

Personal Expediency of Psychological Resources Actualization

Особиста доцільність актуалізування психологічних ресурсів

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ABSTRACT

The aim of the article is to characterize empirically the personal expediency of a person's actualization of his own psychological resources.

In the empirical study, the methods of the psychological questionnaire were used, as well as such methods of mathematical and statistical analysis of data as the cluster, regression, correlation, classification, discriminant analysis. The empirical study was carried out according to Nelson's model, which assumed the discrimination of indicators of personal expediency of actualizing a person's own psychological resources by coherence and systemic reflection.

The results of the research. The personal content of the feeling of coherence, which generalizes the expediency of actualizing psychological resources, are experiences and values subject to systemic reflection, namely: aspects of

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experience – efforts and satisfaction, motivational values – independence and universalism. The indicators of the actualization of the feeling of coherence are personal resourcefulness and the ability of a person to operate with his own resources, that is able to invest and update. Reflected resource content of the feeling of coherence is made up of such resources: positive relationships with others, goals in life, faith, mercy, creative activity, reflections, physical activity, self-confidence, love, creativity, faith in goodness, work on oneself, responsibility.

Conclusions. *The personal content of coherence can be interpreted as a person's achievement of a successful author's way of being through the application of his own efforts. The ability to invest their own resources is the main indicator of the actualization of resources in a sense of coherence, which characterizes the desire for positive relationships with others, creative activity, and physical activity. The personal expediency of actualizing psychological resources is revealed in a person's satisfaction with the application of his own efforts regarding an independent understanding of a merciful attitude towards others as the determining goal of his life.*

Key words: *psychological resources, actualization, personal expediency, experience, values.*

Introduction

We believe that the locus of the problem of actualization of psychological resources is precisely its purpose. The study of resource saturation derived the importance of a person's ability to use their own resources, despite their available number (Штепа, 2020: 247). A study of indicators of relevance (Штепа, 2019: 359) showed that they are certain psychological resources, knowledge of their own resources, as well as coherence. It is in the sense of coherence, as the coherence of a new life situation with past experience, that a person reveals the purpose of the use of psychological resources because their personality contributes to the interpretation of the significance of events (Antonovski, 1993: 729).

At present, the concept of coherence has not lost its scientific relevance and is quite modern for its application in empirical research on psychological well-being (Hochwälder, 2019: 6).

The actualization of resources in modern Ukrainian personality psychology has been studied in the context of the existential crisis (Psychological technologies of effective functioning...: 397) and the success of overcoming life difficulties (Сокур, 2019: 187). Such data allow us to interpret the actualization of resources as a way for a person to overcome difficult life situations, which makes it possible to restore his sense of well-being. It is worth noting that N. Nizovskikh considers resources as mediators of the inner world of man and life tasks (Низовских, 2014: 35). Therefore, we suggested that the purpose of actualizing psychological resources should be determined through the significance of the «inner» and «outer» world of man, which are, in our opinion, experiences and values. In particular, the review of the phenomenon of the experience of N. Bilousova speaks about the possibility of presenting experience as an event of the inner world of man (Білоусова, 2015: 12), and studies of motivational values are about their interpretation as meta-values of culture (Сімків, 2013: 13).

We believe that experiences and values are the personal content of a sense of coherence, and the interpretation of their connection, coherence – the personal expediency of actualizing psychological resources.

The aim of the study was an empirical description of the personal feasibility of updating a person's own psychological resources.

The aim of the article

The aim of the article was to empirically characterize the personal content of the sense of coherence; empirically check the indicators of actualization of psychological resources in the sense of coherence; empirically determine the resource content of coherence.

The empirical study was implemented according to Nelson's model, which provided for discrimination of indicators

of personal expediency of actualization of one's own psychological resources, namely: systemic reflection and coherence. The following psychodiagnostic methods were used in the empirical study: psychological resourcefulness questionnaire by O. Shtepa, test-questionnaire for diagnosing indicators of existential resources of personality of E. Riazantseva, self-assessment questionnaire of «strengths of character», built by Burovikhina, D. Leontiev, E. Osin, methods of Values in Action by K. Peterson and M. Seligman, questionnaire of crisis management strategies by M. Laad, questionnaire of psychological well-being (adaptation of S. Karskanova method by K. Riff), method of determining (in) tolerance to the uncertainty of S. Baudelaire (adaptation of G. Soldatova, L. Shaigerova), methods of assessing and predicting the psychological development of situations of interpersonal interaction of O. Bondarenko, questionnaire of reflection by D. Leontiev, E. Osin, questionnaire of loss and acquisition of personal resources (developed by N. and M. Stein), the coherence scale of A. Antonovsky in the adaptation of E. Osin, the method of diagnostics of experience in the professional sphere by D. Leontiev, E. Osin, the method of S. Schwartz to study the values of personality (adaptation of I. Semkov).

Empirical indicators of the actualization of psychological resources of the individual, we determined, first, the ability to operate with their own resources (knowledge of their own resources, the ability to accommodate and update them), which was diagnosed on the appropriate scales of the psychological resource questionnaire; secondly, the index of personal resourcefulness as a subjective assessment by a person of the ratio of personal (in) material losses and acquisitions, which was diagnosed with the help of the questionnaire of losses and acquisition of personal resources.

The study involved 168 people aged 35–57 years (Mean = 44.95; Mode = 40.0 (Frequency of Mode = 16)) (including 98

women, 70 men) (students of the Institute of Pre-University and Postgraduate Education, private entrepreneurs) small businesses, self-employed persons and freelancers). The subjects were selected by age because, in our opinion, middle-aged and late adults are characterized by both social affiliations, which will determine their sensitivity to socio-cultural values, and the presence of their own reflected life experience, which will characterize the articulation of their personal experiences.

Results and discussions

In order to determine which motivational values as the significance of socio-cultural experience are covered by a sense of coherence and provided with systematic reflection, a step-by-step discriminant analysis was applied, which found that according to Wilks' Lambda (0.77; 0.85) such motivational values are universalism, hedonism, tradition, security, independence (Table 1).

Table 1

Results of discriminant analysis reflected motivational values

Reflected motivational values	Wilks' – Lambda	Partial – Lambda	F-remove (2.412)	p-level	Toler.	1-Toler. (R-Sqr.)
Universalism	0.807	0.951	10.43	0.00	0.80	0.19
Hedonism	0.822	0.934	14.52	0.00	0.97	0.02
Tradition	0.807	0.95	10.39	0.00	0.71	0.28
Security	0.810	0.94	11.10	0.00	0.84	0.15
Independence	0.780	0.98	3.10	0.04	0.92	0.07

Using step-by-step discriminant analysis according to the relevant indicators of Wilks' Lambda (0.68; 0.94), it was found that all aspects of experience are covered by a sense of coherence, while the aspect of «devastation» is not included in the discriminant model of systemic reflection (Table 2).

Table 2

Results of discriminant analysis of reflected aspects of experience

Reflected aspects of experience	Wilks' – Lambda	Partial – Lambda	F-remove (2.415)	p-level	Toler.	1-Toler. (R-Sqr.)
Contentment	0.970	0.97	5.96	0.00	0.92	0.07
Sense	0.959	0.98	3.60	0.02	0.64	0.35
Effort	0.949	0.99	1.36	0.25	0.63	0.36

We believe that the feeling of desolation may not be given to the systemic reflection because it does not have «external» indicators of reality, unlike other aspects of the experience. In particular, a person may find in the culture indicators that are relevant to his experience of contentment, meaning, effort, such as achievements to be proud of, the content to be understood, the level of effort required to succeed; at the same time, a person experiences a sense of desolation through self-immersion.

In order to determine whether motivational values and aspects of experience are factors of a sense of coherence, a step-by-step regression analysis was performed (Table 3).

Table 3

Results of regression analysis of motivational values and aspects of experience as factors of a sense of coherence

Factors of a sense of coherence	Beta	Std. Err. – of Beta	B	Std. Err. – of B	t(414)	p-level
Contentment	0.36	0.0438	0.12	0.015	8.29	0.00
Effort	0.26	0.0436	0.60	0.09	6.14	0.00
Universalism	0.09	0.0443	1.79	0.87	2.05	0.04
Independence	0.10	0.0439	1.96	0.84	2.33	0.02

Regression analysis showed that among the discriminated aspects of experience and motivational values provided by systemic reflection, not all factors are a sense of coherence. In particular, the aspects of experience that determine the sense of coherence are contentment and effort. According to the study, it is the aspects of experience that are the primary factors of coherence, which suggests that experience as an event of the «inner world» precedes the importance that a person attaches to values as the significance of the «outside world». Probably, sense as an aspect of the experience is not a factor of coherence, because in a situation of rethinking life a person does not so much use past experience as comprehend new ones. Based on the available research results, it can be argued that aspects of experience such as satisfaction and effort, as well as motivational values such as universalism and independence, are consistent, i. e. those that accumulate the content of a sense of coherence.

In order to determine the relationship between the agreed aspects of experience and motivational values, a correlation analysis was performed (Table 4).

Table 4

The results of correlation analysis of components of personal content sense of coherence

Components of personal content sense of coherence	Universalism	Independence	Contentment	Effort
Contentment	0.24*	0.30	1.00	0.28
Effort	–	0.28	0.28	1.00
Universalism	1.00	0.25	0.24*	–
Independence	0.25	1.00	0.30	0.28

* $p < 0,01$; $p < 0,001$.

Analysis of the established correlations between the components of the content of the sense of coherence draws attention

to the lack of a statistically significant relationship between the experience of effort and the motivational value of universalism, while the experience of contentment is associated with both the value of universalism and independence. Both aspects of experience and motivational values are related.

In order to single out the resource's content of the coherence, a step-by-step discriminant analysis was applied, which showed that 23 resources are determined by the sense of coherence by the value of the Wilks' – Lambda indicator (0.39); at the same time, discriminant analysis in terms of systemic reflection (Wilks' Lambda (0.73)) clarified the empirical content of coherence resources of 21 components (Table 5).

The discriminant model of systemic reflection did not contain the resource of the relationship of «well-being», as well as the strength of character «sense of humor». The reflected resource content of the sense of coherence according to the results of discriminant analysis includes resources of all types of psychological resources, which contains the resource saturation of the individual, in particular:

- interpretive psychological resources – self-confidence, love, creativity, faith in the good, work on yourself, responsibility, knowledge of own resources, the ability to update their own resources, the ability to accommodate their own resources;
- motivational resources of psychological well-being – positive relationships with others, goals in life;
- existential resources – credence, charity;
- strength of character (resources for a conceptualization of values) – interest in life events, common sense, sense of meaning in life;
- resources of psychological survival – creative activity, considering, physical activity;
- resources of relationships – existential benefits;
- resources of tolerance to uncertainty – novelty.

Table 5

Components of reflected resource content of sense of coherence

Reflected resource content of sense of coherence	Wilks' – Lambda	Partial – Lambda	F-remove (2.394)	p-level	Toler.	1-Toler. (R-Sqr.)
1. Ability to accommodate their own resources	0.427	0.90	21.80	0.00	0.33	0.66
2. Creative activity	0.392	0.98	3.89	0.02	0.51	0.48
3. Prudence	0.447	0.86	31.61	0.00	0.71	0.28
4. Experiencing the meaning of life	0.398	0.96	6.97	0.00	0.65	0.34
5. Self-confidence	0.393	0.97	4.20	0.01	0.61	0.38
6. Knowledge of own resources	0.426	0.90	20.89	0.00	0.69	0.30
7. Mercy	0.414	0.92	14.95	0.00	0.59	0.40
8. Responsibility	0.403	0.93	14.35	0.00	0.56	0.46
9. Goals in life	0.416	0.92	15.73	0.00	0.54	0.45
10. Credence	0.394	0.97	4.76	0.00	0.74	0.25
11. Positive relationships with others	0.414	0.92	14.86	0.00	0.62	0.37
12. Existential benefits	0.408	0.94	11.70	0.00	0.78	0.21
13. Ability to update their own resources	0.401	0.94	11.92	0.00	0.34	0.65
14. Interest in life events	0.399	0.96	7.43	0.00	0.74	0.25
15. Physical activity	0.446	0.86	31.10	0.00	0.13	0.86
16. Considering	0.428	0.89	21.99	0.00	0.13	0.86
17. Belief in good	0.404	0.95	9.72	0.00	0.59	0.40
18. Work on yourself	0.399	0.96	7.11	0.00	0.66	0.33
19. Creativity	0.395	0.97	5.02	0.00	0.60	0.39
20. Love	0.398	0.96	6.30	0.00	0.83	0.16
21. Novelty	0.397	0.96	6.30	0.00	0.83	0.17

It is important to note that the primary components of a sense of coherence are a person's ability to accommodate resources, engage in creativity, be sensible, and, in fact, experience the meaning of life.

In order to establish the resource conditionality of the reflected coherence content, a classification analysis was used (Table 6).

Table 6

Results of classification analysis of psychological resources as predictors of personal content sense of coherence (predictor rank: 0 – least important; 100 – most important)

Reflected coherence content	Personal content sense of coherence			
	Motivational values		Aspects of experience	
	Universalism	Independence	Contentment	Effort
<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
Self-confidence	82	53	62	58
Love	27	45	27	28
Creativity	28	30	32	45
Belief in good	19	46	31	37
Work on yourself	34	33	24	35
Responsibility	23	39	33	37
Knowledge of own resources	48	39	26	44
Ability to update their own resources	46	44	21	44
Ability to accommodate their own resources	43	40	27	49
Positive relationships with others	99	92	100	90
Goals in life	69	100	84	100

<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
Credence	60	79	78	73
Mercy	100	91	75	80
Interest in life events	17	27	31	38
Prudence	47	34	42	58
Sense of meaning in life	43	29	54	45
Creative activity	94	61	80	59
Considering	85	67	65	62
Physical activity	89	50	66	51
Existential benefits	64	53	39	51
Novelty	39	27	74	62

According to the results of the classification analysis, it can be stated that the main predictors of personal content of coherence – aspects of experience and motivational values – are motivational resources «positive relationships with others» and «goals in life», existential resources «faith» and «charity», resources of psychological survival «creative activity» and «reasoning». Psychological resources and strengths are characterized by a moderate assessment of the definition of the content of a sense of coherence, while their interpretive nature is important to explain the resource saturation of aspects of experience and motivational values.

To enable the interpretation of the coherence of motivational values, aspects of experience in their resource's contexting cluster analysis was performed (Fig. 1). The results of cluster analysis show that, in fact, the sense of coherence is in the same subcluster with the motivational resources of positive relationships with others and goals in life. It is reasonable to conclude that the main purpose of coherence is a person's understanding of his own life in the context of close relationships with significant others. Motivational values of independence and universalism are in the subcluster of interpretive resources and forces of character, as conceptualizations of values.

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The results of the study confirm that values are not given to a person, but are interpreted by him as values. The aspect of experiencing «effort» is included in the cluster of resources for psychological survival and existential resources, so it is appropriate to conclude that human effort is to find existential support (credence and mercy) and continue creativity, physical activity, and generalization of one's own life experience. The experience of contentment generalizes all the content of coherence, as a summary, of how successful the integration of personal experience is.

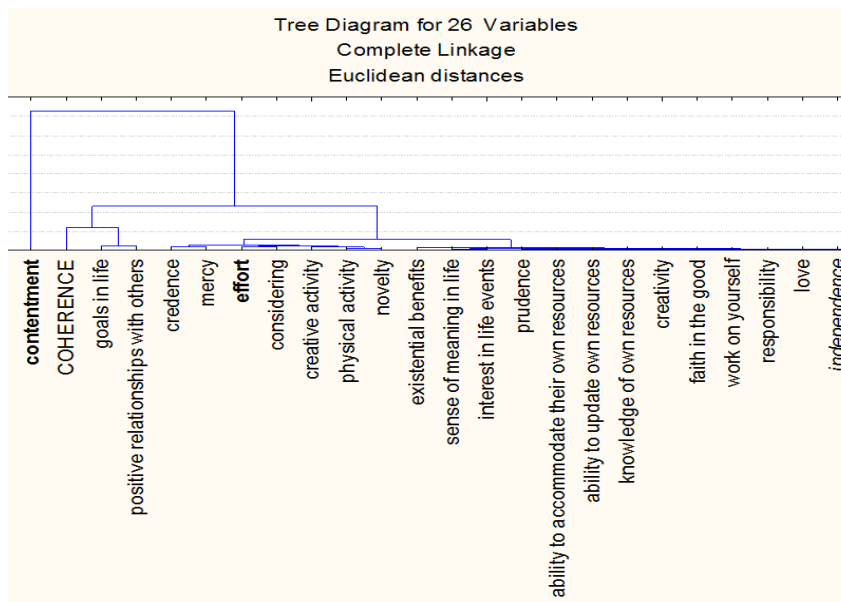


Fig. 1. Clustered tree of reflected resource content of coherence

In order to determine the nature of the relationships of the reflected resource content of coherence and indicators of its relevance, correlation (Table 7), regression, and classification analysis were used.

Table 7

The results of correlation analysis of resource indicators to actualize the sense of coherence

Reflected coherence content	Knowledge of own resources	Ability to update own resources	Ability to place own resources	Personal resourcefulness	Coherence
Positive relationships with others	0.51	0.51	0.51	0.26	0.50
Goals in life	0.45	0.40	0.36	–	0.25*
Credence	0.31	0.36	0.38	–	0.21*
Mercy	0.33	0.24	0.30	–	0.27
Creative activity	0.51	0.49	0.53	–	0.21*
Consideration	0.42	0.46	0.43	0.26	0.35
Physical activity	0.59	0.54	0.53	0.28	0.42
Self-confidence	0.47	0.40	0.42	–	0.38
Love	0.33	0.34	0.39	–	0.33
Creativity	0.46	0.39	0.44	–	0.33
Belief in good	0.37	0.39	0.44	0.30	0.36
Work on yourself	0.35	0.37	0.44	0.31	0.41
Responsibility	0.28	0.28	0.36	0.33	0.42
Personal resourcefulness	0.26	0.30	0.35	–	0.21*
Coherence	0.40	0.52	0.30	0.22*	–

* $p < 0.01$; $p < 0.001$.

The results of the correlation analysis showed a high level of consistency of indicators of the use of resources (knowledge of resources and the ability to place and update them) and consistency; greater coherence is associated with the ability to allocate own resources. Personal ingenuity is more related to interpretive psychological resources.

Regression analysis allowed us to explain that among the indicators of actualization of the sense of coherence, its factor is the ability to allocate own resources. Classification analysis showed that each of the indicators of resource actualization in the sense of consistency is its predictor with a high rating, respectively, knowledge of own resources – 78%, the ability to update own resources – 94%, ability to place own resources – 100%, personal ingenuity – 72%. Therefore, the ability to allocate own resources is the main indicator of resource actualization.

Conclusions

On the basis of the results of empirical research it can be argued that the personal content of the sense of coherence, which generalizes the expediency of actualizing psychological resources, are experiences and values given to systemic reflection, namely: aspects of experience – effort and contentment, motivational values – independence and universalism. The personal content of coherence can be interpreted as the achievement by a person of a prosperous author's way of life through the exertion of one's own efforts. A sign of the coherence of experiences and values as a personal content of a sense of coherence is a person's understanding of positive relationships with others as goals of their own lives.

Indicators of actualization of the sense of coherence should be considered personal resourcefulness and operate with their own resources, i. e. to know them, be able to update and accommodate them, as determined by their connection with the sense of coherence, and they are its predictors.

Reflected resource content of a sense of coherence contains 21 psychological resources from all types of resources covered by resource saturation. Resources related to the actualization of resources in a sense of coherence are positive relationships with others, goals in life, credence, charity, creativity, reason-

ning, physical activity, self-confidence, love, creativity, faith in good, work over yourself, responsibility.

The ability to accommodate their own resources is the main indicator of the actualization of resources in a sense of coherence, which characterizes the desire for positive relationships with others, creative activity, and physical activity.

The resource context of human experience is largely existential and concerns the finding of existential supports (faith and charity), the continuation of the possibility of creative activity of physical activity, as well as generalizations on the successful integration of personal experience. The codes of resource interpretation by a person of the values of independence of reasoning and understanding of themselves, others, life are self-confidence, love, creativity, faith in the good, work on oneself, responsibility.

The personal expediency of actualizing psychological resources is revealed in a person's contentment with making one's own efforts to understand a merciful attitude towards others independently as a defining goal of one's own life.

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Штепа Олена. Особиста доцільність актуалізування психологічних ресурсів

АНОТАЦІЯ

Мета дослідження – емпірична характеристика особистої доцільності актуалізування особою власних психологічних ресурсів.

Методи та методики дослідження. В емпіричному дослідженні було застосовано методи психологічного опитування, а також такі методи

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математико-статистичного аналізу даних, як кластерний, регресійний, кореляційний, класифікаційний, дискримінантний аналіз. Емпіричне дослідження реалізовано за моделлю Нельсона, що передбачала дискримінування показників особистої доцільності актуалізування особою власних психологічних ресурсів системною рефлексією та когерентністю.

Результати дослідження. Особистим вмістом чуття когерентності, яке генералізує доцільність актуалізування психологічних ресурсів, є переживання і цінності, що надаються системній рефлексії, а саме: аспекти переживання – зусилля і задоволеність, мотиваційні цінності – самостійність і універсалізм. Показниками актуалізування чуття когерентності є персональна ресурсність й уміння особи оперувати власними ресурсами, тобто знати їх, уміти оновлювати і вміщувати. Рефлексований ресурсний контент чуття когерентності складають такі ресурси: позитивні взаємини з іншими, цілі у житті, віра, милосердя, творча діяльність, міркування, фізична активність, упевненість у собі, любов, творчість, віра у добро, робота над собою, відповідальність.

Висновки. Особистий зміст когерентності можна тлумачити як досягнення людиною благополучного авторського способу буття завдяки докладанню власних зусиль. Уміння вміщувати власні ресурси є головним показником актуалізування ресурсів у чутті когерентності, який характеризує прагнення позитивних взаємин з іншими, творчої діяльності та фізичної активності. Особиста доцільність актуалізування психологічних ресурсів розкривається у задоволеності людини докладанням власних зусиль щодо самостійного розуміння милосердного ставлення щодо інших як визначальної цілі власного життя.

Ключові слова: психологічні ресурси, актуалізація, особиста доцільність, переживання, цінності.

Штепа Елена. *Личная целесообразность актуализации психологических ресурсов*

АННОТАЦИЯ

Цель исследования – эмпирическая характеристика личной целесообразности актуализации человеком собственных психологических ресурсов.

Методы и методики исследования. В эмпирическом исследовании были применены методы психологического опроса, а также такие методы математико-статистического анализа данных, как кластерный,

регрессионный, корреляционный, классификационный, дискриминантный анализ. Эмпирическое исследование реализовано по модели Нельсона, предполагавшей дискриминирование показателей личной целесообразности актуализации человеком собственных психологических ресурсов когерентностью и системной рефлексией.

Результаты исследования. Личным содержанием чувства когерентности, генерализирующего целесообразность актуализации психологических ресурсов, являются переживания и ценности, подданные системной рефлексии, а именно: аспекты переживания – усилия и удовлетворенность, мотивационные ценности – самостоятельность и универсализм. Показателями актуализации чувства когерентности являются персональная ресурсность и умение человека оперировать собственными ресурсами, то есть знать их, уметь вкладывать и обновлять. Отрефлексированный ресурсный контент чувства когерентности составляют такие ресурсы: позитивные отношения с другими, цели в жизни, вера, милосердие, творческая деятельность, размышления, физическая активность, уверенность в себе, любовь, творчество, вера в добро, работа над собой, ответственность.

Выводы. Личное содержание когерентности можно истолковать как достижение человеком благополучного авторского способа бытия благодаря приложению собственных усилий. Умение вкладывать собственные ресурсы является главным показателем актуализации ресурсов в чувстве когерентности, характеризующим стремление к позитивным взаимоотношениям с другими, творческой деятельности и физической активности. Личная целесообразность актуализации психологических ресурсов раскрывается в удовлетворенности человека приложением собственных усилий относительно самостоятельного понимания милосердного отношения к другим как определяющей цели своей жизни.

Ключевые слова: психологические ресурсы, актуализация, личная целесообразность, переживание, ценности.

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