

MENTAL RESILIENCE IN THE CONTEXT OF TIME PSYCHOLOGY: OVERCOMING CRISIS STATES

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The subjective step of time is a significant factor influencing an individual's perception of their life and behavior. At the same time, delinquent behavior—actions that transgress social norms—is often associated with various facets of mental health, particularly mental resilience. Mental resilience, or psychological resilience, stands as a crucial personal attribute, enabling effective adaptation to change and the ability to overcome adversity.

The topic of mental resilience has been extensively examined in numerous studies by both Ukrainian and international researchers. Within the framework of Ukrainian psychology, scholars such as N. Grishina, T. Kryukova, L. Kulikov, D. Leontiev, K. Muzdybaev, I. Shkuratova, and Y. Shcherbatykh have explored this phenomenon, employing terms such as «emotional resilience,» «mental resilience,» and «psychological resilience.» In contrast, international researchers frequently use the concept of «stress resistance,» with notable contributions from figures like H. Selye, R. Lazarus, M. Bornwasser, and R. Burns. This variation in terminology underscores differing approaches to understanding and investigating the phenomenon of psychological resilience across scientific traditions, with diverse psychological perspectives shedding light on its multifaceted nature [3, p. 161].

Psychological flexibility refers to the capacity to adapt to change while staying true to one's values and life goals. It forms the foundation of therapeutic approaches such as Acceptance and Commitment Therapy (ACT), which teaches individuals to manage internal challenges without letting them obstruct the pursuit of meaningful objectives. Emotional resilience, meanwhile, involves the effective utilization of psychological resources, enhancing one's ability to fully realize both physical and mental potential. This quality significantly contributes to work efficiency under demanding conditions and accelerates adaptation to varying circumstances. Social competence encompasses the ability to address problems, maintain autonomy, and sustain a clear awareness of goals and the future. It includes

attributes such as sensitivity, sociability, empathy, care, compassion, altruism, and the capacity for forgiveness.

By definition, mental resilience is the ability to recover from difficulties, adapt to changes, or even thrive despite adversity. This encompasses emotional regulation, cognitive flexibility, and the preservation of a positive outlook, particularly amid uncertainty [6, p. 4]. Philip Zimbardo's theory of time perspectives offers a pivotal lens for understanding this relationship. It delineates six dimensions of time perception: a focus on negative past experiences, an emphasis on positive memories, a present-oriented pursuit of pleasure, a fatalistic sense that life is dictated by external forces, a future-oriented approach to planning and goal-setting, and a transcendental focus on what lies beyond physical existence [7, p. 1273].

Zimbardo argues that a healthy psychological state depends on a balanced integration of these temporal perspectives [1, p. 77]. Research supports the idea that such equilibrium enhances adaptability, allowing individuals to learn from the past, remain grounded in the present, and plan for the future [4]. Insights into the interplay between subjective time perception and mental resilience can inform the development of psychological interventions aimed at strengthening adaptive capacities during times of crisis and uncertainty. These interventions may foster effective coping strategies, enhance psychological flexibility, and bolster personal resources, collectively contributing to improved mental health and quality of life.

Subjective step of time is understood as the personal experience of duration, which fluctuates depending on emotional states and cognitive processes. The subjective step of time—how an individual perceives its flow—may diverge from objective chronological time, shaped by factors such as mood, emotional state, and activity. Studies suggest that during stress, time may seem to slow, enabling more detailed situational analysis, or hasten, leading to impulsive decisions [5, p. 551]. It is well-documented that periods of war consistently see a rise in delinquent behavior within society. Such behavior, which violates social norms and rules, includes offenses, hooliganism, and other antisocial acts, often linked to mental health conditions like anxiety, depression, or impulsivity.

The subjective step of time can influence delinquent behavior through distorted perceptions that skew individuals' evaluations of their actions' consequences [2, p. 12]. For example, those who perceive time as moving excessively slowly or rapidly may engage in impulsive acts without fully grasping their ramifications. Likewise, aberrant time perception can engender anxiety and stress, potentially driving delinquent behavior as a means of relieving tension. Thus, the subjective step of time holds profound implications for mental health and behavioral patterns. Understanding how individuals perceive time can serve as a tool for psychological diagnostics,

aiding in the early detection of issues such as anxiety, depression, or impulsivity—factors that may predispose individuals to delinquency. Armed with this knowledge, psychologists can devise targeted strategies to support mental well-being and correct maladaptive behaviors.

In sum, the subjective step of time emerges as a vital instrument for deepening our comprehension of mental health and behavior. It offers valuable avenues for the development of modern diagnostic and corrective methods, paving the way for enhanced resilience and effective navigation of life's challenges.

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