

# The Phenomenon of Psychological Resourcefulness of a Personality in a Paradigm of Ecological Psychology

## Феномен психологічної ресурсності особистості в парадигмі екологічної психології

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DOI (article): <https://doi.org/10.32626/2227-6246.2025-66.77-97>

<http://journals.urau.ua/index.php/2227-6246>

**77**

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### ABSTRACT

**The purpose** of our article is to analyze the phenomenon of psychological resourcefulness of a personality in a paradigm of Ecological Psychology.

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

**The results of the research.** Based on the results of the ascertaining study we have obtained we offer different approaches to the concept of “psychological resourcefulness of the individual”. It is considered, first of all, as a certain result of the professional activity of a practical psychologist as a holistic, harmonious, self-governing system that ensures the professional activity of a practical psychologist at the level of “operational calm”, allowing the specialist not only to most optimally resist various natural and social factors of the environment, but also to actively and purposefully influence them. This definition rightly emphasizes the systemic organization of the psychological resourcefulness of the personality of future practical psychologists and the significant role of the purposeful professional activity of a practical psychologist. At the same time, it is important to indicate what determines this orientation and what result can be considered the most optimal. The last aspect in determining the psychological resourcefulness of the personality of a practical psychologist is meant if the psychological resourcefulness of the personality (that is, the psychological resourcefulness of the personality only at the level of mental functions in the whole integral relationship of its components) we regard as a process whereby the reaction of future practical psychologists in response to medium-level changes is carried out with the inclusion in the structure of the professional activity of the practical psychologist of previously acquired professional experience.

**Conclusions.** *We proved that the psychological resourcefulness of the personality of future practical psychologists can be defined as the process of establishing the optimal ratio of the personality and the environment in the course of carrying out the professional activities inherent to a psychologist, which allows future practical psychologists to satisfy the current needs of the professional activities of a practical psychologist and to realize the significant goals associated with them (while maintaining mental and physical health), while ensuring the compliance of a person's mental activity and behavior with the requirements for the development of the psychological resourcefulness of the personality.*

**Key words:** *resourcefulness of a personality, psychological resourcefulness, professional activity, the level of "operational calm", Ecological Psychology, natural and social factors of the environment.*

## Introduction

The concept of "functional state of psychological resourcefulness" of the individual in a paradigm of Ecological Psychology as a scientific category was initially formed in Physiology, where it was used to characterize the activity of a human body. In modern psychological literature which have a deal with Ecological Psychology, the concept of psychological resourcefulness of the individual has appeared relatively recently. Scientists define psychological resourcefulness of the individual as a certain integral complex of characteristics of those functions and qualities of a person that are directly or indirectly determined by the performance of professional activity by the individual, that is they create the possibility of carrying out this activity in order to develop psychological resourcefulness of the individual (Arbutnott, & Frank, 2000).

The development of psychological resourcefulness of the individual directly reflects the peculiarities of the process of adaptation of a specialist to the conditions of the professional environment (Key-DeLyria, Bodner, & Altmann, 2019). Thus, scientists consider the psychological resourcefulness of the individual as a constant process of interaction in the "person – environment" system, which occurs in a paradigm of Ecological Psychology at two levels: physiological and socio-psychological ones

(Heino, Ellison, & Gibbs, 2010). At the same time, the close connection in the “person – environment” system is system-forming and determines the psychological resourcefulness of the individual’s organism (Nowak, Watt, & Walther, 2009).

In turn, starting from the philosophical definition of this category, according to which the psychological resourcefulness of the individual reflects a specific form of realization of being, which fixes the moment of stability in the change, development and movement of material objects under certain positive conditions of existence of any society. Scientists believe that psychological resourcefulness of the individual is the result of the interaction of the psychological system and the activity of self-regulation of the psychophysiological state of a person, which is the basis of the psychological resourcefulness of the individual (Mykhalchuk, & Kryshevych, 2019). At the same time, the processes of management in living systems can be explained as a certain organization of purposeful interactions, the result of which is the transition from one state to another, which, in turn, constitutes the paradigm of the psychological resourcefulness of the individual.

As we can see, there is no single definition of the psychological resourcefulness of an individual, as well as the mental state of resourcefulness, although the above definitions emphasize the relationships between the psychological resourcefulness of the individual and the process of human adaptation to environmental conditions. Since there is no single definition of the psychological resourcefulness of the individual, there is no single classification of human functional states. However, it is advisable to consider the states of the organism and the individual, which are distinguished by various researchers as the main and the most general characteristics of the psychological resourcefulness of the individual.

During the study of the psychological resourcefulness of the individual, adaptation and the existence of functional states of a person, science distinguishes several types of states determined

by the level of the activity of various mechanisms, systems and organs. First of all, this is relaxation as a state of calm, relaxation and recovery. This state occurs as a result of relieving tension, after strong experiences or physical exertion (Ishkhanyan, Boye, & Mogensen, 2019).

Relaxation can be involuntary and voluntary. For example, an involuntary state of relaxation occurs during falling asleep or under conditions of significant physical and mental fatigue. Voluntary relaxation in the paradigm of psychological resourcefulness of the individual occurs by adopting a calm posture, an imaginary state, usually corresponding to rest, and relaxing the muscles involved into various types of the person's activity (Гончарук, & Онуфрієва, 2018). Usually, voluntary relaxation is caused in the process of autogenic training, invested in relieving emotional overstrain, since the very emergence of a state of relaxation leads to the normalization of the emotional sphere of the individual and facilitates the development of psychological resourcefulness of the individual.

Relaxation as a type of psychological resourcefulness of the individual has a number of features. First of all, this state is characterized by high programmability and the ability to cause it through autosuggestion. In this state, a person has a reduced level of control and criticality. This feature of relaxation is widely used in medical psychotherapeutic sessions based on suggestion. However, relaxation is quite necessary both in the treatment of various disorders and in everyday life. The state of relaxation is necessary from the point of view of self-programming and the restoration of the body's energy spent in a state of lack or economy. When we are relaxed, the normal functioning of all body systems is restored. Relaxation is also necessary for a person to go to sleep (Lawson, & Leck, 2006).

Sleep is also a type of psychological resourcefulness of the individual. It periodically occurs in a case of a person with specific manifestations of his/her behavior in the vegetative and motor spheres. This state is characterized by significant immobility

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and disconnection from the sensory influences of the world surrounding a person. Sleep is very close to the state of relaxation, but many phenomena observed in a state of psychological relaxation are more pronounced in a state of sleep (Mykhalchuk, & Ivashkevych Ed., 2018). For example, if in a state of relaxation there is a decrease in criticality, then during sleep a person experiences a suppression of mental activity, which is fully realized by a person. Sleep is a necessary state in our life, it is an important psychological factor in the formation of the person's psychological resourcefulness. Sleep, like a state of relaxation, ensures the restoration of a person's physical and mental reserves. Sleep disturbance is always accompanied by negative emotional experiences and physical disorders, leads to the destruction of a person's psychological resourcefulness (Rains, & Scott, 2007).

The next stage of psychological resourcefulness of the individual is the optimal state of the individual's psyche. In this state, each person acts most effectively, therefore this state is often called a state of comfort. However, it is always associated with some tension of the mental and physical mechanisms of regulation of the individual's psyche. In its essence, this state is quite contradictory: on the one hand, the psychological resourcefulness of the individual contributes to self-actualization, but, on the other hand, this state, with its further development, naturally turns into a state of physical or physiological fatigue (Pimperton, & Nation, 2010).

The level of functioning of a complex physiological system, which is the psychological resourcefulness of the individual, which has the properties of self-control, self-regulation and self-government. So, psychological resourcefulness is understood as a relatively stable value of a specific reaction, determined by the nature of the stimulus and the characteristics of the entire holistic system, which is the psychological resourcefulness of the individual.

Fatigue is a psychophysical state of a person, characterized by a temporary decrease in working capacity under the influence

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DOI (article): <https://doi.org/10.32626/2227-6246.2025-66.77-97>

of a fairly long physical load. This state arises as a result of the depletion of the individual's internal resources and inconsistency in the activity of the body and personality systems that provide cognitive and professional human activity. One of the main features of this state is that it has different levels of manifestation. For example, the psychological resourcefulness of a person can be at the physiological, psychological and behavioral levels. Thus, at the physiological level, fatigue manifests itself in an increase in the inertia of nervous processes. At the psychological level, under conditions of fatigue, sensitivity decreases. In addition, there is a violation of such mental processes as memory, attention, etc. (Schleicher & McConnell, 2005). There are also certain changes in the emotional and motivational spheres of the man's personality. At the behavioral level, fatigue manifests itself in a decrease as a labor productivity, a decrease in the speed and accuracy of operations having been performed, which lead to a decrease in the level of psychological resourcefulness of the person (Rezaei, & Mousanezhad Jeddi, 2020).

The nature of the manifestation of human fatigue largely depends on the type of load on the human body and the time of its impact. For example, physical stress can be informational (in cases of solving intellectual or perceptual tasks) and physical (in case of performing physical activity). Therefore, it is customary to distinguish between intellectual and physical fatigue. Depending on the intensity and localization of the loads, fatigue can be acute and chronic (Stephens, & Rains, 2011). As a rule, fatigue is a rather temporary state of psychological resourcefulness of the individual, which is accompanied by a subjective feeling of fatigue, which is expressed in a feeling of lethargy, weakness, a feeling of physiological discomfort, awareness of disturbances in the course of mental processes, loss of interest in the activity, etc. After a more or less long rest, fatigue passes and is restored (Ramirez, & Wang, 2008). However, in cases where rest was completely insufficient, when fatigue becomes a systematic phenomenon, the loads increase, and it becomes impossible to re-

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duce them, so borderline and pathological states may be arisen. These states are usually not considered within the classification of characteristics of psychological resourcefulness of the individual, since they are a special class of human states.

Another type of psychological resourcefulness of the individual is *stress*, which is characterized by increased physiological and mental activity of a person. And this state is characterized by extreme instability (Cattell, 1988). Under favorable conditions, the psychological resourcefulness of the individual can be transformed into an optimal activity state of the functioning of a human psyche, and under unfavorable conditions – into a state of neuro-emotional tension, which is characterized by a decrease in both general working capacity and the efficiency of the functioning of individual systems and organs, as well as depletion of energy resources, which, in turn, leads to the leveling of the psychological resourcefulness of the individual.

**The purpose** of our article is to analyze the phenomenon of psychological resourcefulness of the person in a paradigm of Ecological Psychology.

### Methods of the research

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

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



Group E1 – 20 the 1st year higher education students.

Group C1 – 20 the 2nd year higher education students.

At the first stage, 58 future practical psychologists participated in our research. As a result of screening according to the scale of control of the degree of instructive behavior and the tendency to corresponding distortions of answers in tests (lie scale), the total number of the final sample was 40 people, we distributed into control and experimental groups.

At the first stage of the research, we conducted a questionnaire to analyze the socio-demographic indicators of respondents and testing to identify the degree of psychological resourcefulness of the personality of future practical psychologists.

At the next second stage, based on the results of preliminary testing, 3 subgroups of respondents were formed. These groups were differing in the degree of expression of the psychological resourcefulness of the personality of future practical psychologists, such as respondents with high, medium and low levels of the development of the psychological resourcefulness of the personality of future practical psychologists. Thus, we carried out psychodiagnostics using methods that identify styles that influence the behavior and use of environmental coping resources by future practical psychologists.

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

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

This questionnaire contains statements that reflect the feelings and experiences of the psychological resourcefulness of the personality of a practical psychologist, which he/she experiences when performing professional duties. The assessment of responses is carried out on a seven-point scale. The questionnaire includes three subscales: emotional exhaustion, depersonalization and assessment of personal achievements. The presence of a

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low level of psychological resourcefulness of the personality of a practical psychologist is indicated by high scores on the scales of emotional exhaustion and depersonalization and high scores on the scale that assesses personal achievements.

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

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

### Results and their discussion

Let us analyze the results of the psychological resourcefulness of the personality of future practical psychologists of the control and experimental groups, obtained by us at the stage of the ascertaining study. The indicators of the distribution of future practical psychologists are distributed by high, medium and low levels of psychological resourcefulness of the personality (Table 1).

Table 1

**Indicators of distribution of future practical psychologists by high, medium and low levels of psychological resourcefulness of the individual at the stage of ascertainment research (in %)**

The level of psychological resourcefulness of the individual	Group E1	Group C1
High	13.45	10.21
Medium	20.88	29.02
Low	65.67	60.77

As the results of the ascertaining study on the psychological resourcefulness of the personality of future practical psychologists of the respondents of the control and experimental groups, given in Table 1, we show the majority of future practical psychologists of each group, who have a low level of formation of

psychological resourcefulness of the personality (65.67% in E1 and 60.77% in C1). At the same time, high and average levels of psychological resourcefulness of the personality of future practical psychologists of the respondents of the control and experimental groups are represented by no more than 39% of respondents (a high level was diagnosed in 13.45% of future practical psychologists of the E1 group and in 10.21% of respondents of C1 group; the average level, respectively, in 20.88% in E1 and in 29.02% of respondents of C1 group).

In order to provide a detailed stratification of indicators corresponding to high, average and low levels of psychological resourcefulness of the personality of future practical psychologists of control and experimental groups, we used the 26-scale semantic differential method. The data we obtained are presented in Table 2.

*Table 2*

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

№	Name of the factorial quantity	Factor weight of the quantity	№	Name of the factorial quantity	Factor weight of the quantity
1	Assertiveness	0.7710	14	Emotional acceptability	0.5009
2	Emotional satisfaction	0.7603	15	Emotional indifference	0.4981
3	Stability	0.7558	16	Warmth	0.4875

4	Good health	0.7410	17	Axiological scripts	0.4670
5	Subjectivity	0.6931	18	Openness	0.4519
6	Not fatigue	0.6890	19	Clarity	0.4487
7	Emotional acceptance	0.6671	20	Motivational domains	0.4319
8	Acceptance of values	0.6487	21	High level of the ability to carry out productive professional activities	0.4009
9	Axiological content of cognitive activity	0.6318	22	High level of responsibility	0.3870
10	Perception of one's professional activity as axiological	0.6209	23	Paradigmality of the emotional sphere of a future specialist	0.3765
11	Acceptance and understanding of other people	0.5871	24	Emotional scripts	0.3724
12	Defining life meanings	0.5578	25	Coping strategies	0.3677
13	Orientation in axiological terms	0.5431	26	Positivity	0.3500

Thus, factorization of the data of respondents of the experimental and control groups with a high level of psychological resourcefulness of the personality of future practical psychologists indicates that the psychological resourcefulness of the personality includes such basic characteristics, as: “Assertiveness” (0.7710), “Emotional satisfaction” (0.7603), “Resilience” (0.7558), “Good health” (0.7410), “Subjectivity” (0.6931), “Non-exhaustion” (0.6890), “Emotional acceptance” (0.6671), “Acceptance of values” (0.6487), “Axiological content of cognitive activity” (0.6318), “Perception of one's professional activity as axiological” (0.6209), “Acceptance and understanding of other

people" (0.5871), "Definition of life meanings" (0.5578), "Orientation in axiological senses" (0.5431), "Emotional acceptability" (0.5009), "Emotional care" (0.4981), "Warmth" (0.4875), "Axiological scripts" (0.4670), "Openness" (0.4519), "Clarity" (0.4487), "Motivational domains" (0.4319), "High level of ability to carry out productive professional activities" (0.4009).

Thus, practical psychologists in the process of maintaining adequate relationships in the system of the future practical psychologist, such as the environment, during which both the internal state of the specialist and the parameters of the environment may change, the psychological resourcefulness of the individual obviously plays a decisive, dominant and basic role.

So, based on the results of the ascertaining study we have obtained, we offer different approaches to the concept of *"psychological resourcefulness of the individual"*. It is considered, first of all, as a certain result of the professional activity of a practical psychologist as a holistic, harmonious, self-governing system that ensures the professional activity of a practical psychologist at the level of "operational calm", allowing the specialist not only to most optimally resist various natural and social factors of the environment, but also to actively and purposefully influence them. This definition rightly emphasizes the systemic organization of the psychological resourcefulness of the personality of future practical psychologists and the significant role of the purposeful professional activity of a practical psychologist. At the same time, it is important to indicate what determines this orientation and what result can be considered the most optimal. The last aspect in determining the psychological resourcefulness of the personality of a practical psychologist is implied if we consider the psychological resourcefulness of the personality (such as the psychological resourcefulness of the personality only at the level of mental functions in the entire integral connection of its components) as a process as a result of which the reaction of future practical psychologists in response to environmental changes is carried out with the inclusion of previously acquired

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professional experience into the structure of the professional activity of the practical psychologist.

Thus, the psychological resourcefulness of the personality of future practical psychologists occurs along with the motivationally determined differentiation of the reaction: all changes in the professional activity of future practical psychologists are considered positive by them, the goal of their professional activity is actualized and all obstacles are weakened. However, in this case, it remains unclear what makes the goal of the professional activity of future practical psychologists necessary and sufficient. In addition, such an understanding of the psychological resourcefulness of the personality of future practical psychologists in no way takes into account that the process of psychological resourcefulness of the personality involves the influence of both practical psychologists on the environment and the environment on future practical psychologists, as a result of which the level of psychological resourcefulness of the personality of future practical psychologists may change towards its high level.

The above-mentioned connection between the process of developing the psychological resourcefulness of the personality of future practical psychologists and homeostasis, as well as the fact that mental homeostasis can be assessed as a state in which the entire system of primary and acquired needs is satisfied, give grounds to believe that the definition of “psychological resourcefulness of the personality of a practical psychologist” should include the concepts of “axiological need” and “axiological motive”. The maximum possible satisfaction of the future practical psychologist of his/her current needs is possible, which is a rather important criterion for the effectiveness of the process of developing the psychological resourcefulness of the personality of future practical psychologists.

However, as a result of this, optimization of the system “psychological resourcefulness of the individual – the environment” should be achieved, the satisfaction of needs indicates the development of the psychological resourcefulness of the individual

of future practical psychologists only if it is carried out taking into account the peculiarities of the living environment and, accordingly, does not lead to a new violation of the balance of this system. At the same time, the elimination of the discrepancy between the current need and the possibility of implementing the professional behavior of future practical psychologists, which ensures the satisfaction of this need, is possible as a result of changing both the environment and the motives and needs of future practical psychologists. Finally, the psychological resourcefulness of the individual of future practical psychologists cannot be considered too effective if excessive tension of the psychological resourcefulness of the individual leads to a disruption of the normal functioning of the organism, a disruption of the physical (mental) health of future practical psychologists.

The study of the psychological resourcefulness of the personality of a practical psychologist requires consideration of its functions in the general adaptation process of the professional activity of a practical psychologist. Since any psychological resourcefulness of the personality is a process of building optimal relationships between the organism and the environment, determining the development of the psychological resourcefulness of the personality of future practical psychologists involves answering the following questions: what exactly the relationships between the specialist and the environment depends mainly on the level of development of the psychological resourcefulness of the personality and studying how exactly changes in the psychological resourcefulness of the personality affect the homeostatic systems of the psychologist's organism. The search for answers to these questions forces us to consider the psychological resourcefulness of the personality as a rather complex process, which, along with the actual professional activity of a practical psychologist (maintaining mental homeostasis) includes two more aspects: optimization of the individual's constant interaction with the environment and establishing adequate relationships between the mental and psychohumoral and psychomotor

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relationships of axiological qualities and characteristics that are part of the structure of the psychological resourcefulness of the personality. The importance of the latter aspect in the processes of developing the psychological resourcefulness of the individual led to its development and the introduction of the term “psychological resourcefulness of the individual”.

Thus, a comprehensive study of all aspects of the psychological resourcefulness of the personality of future practical psychologists involves studying the mental sphere of the personality of future practical psychologists, their microsocial interactions, the functioning of cognitive mechanisms of the psyche and the associated vegetative-humoral characteristics of consciousness. At the same time, consideration of the mental sphere and microsocial interaction of future practical psychologists, as well as physiological characteristics, requires the use of standard research methods to obtain objective empirical data that do not depend on how the individual's state and behavior are described by themselves, by others, or classified in a certain way. Such methods should allow for quantitative assessment and statistical control of empirical results, ensure the compatibility of experimental studies of different groups of respondents, which allows these results to be used to test certain hypotheses.

## **Conclusions**

Therefore, the psychological resourcefulness of the personality of future practical psychologists can be defined as the process of establishing the optimal ratio of the personality and the environment in the course of carrying out the professional activities inherent to a psychologist, which allows future practical psychologists to satisfy the current needs of the professional activities of a practical psychologist and to realize the significant goals associated with them (while maintaining mental and physical health), while ensuring the compliance of a person's mental activity and behavior with the requirements for the development of the psychological resourcefulness of the personality.

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DOI (article): <https://doi.org/10.32626/2227-6246.2025-66.77-97>

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**Івашкевич Едуард, Співак Віталій. Феномен психологічної ресурсності особистості в парадигмі екологічної психології.**

**Метою** нашої статті є проаналізувати феномен психологічної ресурсності особистості в парадигмі екологічної психології.

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

**Результати дослідження.** Виходячи із отриманих нами результатів констатувального дослідження, ми пропонуємо різні підходи до поняття

*«психологічна ресурсність особистості». Її розглядають передусім як деякий результат професійної діяльності практичного психолога як цілісної, гармонійної, самоврядувальної системи, яка забезпечує професійну діяльність практичного психолога на рівні «оперативного спокою», дозволяючи фахівцеві не лише найбільш оптимально протистояти різним природним та соціальним факторам оточуючого середовища, а й активно та цілеспрямовано впливати на них. Це визначення справедливо підкреслює системну організацію психологічної ресурсності особистості майбутніх практичних психологів та значущої ролі цілеспрямованої професійної діяльності практичного психолога. У той же час важливо вказати на те, що зумовлює цю спрямованість і який результат можна вважати найбільшою мірою оптимальним. Останній аспект у визначенні психологічної ресурсності особистості практичного психолога мається на увазі, якщо психологічна ресурсність особистості (тобто психологічна ресурсність особистості лише на рівні психічних функцій у всьому інтегральній зв'язку її складових) ми розцінюємо як процес, у результаті якого реакція майбутніх практичних психологів у відповідь на зміни середовища здійснюється із включенням до структури професійної діяльності практичного психолога раніше набутого професійного досвіду.*

**Висновки.** Доведено, що психологічну ресурсність особистості майбутніх практичних психологів можна визначати як процес встановлення оптимального співвідношення особистості та навколишнього середовища в ході здійснення властивої для психолога професійної діяльності, яка дозволяє майбутнім практичним психологам задовольнити актуальні потреби професійної діяльності практичного психолога та реалізувати пов'язані з ними значущі цілі (за збереження психічного та фізичного здоров'я), забезпечуючи водночас відповідність психічної діяльності людини, її поведінки вимогам розвитку психологічної ресурсності особистості.

**Ключові слова:** ресурсність особистості, психологічна ресурсність, професійна діяльність, рівень «операційного спокою», екологічна психологія, природні та соціальні фактори навколишнього середовища.

*Date of the first submission of the article for publication 11.06.2025*

*Date of the article acceptance for publication after peer review 04.11.2025*

*Date of publication 27.11.2025*