a stimulus and our reaction to it, during which we choose how to react. V. Frankl was guided by F. Nietzsche's idea that if a person has «something to live for», then he can withstand any «how to live». And this is freedom of choice - a person's capability to maintain a state of optimal functioning in the conditions of uncertainty and unpredictability.

Concluding the review of the main approaches and, based on them, the factors of personal resilience, we are going to examine the concept of salutogenesis, initiated by A. Antonovsky (Antonovsky, 1985), according to which the successful resistance to stress and other pathogenic factors is facilitated by a sense of coherence, which is understood by A. Antonovsky as a special disposition that conditions a person's ability to understand cause-and-effect relationships

in life events, and confidence in one's own abilities and resources, self-help skills that ensure control over one's own life. According to this concept, factors that contribute to a person's ability to remain somatically and psychologically healthy under stressors are: *comprehensibility* - confidence that surrounding people and the world can be understood and cognized; a person who possesses this ability does not avoid situations of uncertainty, because he/she is sure that order and meaning can be found in such situations; *manageability* – belief in one's own capabilities and the ability to achieve the desired results independently or in cooperation with other people; *meaningfulness* – the ability to understand the meaning of life and gain life experience in situations defined as a challenge to resilience resources. These components, becoming human abilities, contribute to stress resistance. Although, as A. Antonovsky correctly points out, stress is not always pathogenic, under certain conditions it can be a salutogenic factor, contributing to the development of new adaptive reactions and experience acquisition.

So, by generalizing the examined studies, we can say that the personal resources of human resilience, mobilized to counteract against negative influences and contributing to psychological well-being and quality of life, include several cognitive, emotional and physiological assets:

– Cognitive resources: *cognitive flexibility*, an ability to change cognitive processes and adapt to new information or unexpected changes is an integral part of maintaining stability in conditions of uncertainty, as it facilitates the adaptation of thinking and behaviour to new, changing or unexpected circumstances to effective response to negative influences; *critical thinking* (allows people to accurately and impartially evaluate information and situations, minimizing the influence of negative factors); *positive forecasting and optimism* (an optimistic outlook focused on positive possibilities can increase resilience and help mitigate an impact of negative psychological influences).

– Emotional resources: *emotional resilience*, as an ability to recover from adversity is critical to overcoming adversity and maintaining mental well-being, manifested in the management of emotional responses to uncertainty, such as fear or frustration; *self-compassion* (a kind attitude towards oneself during stressful situations can prevent negative psychological effects); *personal values and beliefs* (a clear sense of purpose and alignment with personal values can provide a strong foundation for psychological health, guiding people through challenging times); *psychological defences and coping strategies* that carry out a hidden struggle with ambiguity and changes.

– Physiological resources: *physical health* (physical health, including nutrition, exercise and sleep, is essential for maintained psychological well-being).

The generalization of the above studies, the substantive analysis of the factors and features for the structural components of personal resilience, became the basis for a holistic model of the phenomenon of personal tolerance to uncertainty presented in Figure 1.

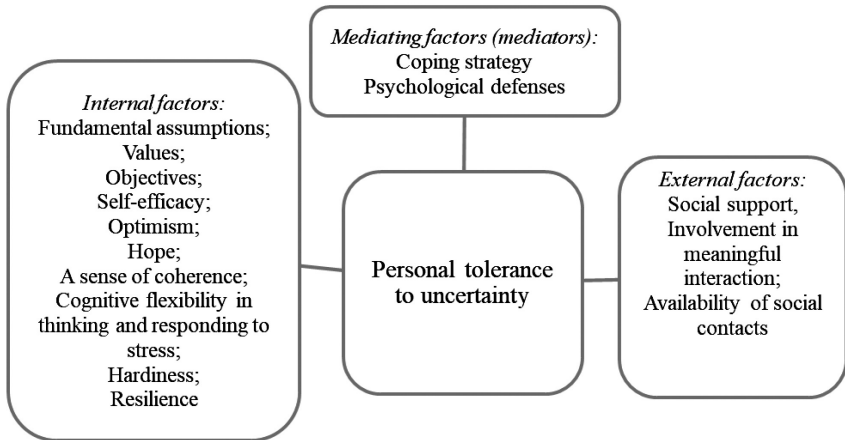


Fig. 1. The model of personal tolerance to uncertainty

Discussion. Youth's personal resistance against uncertainty is mediated by a set of interrelated psychosocial factors, such as social support, optimism, meaning in life, self-efficacy, hope, trust, uncertainty tolerance, resilience, etc.

Since resilience and optimism are factors that have a lifelong genesis and are subject to development (Односталко, Кіреєва, & Бірон, 2020), and optimism is a resource that promotes hope, provides the necessary vital energy and resilience, prevents apathy and hopelessness and helps overcome stress in difficult life circumstances (Hobfoll, 2012), then the important task of psychology is to promote the development of resources of personal resilience, which are a buffer that protects a person from the influence of negative psychogenic factors.

Conclusions

Personal tolerance to uncertainty as a psychological phenomenon has a complex structure that includes external and internal factors that play different roles in its overall organization, i.e. have both direct and indirect influence. The concept of personal resilience resources is mainly associated with adaptation and overcoming crisis situations. Therefore, a person's internal resources as a

system of interconnected characteristics (emotional, need-based, motivational, behavioural, etc.) have a mobilizing and adapting function under any changes in conditions that require adaptation.

Internal resources are a person's fundamental capabilities to counteract negative psychological influences and promote the preservation of mental health. Recognizing and using these assets (cognitive, emotional, physiological), linked to personal values and beliefs, creates a proactive approach to mental well-being. Basing on these strengths, mental health professionals, educators and people themselves can foster resilience, adaptation and flourishing even in the face of challenges and uncertainties.

Stress and decreased well-being occur when a person is sensitive to the perception of external stimuli and does not have enough resources to transform a negative environmental impact or change it. Some of these resources come from a person's inner potential, and some go from the experiences a person has in the past to withstand adversity.

Psychological resources can play the role of both factors and predictors of tolerance to uncertainty, and they can be mediators, having an indirect effect.

Psychological resources have a lifetime genesis and are subject to development; in particular, optimism is a resource that promotes hope, provides necessary vitality and resilience, prevents apathy and hopelessness and helps overcome stress in difficult life circumstances. Therefore, the important task of psychology is to promote the development of personal resilience resources, which are a buffer that protects a person from an influence of negative psychogenic factors.

Prospects for further research consist in dynamic studying of the basic parameters of personal tolerance to uncertainty, expressed in the degree of their internal consistency and subordination, as well as in studying of intercultural differences, in particular, understanding how cultural differences affect resilience.

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Contribution of the authors. The authors worked together on all chapters and contributed equally to this study.

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Abstract

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PSYCHOLOGICAL FACTORS OF PERSONAL TOLERANCE TO UNCERTAINTY

The article examines personal tolerance to uncertainty as a holistic phenomenon with a complex structure that includes external and internal factors playing different roles in its organization, that is, having both direct and indirect influence. Since the concept of personal resources supporting tolerance is mainly associated with adaptation and crisis overcoming, a person's internal resources as a system of interconnected characteristics (emotional, need, motivational, behavioural etc.) are of the top priority in ensuring the mobilizing and adapting function under any changing conditions that require adaptation to them. By generalizing different theoretical approaches, we have developed a holistic model of the phenomenon of personal tolerance to uncertainty with the following structural components: internal factors (basic beliefs, goals, values, self-efficacy, optimism, hope, coherence, cognitive flexibility, resilience, hardiness); external factors (social support, meaningful interactions, social contacts); and mediators (coping strategies, psychological defences). We have substantiated that psychological resources are the factors and predictors of tolerance to

uncertainty and can be mediators, having an indirect effect; internal resources are a person's fundamental abilities to counteract negative psychological influences and to promote mental health preservation; recognizing and using these resources (cognitive, emotional, physiological), related to personal values and beliefs, creates a proactive approach to human mental health and psychological well-being; psychological resources have a lifelong genesis and are subject to development; in particular, optimism is a resource that promotes hope, provides the necessary vitality and resilience, prevents apathy and hopelessness, and helps to overcome stress in difficult life circumstances.

Key words: *personality stability, tolerance to uncertainty, resilience, hardiness, internal resources, stress, salutogenesis.*

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