

Olha Palamarchuk

Vinnitsia Mykhailo Kotsiubynskyi State Pedagogical University,
Doctor of Psychological Sciences, associate professor(Ukraine)

olgapalamarcuk42@gmail.com

[https:// orcid.org/0000-0002-6783-8380](https://orcid.org/0000-0002-6783-8380)

Lyuta Lesya

Taras Shevchenko National University of Kyiv
Candidate of Sociological Sciences, Associate Professor (Ukraine)

lyuta.lesya@knu.ua

<https://orcid.org/0000-0002-9140-905X>

Iryna Haba

Vinnitsia Mykhailo Kotsiubynskyi State Pedagogical University,
Associate Professor (Ukraine)

gabaira@ukr.net

[https:// orcid.org/0000-0003-4606-4504](https://orcid.org/0000-0003-4606-4504)

**PSYCHOLOGICAL RESILIENCE RESOURCES OF PERSONNEL OF THE STATE
EMERGENCY SERVICE OF UKRAINE UNDER CONDITIONS OF WARTIME
CHALLENGES**

Анотація. У статті представлено теоретико-аналітичний аналіз проблеми психологічної стійкості персоналу Державної служби України з надзвичайних ситуацій в умовах воєнного часу. Актуальність дослідження зумовлена суттєвим зростанням психоемоційного навантаження на працівників ДСНС внаслідок повномасштабної війни в Україні, необхідністю виконання професійних обов'язків в умовах постійної загрози життю, високого рівня невизначеності, відповідальності за життя людей та систематичного контакту з наслідками руйнувань, людських втрат і травматичних подій. За таких умов проблема збереження психологічного здоров'я, професійної ефективності та здатності до післястресового відновлення набуває особливого наукового й практичного значення.

Психологічна стійкість розглядається як складний багаторівневий психологічний феномен, який забезпечує підтримання ефективного функціонування особистості в умовах тривалого впливу стресових, кризових та екстремальних чинників. Особливу увагу приділено сучасним науковим підходам до вивчення психологічної стійкості, серед яких концепція резильєнтності, теорія життєстійкості, ресурсний підхід та сучасні дослідження психологічного здоров'я особистості. Показано, що здатність людини успішно долати наслідки стресу визначається не окремими психологічними якостями, а цілісною системою внутрішніх і зовнішніх ресурсів.

Теоретичну основу дослідження становлять праці зарубіжних і вітчизняних науковців, присвячені проблемам адаптації особистості до несприятливих життєвих обставин, збереження психологічного здоров'я, подолання професійного стресу та забезпечення психологічного благополуччя в умовах кризових подій. Узагальнення сучасних наукових підходів дозволило розкрити зміст психологічної стійкості як результату взаємодії особистісних, професійних та соціально-психологічних ресурсів.

Обґрунтовано авторську структурно-функціональну модель ресурсного забезпечення психологічної стійкості персоналу ДСНС України в умовах воєнного часу. Встановлено, що основу моделі становлять три взаємопов'язані блоки ресурсів: особистісні саморегуляторні, професійно-екзистенційні та соціально-психологічні. До особистісних саморегуляторних ресурсів віднесено життєстійкість, стресостійкість, емоційну саморегуляцію, адаптивні копінг-стратегії, толерантність до невизначеності, когнітивну гнучкість і самоефективність. Професійно-екзистенційні ресурси охоплюють професійну ідентичність, внутрішню мотивацію, професійну компетентність, смисложиттєві орієнтації, цінності та відданість місії служби. Соціально-психологічні ресурси представлені соціальною підтримкою, згуртованістю підрозділу, організаційною підтримкою та психологічною безпекою професійного середовища.

Особлива увага приділяється аналізу механізмів взаємодії зазначених ресурсів та їх ролі у підтриманні психологічного здоров'я, професійної ефективності, профілактиці професійного вигорання та забезпеченні постстресового відновлення працівників ДСНС. Показано, що психологічна стійкість формується внаслідок синергічної взаємодії всіх складових ресурсної системи, а недостатній розвиток окремих її компонентів може негативно впливати на адаптаційний потенціал особистості та ефективність професійної діяльності.

Ключові слова: психологічна стійкість, психологічні ресурси, резильєнтність, життєстійкість, психологічне здоров'я, персонал ДСНС, воєнний час, професійний стрес, ресурсний підхід, постстресове відновлення.

Abstract. Abstract. The article presents a theoretical and analytical examination of the problem of psychological resilience among personnel of the State Emergency Service of Ukraine (SESU) under wartime conditions. The relevance of the study is determined by the significant increase in the psycho-emotional burden placed on SESU personnel as a consequence of the full-scale war in Ukraine, the necessity of performing professional duties under constant threat to life, a high level of uncertainty, responsibility for human lives, and systematic exposure to the consequences of destruction, human losses, and traumatic events. Under such circumstances, the preservation of psychological health, professional effectiveness, and the capacity for post-stress recovery acquires particular scientific and practical significance.

Psychological resilience is considered a complex, multilevel psychological phenomenon that ensures the maintenance of effective individual functioning under conditions of prolonged exposure to stressful, crisis-related, and extreme factors. Particular attention is paid to contemporary scientific approaches to the study of psychological resilience, including the concept of resilience, hardiness theory, the resource-based approach, and modern studies of individual psychological health. It is demonstrated that an individual's ability to successfully overcome the consequences of stress is determined not by isolated psychological characteristics but by an integrated system of internal and external resources.

The theoretical foundation of the study is based on the works of both international and Ukrainian scholars devoted to issues of adaptation to adverse life circumstances, preservation of psychological health, coping with occupational stress, and ensuring psychological well-being during crisis events. The synthesis of contemporary scientific approaches made it possible to reveal the essence of psychological resilience as a result of the interaction of personal, professional, and socio-psychological resources.

The authors substantiate a structural-functional model of resource support for the psychological resilience of SESU personnel under wartime conditions. It was established that the model is based on three interrelated resource domains: personal self-regulatory resources, professional-existential resources, and socio-psychological resources. Personal self-regulatory resources include hardiness, stress resistance, emotional self-regulation, adaptive coping strategies, tolerance for uncertainty, cognitive flexibility, and self-efficacy. Professional-existential resources encompass professional identity, intrinsic motivation, professional competence, life-meaning orientations, values, and commitment to the mission of service. Socio-psychological resources are represented by social support, unit cohesion, organizational support, and psychological safety within the professional environment.

Particular attention is devoted to analyzing the mechanisms of interaction among these resources and their role in maintaining psychological health, professional effectiveness, preventing occupational burnout, and facilitating post-stress recovery among SESU personnel. It is demonstrated that psychological resilience is formed through the synergistic interaction of all components of the resource system, whereas insufficient development of individual components may negatively affect an individual's adaptive potential and professional performance.

Keywords: psychological resilience, psychological resources, resilience, hardiness, psychological health, SESU personnel, wartime conditions, occupational stress, resource-based approach, post-stress recovery.

Problem statement. The full-scale war in Ukraine has substantially transformed the operating conditions of all services within the security and civil protection sector, imposing new tasks and an increased level of responsibility on personnel of the State Emergency Service of Ukraine (SESU). SESU personnel are involved daily in responding to the consequences of missile and artillery attacks, conducting emergency rescue operations in areas of destruction, evacuating civilians, clearing debris, searching for victims, and performing other tasks related to ensuring public safety. These activities are carried out under conditions of constant threat to life, a high degree of uncertainty, and the necessity for rapid decision-making, which significantly increases the psycho-emotional burden on specialists.

A distinctive feature of SESU personnel's professional activity is their systematic exposure to the consequences of human losses, severe injuries, and the destruction of housing and infrastructure, creating conditions for the accumulation of occupational stress and secondary traumatization. Unlike short-term emergency situations in peacetime, wartime events are characterized by prolonged duration, recurrence, and high-intensity exposure to stressogenic factors. Under such circumstances, SESU personnel are required to perform their professional duties while simultaneously experiencing personal concerns related to family safety, uncertainty about the future, and the broader consequences of war.

Prolonged exposure to these factors creates preconditions for emotional exhaustion, chronic occupational stress, anxiety and depressive states, maladjustment, occupational burnout, and other manifestations of psychological distress. Recent studies indicate that the accumulation of psycho-emotional strain may negatively affect not only the psychological health of personnel but also the quality of professional performance, the speed of decision-making, the effectiveness of teamwork, and overall readiness to carry out official duties. Consequently, the problem of preserving the psychological health of SESU personnel has acquired particular scientific and practical significance.

At the same time, contemporary research in the psychology of extreme activities demonstrates that even under conditions of intense stress and constant threat, some specialists maintain a high level of professional effectiveness, adaptability, psychological recovery, and personal well-being. This indicates the existence of certain internal and external resources that support psychological resilience and enable successful functioning in extreme conditions. Therefore, increasing attention is being directed toward shifting the focus from studying exclusively the negative consequences of stress to investigating the resources that facilitate effective coping and the maintenance of psychological health.

In contemporary psychological science, psychological resilience is regarded as one of the leading areas of research concerning the adaptive capacities of individuals under conditions of uncertainty, risk, and crisis situations. Particular prominence has been given to the resource-based approach, according to which psychological resilience is formed through the interaction of personal, socio-psychological, and professional resources. Within this framework, attention is focused not only on an individual's capacity to withstand stress but also on the ability to preserve psychological health, restore internal balance, and maintain effective functioning following crisis events.

Despite the considerable number of studies devoted to occupational stress, burnout, and psychological adaptation among representatives of high-risk professions, the issue of a comprehensive analysis of the resources of psychological resilience among SESU personnel under wartime challenges remains insufficiently explored. Further scientific investigation is needed regarding the structure of psychological resilience resources, the mechanisms of their interaction, and their role in ensuring psychological health, professional effectiveness, and the capacity for post-stress recovery among SESU personnel. This determines the relevance of the present study and defines its theoretical and practical significance.

The aim of this article is to provide a theoretical substantiation of the significance of psychological resources in the formation and maintenance of psychological resilience among personnel of the State Emergency Service of Ukraine under wartime challenges and to develop an original structural-functional model for supporting psychological resilience.

Outline of the main material. The problem of psychological resilience is among the key areas of contemporary psychological science, as it is associated with the study of mechanisms of individual adaptation to stressful, crisis-related, and extreme life conditions. It becomes particularly relevant in the context of wartime challenges, when the effectiveness of professional activity largely depends on an individual's ability to maintain psychological balance, sustain professional performance, and recover following exposure to psychologically traumatic events.

In international psychology, the development of scientific concepts of psychological resilience has occurred primarily within the framework of resilience theory, which explains the mechanisms of successful adaptation to adverse life circumstances. A significant contribution to this field was made by A. Masten, who viewed resilience as a universal human capacity for adaptation and effective functioning under conditions of risk, stress, and crisis. She argued that psychological resilience is not an exceptional characteristic of certain individuals but is formed through the operation of basic adaptive mechanisms of personality and the supportive resources of the social environment [12].

Further development of research on psychological resilience is associated with the work of G. Bonanno, who demonstrated that experiencing traumatic events does not necessarily result in persistent maladaptive outcomes. Bonanno substantiated the phenomenon of natural resilience, according to which a

substantial proportion of individuals are capable of maintaining a relatively stable level of psychological functioning and social adaptation even after exposure to highly stressful events [4].

A substantial contribution to the study of psychological resilience was also made by S. Southwick and D. Charney. Based on many years of research involving representatives of high-risk professions, military personnel, and individuals who had experienced extreme events, they identified the principal determinants of resilience. These factors include optimism, emotional self-regulation, social support, moral and value orientations, cognitive flexibility, and a sense of meaning in life, all of which facilitate effective coping with stress and the maintenance of psychological well-being [16].

An important direction in resilience research emerged through the concept of hardiness developed by S. Maddi. Within this framework, hardiness is understood as an integrated system of personality attitudes that promotes constructive coping with stress and adaptation to difficult life circumstances. Maddi identified three interrelated components of hardiness—commitment, control, and challenge—which foster an active stance toward life difficulties and contribute to personal development [10].

The further evolution of scientific views on psychological resilience led to the development of the resource-based approach, which received its most comprehensive substantiation in the works of S. Hobfoll. According to the Conservation of Resources Theory, the effectiveness of adaptation to stress is determined by the availability, accumulation, and rational use of personal, social, and professional resources. Within this framework, resources are regarded as the primary condition for maintaining psychological well-being, whereas their loss or the threat of loss constitutes a major source of stress, psychological exhaustion, and maladjustment [7].

In contemporary psychological science, increasing attention is being devoted not only to the mechanisms of coping with stress but also to the factors that promote personal growth following crisis experiences. In this context, the scientific approaches of M. Seligman and M. Ungar are of particular importance. Within the framework of positive psychology, Seligman substantiated the role of optimism, psychological well-being, personal strengths, and life-meaning orientations as important determinants of psychological resilience. Ungar significantly expanded the understanding of resilience by emphasizing the interaction between the individual and the social environment, as well as the availability of external resources necessary for successful adaptation under adverse life circumstances [15].

In Ukrainian psychology, the problem of psychological resilience has been investigated within the context of psychological health, personal development, life construction, and coping with crisis situations. S. Maksymenko substantiated the decisive role of internal personal resources in the processes of self-development, self-realization, and overcoming life difficulties [11]. T. Tytarenko viewed psychological resilience as an individual's ability to preserve agency, life meanings, and prospects for personal development under conditions of social crises and traumatic events [17]. N. Chepeliieva emphasized the role of meaning-making mechanisms of self-regulation, personal experience, and the interpretation of life events in ensuring psychological adaptation. In the works of L. Karamushka, psychological resilience is examined through the lens of psychological health, professional well-being, and resources for coping with occupational stress across various professional groups [8].

The conducted theoretical analysis of contemporary scientific approaches to understanding psychological resilience demonstrated that its maintenance is based not on isolated personality traits but on an integrated system of internal and external resources that interact with one another and ensure effective functioning under conditions of elevated stress. Such a system is of particular importance for personnel of the State Emergency Service of Ukraine, whose professional activity is associated with continuous exposure to risk, uncertainty, responsibility for the lives of others, and the necessity of making decisions under extreme wartime conditions.

The synthesis of the principles of resilience theory, hardiness theory, the resource-based approach, and contemporary studies of psychological health makes it possible to view the psychological resilience of SESU personnel as the result of integrating personal self-regulatory resources, socio-psychological support, and professional-existential factors. The interaction of these components ensures the maintenance of psychological well-being, professional effectiveness, and the capacity for recovery following exposure to traumatic events.

To systematize the identified theoretical provisions and to represent the structure of resource support for the psychological resilience of SESU personnel under wartime challenges, the authors developed a structural-functional model (Figure 1). The model reflects the main groups of resources, the mechanisms of their interaction, and the outcomes of the functioning of the resource system that ensure the preservation of psychological health, professional effectiveness, prevention of occupational burnout, and successful post-stress recovery among SESU personnel.

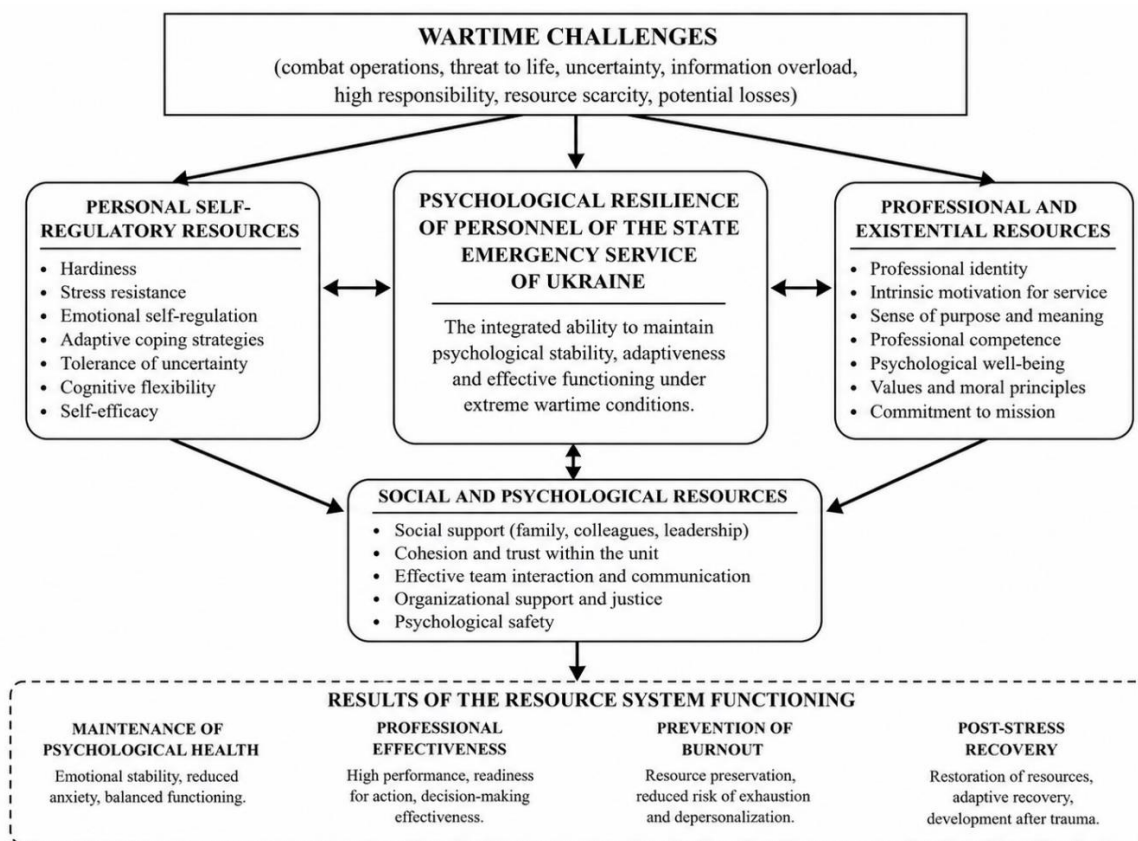


Figure 1. Structural-Functional Model of Resource Support for the Psychological Resilience of Personnel of the State Emergency Service of Ukraine under Wartime Conditions

The first structural component of the proposed model consists of personal self-regulatory resources, which reflect the individual's internal psychological potential necessary for maintaining effective functioning under the extreme demands of wartime conditions. This component encompasses a set of individual psychological characteristics that enable SESU personnel to consciously regulate their emotional state, behavior, cognitive processes, and adaptive responses in accordance with the requirements of their professional duties.

As the foundational level of resource support for the psychological resilience of SESU personnel under wartime conditions, personal self-regulatory resources include hardiness, stress resistance, emotional self-regulation, adaptive coping strategies, tolerance for uncertainty, cognitive flexibility, and self-efficacy. The selection of these specific resources is based on contemporary theories of resilience, the resource-based approach to stress coping, and studies on the psychological support of professionals in high-risk occupations. Under wartime conditions, these resources function as internal psychological mechanisms that sustain psycho-emotional balance, facilitate effective adaptation to extreme stressors, preserve professional performance, and support the fulfillment of official duties under conditions of heightened risk and uncertainty. Their interaction forms an individual's resource potential, which serves as an essential prerequisite for the development and maintenance of psychological resilience among SESU personnel, enabling them to function effectively in situations involving threats to life, high levels of responsibility, and substantial psycho-emotional strain.

The fundamental component of this resource domain is hardiness, which is regarded as an integral personality characteristic determining an individual's readiness to actively overcome difficulties, accept challenges, and maintain a sense of personal agency under difficult life circumstances. In wartime conditions, hardiness contributes to sustaining professional engagement, responsibility, and commitment to fulfilling official duties despite considerable psycho-emotional demands.

The realization of hardiness largely depends on an individual's ability to effectively withstand stress-inducing influences, highlighting the importance of stress resistance as a critical resource. Stress resistance supports effective functioning under intense stress, preserves cognitive performance, concentration, response speed, and the adequacy of decision-making in emergency situations.

At the same time, successful resistance to stress is impossible without the capacity to control one's emotional reactions. Therefore, emotional self-regulation occupies an important place within the structure of self-regulatory resources. It involves the ability to recognize, monitor, and constructively manage one's emotional experiences. Through mechanisms of emotional self-regulation, the risk of emotional exhaustion, anxiety reactions, and other manifestations of psychological maladjustment is significantly reduced.

However, effective management of emotional states alone does not guarantee successful coping with difficult life circumstances. To achieve this, individuals must possess appropriate behavioral response mechanisms implemented through adaptive coping strategies. These strategies facilitate constructive management of complex and uncertain situations through active problem-solving, mobilization of internal and external resources, and the seeking of social support. Their effective use reduces the negative impact of stressors and enhances an individual's adaptive capacities.

The specific nature of SESU personnel's professional activity during wartime is characterized by constant uncertainty, which underscores the importance of tolerance for uncertainty as a distinct psychological resource. This characteristic reflects an individual's capacity to function effectively in situations marked by insufficient information, unpredictability of events, and the absence of clear forecasts regarding future developments. Tolerance for uncertainty contributes to reducing anxiety levels and preserving the ability to make decisions under complex operational conditions.

The ability to act constructively under uncertain conditions is closely related to the flexibility of cognitive processes; therefore, cognitive flexibility represents another important component of this resource domain. Cognitive flexibility enables individuals to rapidly modify their patterns of thinking and behavior in response to changing circumstances. Through cognitive flexibility, SESU personnel can quickly adapt to new situations, identify alternative solutions to problems, and respond effectively to dynamic changes in the operational environment.

The integration of these resources creates the foundation for the development of self-efficacy, which serves as the integrative component of the personal self-regulatory resource system. Self-efficacy reflects an individual's confidence in their ability to successfully perform professional tasks and overcome difficulties. A high level of self-efficacy supports intrinsic motivation, responsibility, and an active professional position, which is particularly important under conditions of elevated risk, uncertainty, and significant responsibility for the outcomes of professional activities.

Thus, personal self-regulatory resources constitute the fundamental level of resource support for the psychological resilience of SESU personnel. Through their interaction, they create the necessary conditions for maintaining psychological balance, adaptability, and effective performance of professional duties under wartime conditions.

At the same time, personal self-regulatory resources do not function in isolation and cannot fully ensure the maintenance of psychological resilience among SESU personnel during wartime. Their effective realization largely depends on the availability of professionally determined and existential resources, which shape motivational orientation, the meaning of professional self-realization, and the individual's value system. For this reason, professional and existential resources constitute an important structural component of the proposed model, providing the meaning-based foundation of psychological resilience and supporting SESU personnel's readiness to perform their duties under the prolonged influence of wartime challenges.

Professional and existential resources reflect a system of personal meanings, values, professional beliefs, and motivational factors that ensure not only effective performance of official duties but also the maintenance of psychological resilience under prolonged exposure to extreme demands. Unlike personal self-regulatory resources, which primarily facilitate adaptation to stress through mechanisms of emotional and behavioral regulation, professional and existential resources perform the function of meaning-based integration of professional experience and contribute to preserving the individual's inner integrity in the face of wartime challenges.

A central element of this domain is professional identity, which provides awareness of one's belonging to a professional community and acceptance of the values of rescue work as part of personal self-identification. It forms the basis of intrinsic motivation for service, supporting readiness to fulfill professional duties even under conditions of substantial risk, uncertainty, and threat to life. Moreover, SESU personnel's professional activity acquires particular psychological significance through the recognition of its social importance, which fosters the development of life-meaning orientations and promotes the perception of professional activity as a socially significant mission.

An important factor in the functioning of this resource complex is professional competence, which provides a foundation for confidence in one's abilities and a sense of control over professional situations. The possession of the necessary knowledge, skills, and abilities reduces subjective uncertainty, enhances

decision-making effectiveness, and supports confidence in the correctness of professional actions. In turn, psychological well-being serves as an indicator of the successful functioning of professional and existential resources, reflecting the degree of harmonization between personal needs, professional goals, and life meanings.

Particularly important under wartime conditions are values and moral principles, which function as internal regulators of professional behavior and determine the nature of decision-making in complex and morally ambiguous situations. They ensure the preservation of professional ethics, responsibility, and the humanistic orientation of professional activity even under conditions of intense psycho-emotional strain. The integration of professional identity, intrinsic motivation, life-meaning orientations, competence, and value-based moral principles finds its most comprehensive expression in commitment to the mission of service, which serves as the system-forming factor of this resource domain and ensures the stability of professional activity under the prolonged influence of wartime challenges.

Professional and existential resources constitute the meaning- and value-based foundation of the psychological resilience of SESU personnel. They ensure the maintenance of professional motivation, preservation of psychological well-being, awareness of the social significance of one's work, and readiness to perform official duties under conditions of heightened risk, uncertainty, and responsibility, which are essential prerequisites for effective functioning in extreme wartime conditions.

A distinctive feature of SESU personnel's professional activity is that it is carried out primarily through team-based interaction, where the successful accomplishment of official tasks depends not only on the qualities of individual employees but also on the effectiveness of the group as a whole. In situations involving elevated risk, time pressure, and the need for rapid response to emergencies, psychological resilience becomes not only an individual phenomenon but also a collective one.

For this reason, social and psychological resources constitute an important component of the resource support system for psychological resilience, as they create the environment necessary for maintaining an individual's adaptive potential under wartime conditions.

From the perspective of the socio-psychological approach, an individual's ability to cope effectively with stress largely depends on the quality of interaction with their immediate social environment. The presence of supportive interpersonal relationships, trusting relations within a team, a sense of belonging to a professional group, and confidence in the availability of assistance during critical situations significantly reduce the intensity of stress experiences and enhance adaptive capacity. For SESU personnel, such resources are of particular importance, as their professional activity is often associated with life-threatening situations, physical exhaustion, and emotionally intense events.

An important role in ensuring psychological resilience is played by the level of unit cohesion, which fosters an atmosphere of mutual trust, responsibility, and readiness to overcome difficulties collectively. Under such conditions, an individual employee perceives themselves not as an isolated actor but as part of a professional community capable of providing support in difficult situations. This contributes to reducing psychological tension, increasing confidence in one's actions, and creating conditions for the more effective utilization of personal and professional resources.

Another significant factor is organizational support, which reflects the extent to which the organization cares for the psychological well-being of its personnel, ensures access to professional assistance, provides effective managerial decision-making, and maintains efficient internal communication. In the context of wartime conditions, organizational support becomes an important resource for preventing occupational burnout, as it fosters a sense of security, predictability, and fairness within the professional environment.

A special place within the structure of socio-psychological resources is occupied by psychological safety, which creates conditions for the open discussion of difficulties, emotional experiences, and the consequences of exposure to traumatic events. The opportunity to seek help, share personal experiences, and receive support from colleagues or supervisors contributes to reducing the risk of accumulated psycho-emotional strain and the development of maladaptive consequences of occupational stress.

Social and psychological resources provide the level of interpersonal and organizational support that enables SESU personnel not only to perform their professional duties effectively but also to maintain psychological health under prolonged exposure to wartime challenges. Unlike personal and professional-existential resources, which are primarily located at the individual level, social and psychological resources function at the level of the professional environment, creating conditions for the realization and enhancement of all other components of psychological resilience.

The personal self-regulatory, professional-existential, and socio-psychological resources identified within the model do not exist independently but form an integrated, multilevel system of resource support

for the psychological resilience of SESU personnel under wartime conditions. Each of these resource domains performs specific functions; however, only their interaction ensures an adequate level of adaptation to the extreme conditions of professional activity. The loss or insufficient development of any component inevitably reduces the effectiveness of the entire psychological resilience system.

Personal self-regulatory resources create the individual's internal adaptive potential by enabling the regulation of psycho-emotional states, behavior, and constructive responses to stress. However, the capacity for self-regulation alone does not determine the direction of professional activity or ensure its sustained maintenance under extreme demands. This function is performed by professional-existential resources, which imbue professional activity with personal meaning, support motivation for service, foster awareness of the social significance of one's work, and contribute to preserving the individual's value-meaning integrity. It is precisely through the combination of internal self-regulatory mechanisms and professional meaning orientations that the stability of SESU personnel's professional activity is ensured under wartime conditions.

At the same time, the realization of personal and professional potential does not occur in isolation but within a system of continuous interpersonal and professional interactions. The effectiveness of personal self-regulatory and professional-existential resources largely depends on the socio-psychological environment in which professional activity is carried out. Socio-psychological resources provide the external conditions that support psychological resilience through systems of social support, trusting relationships, team cohesion, and organizational interaction.

Under such circumstances, the socio-psychological environment serves not merely as a background for professional activity but as an active factor in the resource support of psychological resilience. Through mechanisms of support, mutual assistance, and professional solidarity, individuals' internal resources are strengthened, the negative effects of stressors are reduced, and personnel's ability to cope effectively with complex and crisis situations is enhanced. The presence of a psychologically safe environment also creates conditions for the timely restoration of resources following professionally traumatic experiences.

Thus, personal self-regulatory, professional-existential, and socio-psychological resources form an interconnected system in which each component strengthens and complements the others. Their integration ensures the development of a holistic personal resource potential that serves as the direct foundation for the formation and maintenance of psychological resilience among SESU personnel under wartime conditions.

The psychological resilience of SESU personnel under wartime conditions is not the result of the isolated influence of any single group of resources but rather of the synergistic interaction of personal, professional-existential, and socio-psychological factors. Their integration ensures the formation of a comprehensive resource support system that enables SESU personnel to maintain psychological health, professional effectiveness, and the capacity for productive functioning under prolonged exposure to wartime threats and extreme demands.

The proposed system of personal self-regulatory, professional-existential, and socio-psychological resources is not merely a collection of isolated characteristics but functions as an integrated mechanism for maintaining the psychological resilience of SESU personnel under wartime conditions. The interaction of these resources ensures not only adaptation to the impact of extreme occupational stressors but also creates conditions for preserving professional potential, psychological well-being, and the capacity for further development. Therefore, an important element of the proposed model is the outcomes block, which reflects the principal psychological and professional consequences of the effective utilization of an individual's resource potential.

From the perspective of the resource-based approach, psychological resilience is manifested not only in the ability to withstand stress but also in maintaining an optimal level of functioning under conditions of prolonged psycho-emotional strain. Accordingly, one outcome of the effective interaction of resources is the preservation of psychological health, characterized by emotional stability, reduced anxiety, self-regulatory capacity, and the maintenance of internal balance in the face of wartime challenges.

In addition, a well-developed resource system ensures a high level of professional effectiveness, manifested in readiness to perform official duties, the ability to make well-founded decisions under conditions of uncertainty, and the preservation of productivity even in the presence of considerable physical and psycho-emotional strain. At the same time, sufficient resource potential serves as an important factor in the prevention of occupational burnout, as it contributes to the preservation of personal resources, prevents emotional exhaustion, and reduces the risk of depersonalization and professional maladjustment.

Particularly important under wartime conditions is an individual's capacity for recovery following exposure to traumatic events. Therefore, one of the key outcomes of the functioning of the resource system is post-stress recovery, which involves not only returning to a previous level of functioning but also

developing new adaptive capacities, personal growth, and an enhanced ability to respond effectively to future challenges. Taken together, these outcomes reflect the effectiveness of the resource support system for the psychological resilience of SESU personnel and confirm its importance for maintaining psychological health and professional reliability under wartime conditions.

The proposed structural-functional model expands scientific understanding of the psychological resilience of SESU personnel as a multilevel psychological phenomenon determined by the simultaneous influence of internal and external personal resources. Unlike approaches that conceptualize psychological resilience primarily as a set of individual psychological characteristics, the proposed model emphasizes the systemic nature of its formation and maintenance under wartime conditions. Such an approach makes it possible to view psychological resilience as a dynamic process supported by the interaction of personal characteristics, professional meaning orientations, and resources of the social environment.

The model is particularly significant in the context of SESU personnel, whose professional activity is carried out under conditions of constant uncertainty, elevated risk, and substantial psycho-emotional strain. Under such circumstances, psychological resilience functions not only as a factor of professional reliability but also as an essential condition for preserving psychological health and ensuring the long-term sustainability of professional functioning.

Conclusions. The theoretical analysis of contemporary scientific approaches to the study of psychological resilience demonstrated that this phenomenon is regarded as a complex multidimensional construct that ensures the maintenance of effective functioning under conditions of stress, uncertainty, and extreme influences. The synthesis of the principles of resilience theory, hardiness theory, the resource-based approach, and contemporary research on psychological health made it possible to establish that psychological resilience is formed through the interaction of personal, professional, and social resources that support adaptation, the preservation of psychological well-being, and the capacity for recovery following traumatic experiences. Under wartime conditions, the issue of psychological resilience acquires particular importance for personnel of the State Emergency Service of Ukraine (SESU), whose professional activity is characterized by a high level of risk, constant uncertainty, significant responsibility, and the necessity of making decisions in extreme circumstances. Under such conditions, psychological resilience serves as an essential prerequisite for maintaining psychological health, professional reliability, and the effective performance of official duties.

As a result of the theoretical synthesis of existing scientific approaches, the authors substantiated a structural-functional model of resource support for the psychological resilience of SESU personnel under wartime conditions. It was established that the model is based on three interrelated groups of resources: personal self-regulatory resources, professional-existential resources, and socio-psychological resources. Personal self-regulatory resources provide the internal mechanisms of adaptation and self-regulation; professional-existential resources form the meaning- and value-based foundation of professional activity; and socio-psychological resources create the external conditions necessary for the realization and maintenance of an individual's resource potential.

The psychological resilience of SESU personnel is the result of the synergistic interaction of all components of the resource system. The effectiveness of this system is manifested in the preservation of psychological health, the maintenance of a high level of professional effectiveness, the prevention of occupational burnout, and the facilitation of successful post-stress recovery. At the same time, insufficient development or depletion of individual resources may negatively affect the stability of the entire system of psychological support for professional activity.

Prospects for Further Research. Future studies may be directed toward the empirical validation of the proposed structural-functional model of resource support for the psychological resilience of SESU personnel under wartime conditions. It would be advisable to identify both quantitative and qualitative indicators of individual resource groups, as well as to determine the nature of their relationships with indicators of psychological health, professional effectiveness, occupational burnout, and post-stress recovery. Such research would make it possible to clarify the role of specific resource components in maintaining the psychological resilience of SESU personnel and to determine their contribution to effective functioning under conditions of heightened occupational risk.

A separate area of scientific inquiry may involve investigating the functioning of personal self-regulatory, professional-existential, and socio-psychological resources at different stages of SESU personnel's professional careers. Examining the influence of length of service, the specific nature of professional tasks, the level of involvement in emergency response operations, and the intensity of wartime stressors would deepen understanding of the mechanisms underlying the development of psychological resilience and its dynamics across different categories of personnel. In addition, analyzing the relationships

between an individual's resource potential, characteristics of the professional environment, and indicators of psychological well-being among SESU personnel appears to be a promising direction for future research.

Another important avenue for further investigation is the development and evaluation of comprehensive psychological support programs aimed at enhancing the psychological resilience of SESU personnel. Particular attention should be devoted to designing interventions focused on the development of hardiness, self-regulation skills, psychological safety, team interaction, and the prevention of occupational burnout. Long-term monitoring of the effectiveness of such interventions in preserving psychological health, improving professional effectiveness, and facilitating post-stress recovery among SESU personnel would also be valuable. Such efforts would contribute to the improvement of the psychological support system for SESU activities under wartime conditions.

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