

THE ROLE OF RESILIENCE IN THE PROFESSIONAL ACTIVITY OF A PSYCHOLOGIST

The variability of our present makes a person to live effectively in extreme conditions, where the endless search for his or her task and the meaning of life becomes the norm. Today, successfully overcoming the next life crises and making personal choices is no longer a sufficient skill, due to which the number of circumstances that lead to overstrain for the individual has been increasing recently [4]. Resilience is a necessary resource that can help to successfully adapt to stressful situations and reach a level associated with independent goal determination and self-realization of the individual [5].

Resilience is the ability of an organism to maintain its functions and properties under various negative environmental influences. Demianenko [2] explains the term resilience through the opposite of surrender. This is expressed in the fact that the first concept is an important factor that helps a person overcome difficulties and develop, while the second can lead to stagnation and decay.

Resilience is formed in the process of human interaction with the environment and internal processes of the body. The main factors that influence the formation of resilience include:

1. Experience: people who have had experience in overcoming difficulties and crises usually have greater resilience. This may be due to the development of certain strategies and approaches that help them cope with challenges.
2. Support: Having social and emotional support from family, friends, and co-workers can significantly increase resilience.
3. Self-support: the ability to focus on one's strengths, motivation and goals, and the ability to help oneself in times of stress and difficulty.
4. Physical health: A healthy lifestyle, including a good diet, regular physical activity, and adequate rest, can make the body more resistant to stress.
5. Psychological resilience: the ability to manage emotions and stress, use positive motivation and self-confidence to achieve goals, as well as flexibility and adaptability to changes and unexpected situations can help increase resilience [3].

Research in the field of psychology shows that resilience can help a psychologist better cope with stress and difficulties in the course of professional activity, increase the level of self-efficacy, and reduce the risk of professional burnout. In working with clients, resilience can help the psychologist maintain

a positive attitude and emotional balance, which is important for successful interaction with a client. In addition, resilience can help a psychologist understand and cope with the emotional and psychological problems of clients, which allows them to provide more effective and professional assistance [1].

Therefore, the professional activity of a psychologist is often associated with various challenges and difficulties, so the issue of psychologist's resilience is relevant and important.

References

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