ORIGINAL ARTICLE

PERSONALITY FACTORS OF EMOTIONAL RESILIENCE IN THE CHALLENGING ENVIRONMENTS FOR MENTAL HEALTH

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ABSTRACT

The aim: The article presents the results of an empirical study aimed at identifying individual typological profiles of people with different potential for emotional resilience development.

Materials and methods: The authors identify a set of characteristics that determine emotional resilience development and suggest standardized methodologies to measure their intensity level (Eysenck Personality Inventory (EPI), Strelau Temperament Inventory (STI), Thurstone Temperament Schedule adapted by Khainovski, and the Leonhard–Schmieschek questionnaire). The outcomes of the data processed in the R environment have allowed the determination of the parameters of the psychological profile of an average client and identification of the traits that have the strongest impact on emotional resilience development.

Results: The constructed factor-correlation-cluster model based on the mean data values for each of the respondents' psychological profiles contains three superclusters: 1) orientation at outer/inner world, 2) behavioral determination stability, 3) reflectivity. Accordingly, six types of psychological profiles of individuals with different potential for emotional resilience development have been determined. The six types are: 1) outward-oriented (looking) type; 2) inward-oriented type; 3) stable behavioral determination type; 4) unstable behavioral determination type; 5) reflectivity-oriented type; 6) reflectivity- non-oriented type. The authors describe the structure and peculiarities of manifestation of the individual psychological characteristics within each supercluster. The behavioral manifestations that facilitate or hinder the development of emotional resilience of individuals belonging to certain profiles are also described.

Conclusions: The implementation prospects of the developed typology of psychological profiles of individuals with different emotional resilience resources are related to providing client-oriented support of emotional resilience development. Further research will address the development, piloting and implementation of the socio-psychological strategies of emotional resilience development support based on the suggested psychological profile typology.

KEY WORDS: individual typological profile, superclusters, emotional resilience, development potential, diagnostic markers

INTRODUCTION

People repeatedly experience threats to their safety and find themselves in environments that challenge their psychological health. The consequences of such experiences are reduced resilience, rejection of common social practices, taking conspiracy theories for granted, readiness to sacrifice one's rights and freedoms for the feeling of safety, and the spread of dependency syndrome. The Ukrainian society has been enduring a military conflict for years, the annexation of part of its territory, and problems with the adaptation of temporarily displaced people. In addition, the threats posed by the Covid-19 pandemic have caused growing anxiety, emotional tension, and a lack of feelings of security, actualizing the issue of the factors of mental health protection and creating a social demand for their identification.

Recently, scientists have accumulated empirical data that can help establish an understanding of the individual psychological characteristics and abilities that determine people's behavior in problem situations. One of the factors that influence the choice of effective behavioral strategies in

challenging environments for mental health is personality emotional resilience. Even though the issue of emotional control is being investigated in different contexts and scientific paradigms, there is still a lack of research focused on exploring the individual psychological determination of emotional resilience. Theoretical conceptions of personality styles of emotional self-regulation have not been supported with sufficient empirical data. At the same time, there is a strong demand for such studies among consultants and practitioners as research findings can effectively facilitate emotional resilience development support, and therefore, provide for mental health protection.

The empirical research results obtained by Ukrainian and foreign scientists [1–8] prove that an individual's confidence in their ability to control emotions and emotional manifestations, which makes it easier to accept new circumstances, find new meanings and adapt to social reality demands, is one the most important factors of emotional resilience development. In addition, studies of the psychological mechanisms of emotional resilience [1] have revealed strong associations between emotional resilience

and stability, sensitivity to emotional stimuli (neuroticism), optimism, self-control, high level of obstinacy, resentfulness, isolation, irascibility, behavior control, restraint, moodiness, acute sensing of pleasant and unpleasant impressions, timidity and phobia, inability to enjoy life, restlessness, thoughtfulness, concentration, ability to control asthenic emotions, emotional reactivity (agitation), a tendency to frequent change of emotions, sociability, extra- and introversion, and anxiety. Special attention has been paid to the associations between the peculiarities of peoples' reactions to emotionally significant situations and extra-/introversion level, cognitive style of behavior, locus control, psychological endurance (resilience) and self-judgment, level of anxiety, impulsive rigidity, and avoidance [2]. The studies of sportsmen's psychological resilience personality determinants used the Eysenck Personality Inventory (EPI), the Strelau Temperament Inventory (STI), the Thurstone Temperament Schedule adapted by Khainovski, and the Leonhard–Schmieschek questionnaire suggest that resource self-evaluation and typological personality characteristics have a considerable influence on psychological resilience [9]. Research methods on personality, including those of emotional resilience diagnostics, have been thoroughly described [10]. The argument that the ability of an individual to resolve emotionally challenging situations provides for their survival and flourishing in the changing and competitive environment has also been empirically confirmed. [11].

Synthesizing the study results mentioned above and the findings of the authors' investigations has allowed determining 24 personality traits that influence the development of emotional resilience. The most frequently mentioned correlations are those between emotional resilience and indicators of nervous processes balance (strength of excitation ÷ strength of inhibition), endurance, reflectivity, and hyperthymity.

THE AIM

The article aims to empirically determine and rationalize individual psychological profiles of individuals with different potential for emotional resilience development.

The research methods used to obtain the empirical data were chosen in consideration of the identified characteristics. The sample included 485 male respondents aged 18 to 36 who took part in the survey. All of them saw a psychologist because of emotional self-regulation problems.

MATERIALS AND METHODS

To measure the intensity of the traits that determine personality emotional resilience development, the authors applied the Eysenck Personality Inventory (EPI), the Strelau Temperament Inventory (STI), the Thurstone Temperament Schedule adapted by Khainovski, and the Leonhard–Schmieschek questionnaire. The data were processed with the help of the R statistical computing software [13–14]. Statistical computing and construction of
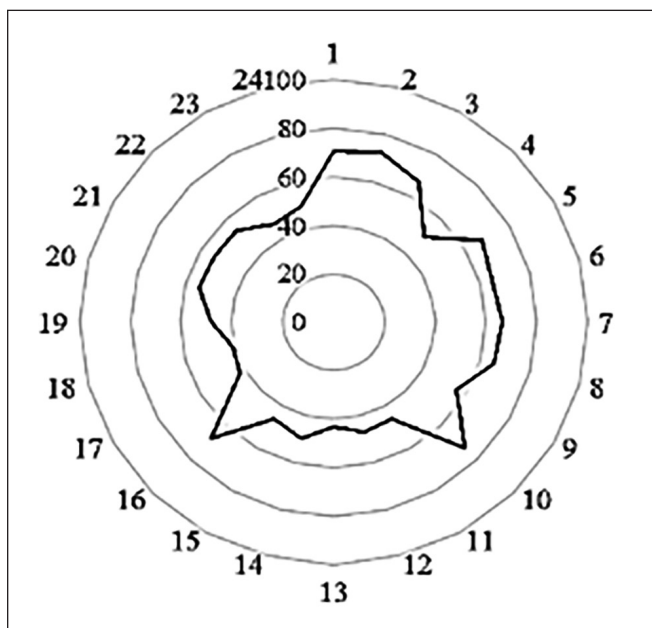

Fig. 1. Psychological profile of an average individual
Symbols: Questionnaires: Strelau: 1 – strength of excitation, 2 – strength of inhibition, 3 – mobility of nervous processes, 4 – balance of nervous processes by strength of excitation; Thurstone: 5 — active, 6 — vigorous, 7 — impulsive, 8 — dominant, 9 — stable, 10 — sociable, 11— reflective; Leonhard–Schmieschek: 12 — demonstrative, 13 — pedantic, 14 — stuck, 15 — excitable, 16 — hyperthymic, 17 — distimical, 18 — anxious 19 — cyclothymic, 20 — exalted, 21 – emotive; H. Eysenck: 22 — extraversion-introversion, 23 — neuroticism, 24 – falsification scale.

the factor-correlation-cluster model in the R environment allowed hierarchization and verification of the database to identify the most significant traits of those under study.

RESULTS

To unify the raw data scales for each of the five trait intensities, levels have been determined: low (L) – 0% to 20% of the maximum possible score, below average (BA) – 21% to 40%, average (Av) – 41% to 60%, above average (AA) – 61% to 80%, and high level (H) – 81% to 100%. The radar chart below (Fig. 1) presents the parameters of the psychological profile of an average individual.

As can be seen in Figure 1, the prior identified traits that have the strongest impact on emotional resilience development have an above-average (balance of nervous processes, endurance (strength of excitation/inhibition) and hyperthymity) or a below-average (reflectivity) intensity level. In addition, the intensity level of the data on activity, dominance and sociability turned out to be above average. The three traits appear to be worth including in the list of characteristics that significantly affect individuals' emotional resilience.

The next step of the statistical analysis was to construct a factor-correlation-cluster model based on the mean data values for each psychological profile (Fig. 2). With a view to that, all the data have been grouped and hierarchically
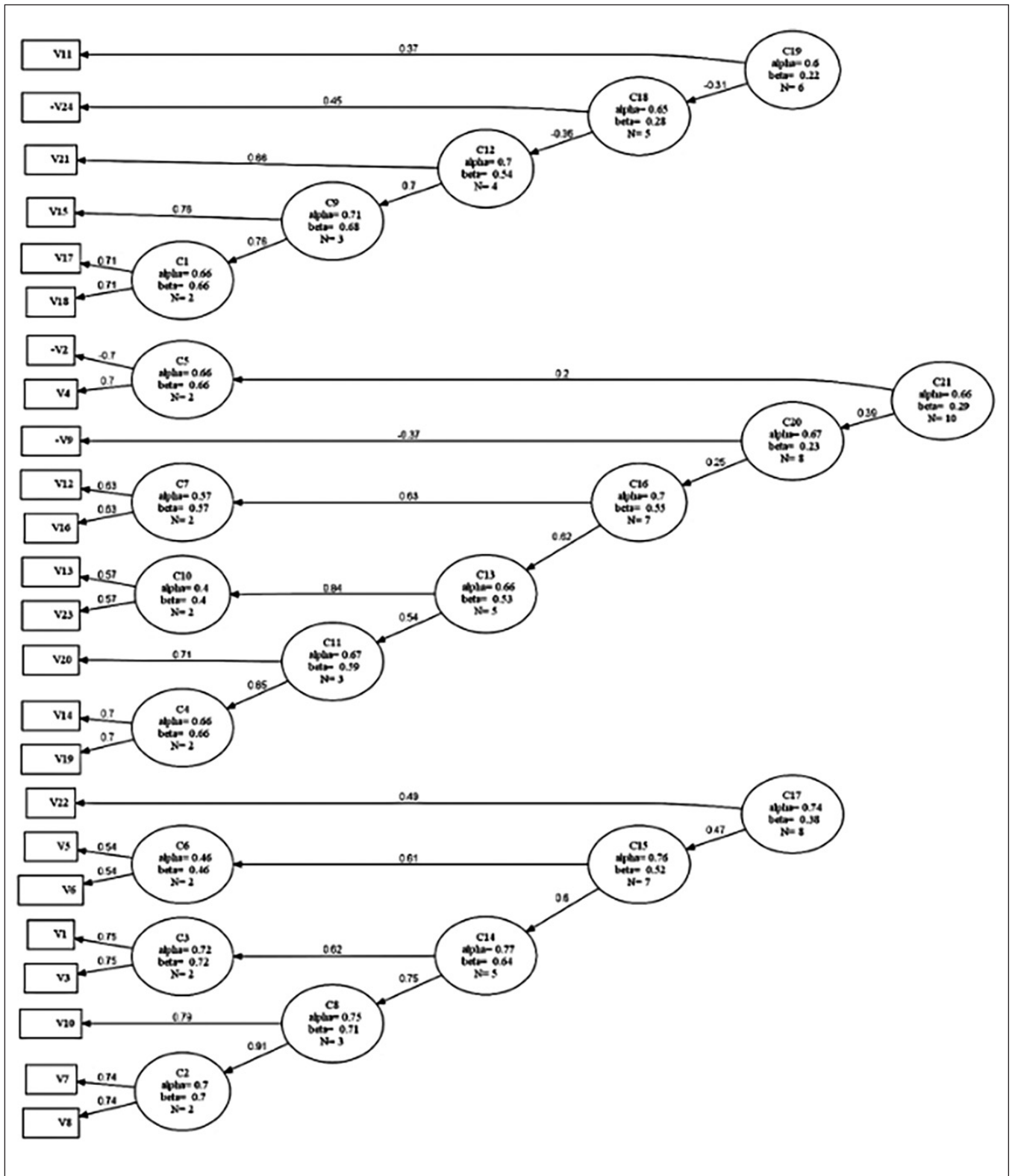
Fig. 2. Factor-correlation-cluster model based on the mean data values (n=485).

Note that factor-correlation-cluster model has been built after Revelle, W. (1997) and Revelle, W. and Zinbarg, R. E. (2009).

Symbols: C1 – C21– cluster numbers; α – Cronbach's alpha; β – risk ratio; 0,74 above the arrows that lead, for instance, to V7, V8 – correlation coefficient (r), r reliability level is not lower than P<0,05; N – number of traits constituting a corresponding cluster; questionnaires: . Strelau: 1 – strength of excitation, 2 – strength of inhibition, 3 – mobility of nervous processes, 4 – balance of nervous processes by strength of excitation; Thurstone: 5 – active, 6 – vigorous, 7 – impulsive, 8 – dominant, 9 – stable, 10 – sociable, 11– reflective; Leonhard – Schmieschek: 12 – demonstrative, 13 – pedantic, 14 – stuck, 15 – excitable, 16 – hyperthymic, 17 – distimical, 18 – anxious 19 – cyclothymic, 20 – exalted, 21 – emotive; H. Eysenck: 22 – extraversion- introversion, 23 – neuroticism, 24 – falsification scale.

ordered in three superclusters: I – orientation at outer/inner world (C17), II – behavioral determination stability (C21), and III – reflectivity (C19). The superclusters were used to identify six psychological profiles of individuals with different potential for emotional resilience development. They are: 1) outward-oriented (looking) type; 2) inward-oriented type; 3) stable-behavioral-determination type; 4) unstable-behavioral-determination type; 5) reflectivity-oriented type; 6) reflectivity-non-oriented type. A more detailed structure and the peculiarities of manifestation of the individual psychological characteristics within each supercluster are presented below.

The first supercluster (C17 – orientation to outer/inner world) includes eight traits and three clusters of different orders:

- seven traits of AA intensity level (V1 – strength of the excitation nervous processes, V3 – mobility of nervous processes, V5 – active, V6 – vigorous, V10 – sociable, V7 – impulsive, V8 – dominant) and one trait of Av intensity level (V22 – extraversion-introversion);
- three first-order clusters (C2, C3, C6);
- one second-order cluster (C8);
- one third-order cluster (C14);
- one fourth-order cluster (C15).

The second supercluster (C21 – behavioral determination stability) comprises ten traits and eight clusters of different orders:

- two traits of AA intensity level (V2 – strength of inhibition nervous processes, V16 – hyperthymic) and eight traits of Av intensity level (V4 – balance of nervous processes by strength of excitation, V9 – stable, V12 – demonstrative, V13 – pedantic, V23 – neurotic, V20 – exalted, V14 – stuck, V19 – cyclothymic);
- four first-order clusters (C5, C7, C10, C4);
- one second-order cluster (C11);
- one third-order cluster (C13);
- one fourth-order cluster (C16);
- one fifth-order cluster (C20).

The third supercluster (C19 – reflectivity) consists of six traits and four clusters:

- traits of Av intensity level (V11 – reflective, V15 – excitable, V17 – distimical, V21 – emotive, V24 – falsification scale, V18 – anxious);
- one first-order cluster (C1);
- one second-order cluster (C9);
- one third-order cluster (C12);
- one fourth-order cluster (C18).

DISCUSSION

The underlying point of the study is that the emotional resilience of an individual is significantly determined by the traits whose intensity level goes beyond average. Following the same logic and having analyzed the content components of each supercluster, we have identified the behavioral manifestations that either facilitate or hinder the development of emotional resilience of individuals with relevant profiles.

The emotional resilience of the individuals with the profile type related to the first supercluster (orientation to outer/inner world) is facilitated by:

- long-term endurance in situations of frequently repeated stimuli;
- ability to quickly switch from one type of activity to another, quickly adapt to a new situation, readiness and willingness to interact with new people and deal with new objects;
- readiness to perform physically strenuous activities;
- inclination to manage others, take responsibility, take the initiative, willingness to speak in public and organize civic actions.

The following behavioral manifestations hinder the development of emotional resilience of the individuals with this profile:

- inclination for affective reactions in the situations that demand a vigorous action;
- strong reactions to external stimuli;
- inclination to work in haste even if it is not necessary for the given situation;
- lack of patience even when it is necessary to keep calm;
- inclination for obtrusiveness, loquacity, intemperance, impulsiveness, graphomania;
- carelessness and flippancy, the inclination for hasty and thoughtless decisions.

The development of emotional resilience of the people with the individual profile referring to the second supercluster (behavioral determination stability) is supported by:

- ability to cope with complex coordinated movements, actions, activities, delicate and tedious work;
- optimistic attitude to life, ability to overcome distress easily;
- mental activity facilitating progress making;
- open-mindedness, the intention to be an interesting interlocutor by suggesting new ideas.

The obstacles for emotional resilience development of the individuals with such profiles are:

- light-minded attitude to complex situations, which prevents comprehension of the reasons why such situations have emerged and inhibits emotional resilience development as a whole;
- intention to be in the spotlight;
- inclination to repress unpleasant memories, get into a chosen role, falsify information about oneself in the course of communication and believe that the given information is true;
- adventurous behavior;
- resort to ready-made restrictions (rules, traditions, rituals) as a means of protection in challenging situations.

The emotional resilience of the respondents with the profile types within the reflectivity supercluster is based on:

- inertia of behavior (inclination for listening rather than expressing one's opinion, which only happens from time to time after a long pause);
- seriousness manifested in ethical rigidity;
- concentration on the dark rather than light sides of life;
- inclination for slow thinking and careful and timid behavior;
- truthfulness in situation analysis and adequate evaluation of one's actions and the actions of other people.

The behavioral manifestations that hinder the development of emotional resilience of the people with such profiles are:

- sensitivity, deep reactions to subtle emotional stimuli, softheartedness, excessive responsiveness, vulnerability;
- irritability (as a defensive mechanism);
- lack of reasoning about why one is in an emotionally charged situation, and difficulty acknowledging one's mistakes.

CONCLUSIONS

The typology of the psychological profiles of individuals with different emotional resilience resource built on empirical research data opens new prospects for developing client-oriented support for emotional resilience development.

The behavioral manifestations facilitating and hindering emotional resilience development identified for different profile types can be used as diagnostic markers to determine a person's profile. Analyzing the behavioral manifestations of a client belonging to a certain profile type allows identifying the problem zones, vectors and means of emotional resilience development.

The prospects for further research are related to developing, piloting, and implementing the socio-psychological strategies of the emotional resilience development support based on the suggested psychological profile typology.

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The Authors declare no conflict of interest.

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D – Writing the article, **E** – Critical review, **F** – Final approval of the article