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CRISIS AND RESILIENT RESPONSE

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**Abstract.** Crises can originate from many factors, including intrapsychic, relational, and environmental elements, pervasively affecting individuals throughout their lives. The paper focuses on the intricate nature of crises, their diverse origins, and the subjective reactions they elicit. It emphasizes developing adaptive coping strategies, cultivating self-efficacy, and fostering social support networks to navigate and transcend crises effectively. Understanding the multidimensional aspects of emergencies and employing resilient responses is crucial for individuals to thrive in adversity.

**Keywords:** crisis; stress; behavior style; individual; society

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## 1. Introduction

The concept of crisis encompasses a wide range of phenomena that profoundly impact individuals and society. This analysis delves into crises' underlying causes and complex nature, highlighting the subjective reactions they provoke as the defining essence. Crises can originate from many factors, including intrapsychic, relational, and environmental elements, pervasively affecting individuals throughout their lives. In today's interconnected world, the media is pivotal in exacerbating global crises, amplifying uncertainties and threatening overall well-being. Consequently, crises have become a pervasive aspect of modern life, leading to stress and significant physiological changes in individuals. This examination emphasizes the broad and varied definitions of crises, characterized by the occurrence of specific situations or events and the subsequent subjective responses. The personal reaction encompasses cognitive and affective aspects, serving as the foundation for following behavioural patterns. Typically, individuals perceive crises as challenges to their values, threats, or losses, necessitating a shift in their perception of the situation, eliminating irrational thoughts, and searching for meaning.

Furthermore, this analysis explores the multidimensional nature of crises across diverse domains, including medicine, personal and social life, politics, and the economy. Sociologists perceive crises as tensions and social conflicts with profound consequences for community development, while doctors view them as disease breakthroughs followed by symptom resolution. Economically, crises entail the collapse of development and regression. In the psychological realm, crises are acute disturbances of mental balance triggered by highly challenging situations. Effective coping strategies are paramount in managing crises. Three primary stress management styles are discussed: task-oriented, emotionally focused, and avoidance-based. Self-efficacy plays a crucial

role in crisis intervention, representing an individual's belief in their ability to organize and implement actions necessary for overcoming obstacles.

Social support, self-esteem, and positive attitudes towards others are vital in successfully navigating crisis situations. This analysis sheds light on the intricate nature of crises, their diverse origins, and the subjective reactions they elicit. It emphasizes developing adaptive coping strategies, cultivating self-efficacy, and fostering social support networks to navigate and transcend crises effectively. Understanding the multidimensional aspects of problems and employing resilient responses is crucial for individuals to thrive in adversity.

The crisis is an unusual phenomenon in terms of aetiology and distinctive image. On its basis, many intrapsychic, relational and environmental factors were created, while its effectiveness applies to all criteria of the subject's functioning. In the current crisis world, we introduce stress from birth to death with them and make changes in the body. The media threaten the global crisis, which affects the psyche of the recipients, increasing their uncertainty of tomorrow. It conflicts with nature and everyone's need for well-being. The crisis is, therefore, a broad and variously defined concept. Most definitions contain at least two common elements.

The first is the occurrence of a specific situation or event. The second, emphasized by most researchers, is the emergence of a subjective reaction, which is the essence of the crisis, not the situation or event itself. The personal response is expressed in the subject's specific perception of the situation (cognitive aspect) and emotional reaction (affective aspect), which are the basis for further behaviour (behavioural aspect).

The cognitive model emphasizes that in a crisis, a person usually perceives events in terms of violation of his values, threat, loss or a combination of these beliefs, and regaining control over his life is the result of changing the way of assessing the situation, getting rid of irrational and destructive thoughts and searching for the essence of events.

## **2. Concept of crisis functions**

The concept of crisis functions in many areas of life - in medicine, in personal and social life, in politics and economy (Grega & Nečas, 2022). There can be infinite reasons for it, both on the global level, e.g. war, global crises, global warming, pandemics (Išoraitė & Alperytė, 2023; Beshir, 2022; Somogyi & Nagy, 2022; Župerkienė et al., 2021; Bilczak, 2021; Buzzanca, Conigliani & Costantini, 2023 ) or on the personal level, e.g., illness, separation, death, loss of sense of security due to loss of job (Jankelová et al., 2021; Ighoshemu & Ogidiagba, 2022; Rak et al., 2022).

From the point of view of etymology, the crisis has not only a pejorative meaning but is a much richer concept. A crisis is essential to a gradually growing threat situation resulting from new or surprising circumstances. It is associated with a real or perceived loss of control over a situation or problem. It is generally associated with a lack of conception of solving a crisis, thus causing severe stress. Colloquially, a crisis means personal difficulties, problems or sudden obstacles in life. From the point of view of the company's policy, the situation concerns the collapse of existing concepts, the continuity of governance or the temporary loss of the company's controllability.

The crisis can therefore be perceived from different perspectives (Escobar-Sierra & Calderón-Valencia, 2021).

For sociologists, a crisis is an accumulation of tensions and social conflicts with specific consequences for community development. Doctors see it as a state of breakthrough of the disease, after which its symptoms disappear quickly. In economics, it means the collapse of economic development and regression. Psychological crisis, also called emotional, in the so-called (Pilecka, 2004). In the classic sense, it means acute disturbances of mental balance caused by a confrontation with a situation subjectively assessed by a person as extremely difficult. Stress increases when there is a need to face difficult experiences. Therefore, each crisis intervention refers more or less directly to a broadly understood emotional crisis. Specialists focused on fighting stress and situations. Crisis specialists try to develop in their patients various coping mechanisms for difficult situations,

stress, emergency and critical and traumatic events.

A man aware of how his brain works under stress can learn to use it wisely during extreme stress. The typical human reaction to a crisis consists of three stages: denial, assessment of the situation and decision. The denial mechanism is usually the first reaction to stress, followed by assessing the situation. At this stage, the more time you have, the easier it is to react to stress and see it in a broader context, allowing you to consider many options for action or tame emotions. The type of decision taken is conditioned primarily by the individual's mental toughness and the ability to use previously developed strategic scenarios of conduct.

### **3. Coping with stress: styles, self-efficacy, and internal conflicts in crises**

In today's world, the quality of functioning largely depends on developing an appropriate coping style. In the literature on the subject, there is information about three coping styles.

The first is the task-oriented style, which means taking purposeful actions. This style is chosen by those for whom the most important thing is to solve a problem or change an existing stressful situation by using cognitive processes.

The emotionally focused style is generally chosen by people with wishful thinking who fantasize at the expense of rational action. In their opinion, removing or minimizing the stress stimulus is not important; reducing the emotional tension accompanying the stressful situation is more important. So they need to take real action to solve the stressful problem, and therefore it is difficult for them to achieve a positive effect, which often ends with increased mental tension.

Another style of action is the style focused on avoidance. This attitude is associated with rejecting thoughts about the fundamental problem, preventing one from experiencing it and getting involved in solving a stressful situation, which often means an inevitable "escape" from the problem. These styles do not always occur in a pure form; sometimes, they penetrate each other.

Success in the fight against the crisis may be determined by internal self-efficacy, which means faith in one's ability to organize and implement the actions needed to overcome obstacles (Zakrzewski, 1987). It allows for a specific assessment of one's competencies, making coping with various challenging tasks easier. This individual judgment determines the perception of one's situation, thinking, and emotions, which affects motivation and behaviour. The effort put into achieving the goal, and the belief in one's effectiveness are very important for the actions taken.

Faith largely determines how people think, feel, motivate and behave, influences choices, perseverance in action, or effort put into achieving a goal. Self-efficacy is the foundation of motivation (Bandura, 1997; Agapito, Jala & Cruz-Español, 2022; Grencikova et al., 2022; Hutmanová et al., 2022; Samašonok, Juškevičienė, 2022).

It is sometimes much more critical for a person's actions than the objectively encountered reality. When people believe they can handle the situation they find themselves in, they become creative and resilient to adversity.

In a crisis, a person generally sees one major conflict (Maruszewski, 1981). Only in the course of realizing the situation and searching for its sense is it possible to reveal several conflicts which trigger the internal mechanisms of coping with the situation. First, there is the destruction of established beliefs and ideas about the regularities of the world and the consequences of one's actions in it. A critical situation undermines or destroys the values or subjectively significant assumptions of the worldview developed during an individual's life. Thus, a person experiences a feeling of surprise, horror, and the situation's absurdity.

In this case, in the coping process, the person is tasked with evaluating the value of his worldview assumptions. The way to deal with a crisis is related to cognitive decentration, viewing reality from a non-egocentric

perspective, and building a different life perspective based on facts that can no longer be changed. The image of one's future fulfils a regulatory function in behaving in a planned manner, and temporal identity is the basis for individual coherence. An uncertain prospect of the future or the expectation of a negative effect evokes fear and anxiety. The problem arises on its own or accompanies other conflicts in the situation. A person does not have an assured future and does not see a further life perspective.

The way to deal with a given internal conflict is consistent with finding valid criteria for making a significant choice of life alternatives and drawing a picture of the individual's possible future in as much detail as possible. Another difficulty is the problem of damaging self-esteem by being underestimated by other people.

In this case, the internal conflict of a critical situation means, above all, not that the person experiences a sense of injustice but that subjectivity and appreciation of his personality are denied (Łukaszewski, 2005). It is a situation in which a person has the impression that life treats him like an object. The way to solve such problems is to isolate yourself and the nagging factor, rebuild subjectivity, prove your worth, and accept the right aspects of the situation.

Another internal conflict in a critical situation is the conflict between the real self-self and the ideal self-self. This conflict is least pronounced from the outside and depends on the level of self-awareness. It causes a sense of shame but leaves the clerk the most freedom. The way to deal with it is to integrate and harmonize the content of your self-self, which is carried out by establishing a hierarchy of values.

Psychophysical features genetically assigned to each individual and personality determine its functioning in a crisis situation. They can sometimes play a greater role in a stressful event than the circumstances of the event itself (Jarymowicz, 2008). Resilience is an essential trait. A person endowed with it believes that he impacts his own life. He can always find a goal and persistently strive to achieve it. He can conclude all experiences - positive and negative. This makes it easier to control the crisis and more effectively react to stressful situations.

Many interpersonal conflicts, causing stress or crisis, result from unkindness or intolerance. Full of criticism towards others, we are prone to making hasty opinions and severe judgments that cannot be undone and corrected. We don't always show understanding and patience with others, although we expect it from others. The group bond gives a sense of security, providing psychological support that even the best therapist will never show.

#### **4. Summary and conclusions**

To successfully survive in a crisis, it is necessary to develop the ability to cope with difficult situations, independence in solving complex life problems and overcoming all kinds of difficulties. Man is a social being. One of his most essential needs is contact, communing with another person, and the need to understand and be understood. The quality of life depends on whether this need for communication is met. Self-esteem is essential, but only when combined with a positive attitude towards others.

The process of socialization (Hurrelmann, 1994) "equips" an individual with the ability to be a member of particular social groups and contributes to shaping his personality while making his social participation more conscious. Adaptation to social rules is accompanied by increased motivation for social activity and orientation towards self-realization and, consequently, improvement of one's image. Unfortunately, we live in times of uncertainty. Terrorist attacks, floods, and even everyday life are an opportunity to train behaviour in the face of danger. Every person who has experienced a crisis can survive only when they take full responsibility for their lives and the events.

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