

## The psychological ability to perceive the world in conditions of danger

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**Abstract.** The relevance of the study is determined by the stage of active changes in the modern world in the context of the global coronavirus pandemic in recent years, and for Ukrainian society, the introduction of martial law due to the aggression of a neighbouring country, as a result of which Ukrainians experience a sense of danger and an uncertain future, financial instability in difficult-to-control life circumstances that affect personal development. Therefore, the purpose of this research work is to determine and identify the psychological ability of a person to use personal resources to overcome difficulties in conditions of danger, to adapt, and to develop positive attitudes and skills during stressful and crises. The theoretical and methodological foundation of the study is conditioned upon the generalisation of many years of experience in exploring human psychological states, namely, the frustration of the individual in conditions of danger and the possibilities of adaptation to current living conditions. An important tool for exploring the subject was a survey conducted among internally displaced persons and people who did not leave their homes during the war. The research presents results that reflect partial apperception due to the isolation of people in previous years due to the pandemic and, as a result, the successful constructive experience of overcoming the new crisis, the individual's adaptability and desire to overcome circumstances and generating conscious behaviour in times of danger. The results obtained can be used in further scientific research on the issue of a person's psychological ability to perceive the world in conditions of danger, and for practical purposes for social organisations that help to overcome the consequences of destructive mental states in conditions of danger

**Keywords:** personal resources of a person, life skills, psychological conditions of danger perception, frustration, development of positive moods, social adaptation in conditions of danger

### Introduction

Crisis circumstances that significantly affect a human personal development and pose a threat to their vital activity can result in irreparable mental or physical harm, where unforeseen situations require a specific level of development of a person's psychological resources. It is through living with, understanding, and dealing with difficult and uncontrollable life circumstances that a mature personality is developed, becoming integrated and psychologically appropriate.

The implementation of any activity, including the psychological ability to perceive the world in conditions of danger, requires an individual to master specific means and be ready to successfully perform them through the acquired knowledge and skills. The level of development of these knowledge and skills largely depends on a person's conscious attitude to their development (Christie, 2021). Considering the individual characteristics of a person is the main condition in the process of designing the necessary mental developments, where a person can act accurately, quickly and rationally, considering their abilities, theoretical knowledge and previous experience.

The life supports that a person has at their disposal and that allow providing basic needs for survival, physical comfort, security, respect and involvement in society, and self-realisation in society can be defined as human resources,

where the role of psychological resources is the ability to maintain one's mental balance in stressful life circumstances. Thus, in the works of A.A. Derkach (2006), the field of exploring human resources, which are described as mental states, abilities and personal qualities that can ensure the optimisation and efficiency of their activities, is traced. The researcher defined such phenomena as a psycho-technology of self-regulation and self-management of a person's activities. Exploring the problem of the personal and professional potential of management personnel, V.N. Markov (2004) defines resources as an integral system constantly developing and updating. Thus, the development of a person's psychological resources is an integral part of their worldview, habits and skills, which are developed in specific circumstances and implemented based on the experience gained and which are updated to overcome crises and solve specific problems.

A person's perception of the world occurs when all sensations are synthesised, establishing the integrity of the environment, which includes the experience gained, and the comprehension of the perceived is based on emotions and feelings (Tindle & Moustafa, 2021). One of the most important features of perception is apperception, which determines the dependence of orientation and content through human experience, i.e. the more knowledge a person has about a

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specific object, the more accurate and complete their perception of that object is.

Modern people increasingly find themselves in unpredictable life circumstances, and their behaviour in some situations reflects their inner nature, and aggression does not always find a constructive solution. Frustration is one of the leading causes of aggressive behaviour, and each person experiences it differently (Krahe, 2020). Aggression can be self-regulated through self-psychology, but this practice is frequently criticised by scientists (Hellinger & Carr, 2021). Anxiety – one of the emotional reactions of a person to a threat to their life or activities. It manifests itself as uncertainty in one's actions, helplessness, and powerlessness in the face of external factors. Awareness of danger can cause a feeling of fear or panic, or, on the contrary, a person becomes more cautious and careful (Surzykiewicz *et al.*, 2022). The development of post-traumatic stress disorder is not an isolated phenomenon among victims of armed conflict (El Baba & Colucci, 2018). A person's resistance to environmental conditions, and the level of adaptation to these conditions, is determined by a set of personality traits and indicates the individual's psychological adaptation. It is associated with changes in a person's life and social environment and is continuous. Social adaptation reflects the adaptation of a person or a particular social group to the social environment based on the value orientations of the individual and the community, the assimilation of provisions, customs, traditions, etc. Social attention plays an important role in the process of social adaptation, and the human brain has a special "detector" to identify it (Ji *et al.*, 2020).

After analysing the research of modern scholars, it was established that this problem has been widely studied in recent years, but there is no model for a quick and systematic approach to determining the adverse mental consequences of traumatic events that have caused social and psychological frustration. It complicates the search for effective methods of further targeted development of positive attitudes and social adaptation of the individual in conditions of danger.

The main purpose of the research is to disclose the phenomenon of a person's psychological ability to use personal resources to overcome difficulties in conditions of danger. The scientific originality of the research is to explore adaptive techniques that can be applied in situations of real risk, such as a global pandemic or a full-scale war. In the period of current realities for Ukrainian society, the subject of the development of human psychological resources in crises reflects the relevance of scientific research and provides for the further use of the obtained results in social work with the population.

### Materials and Methods

The foundation of the methodological approach in this research is a qualitative combination of methods of systematic analysis of the development of human psychological resources, generalisation of previous experience in exploring the state of frustration and synthesis of the adaptive capabilities of the individual within the framework of the established psychological perception. The research on the issue of the human ability to adapt, positive behaviour and overcome the difficulties of everyday life in adverse situations involves the search for a generalised understanding of the development of the necessary psychological skills of a person to determine effective ways to overcome the consequences of destructive

mental neoplasms that arise in conditions of danger. The planning and conduct of the research were based on a systematic theoretical framework, which became a qualitative foundation for the subsequent experiment.

The theoretical analysis of the sources on the subject of the research work allowed reviewing the long-term experience of researchers to explore the problematic issues related to the development of psychological skills of the individual, their perception of the world, and the possibility of psychological and social adaptation in times of crisis.

The research work, conditioned upon the purpose, was performed in three stages. In the first stage, the theoretical foundation of the study was identified and analysed – psychological literature on the subject of the research. The method of analysis is used here to substantiate the main issues and basic concepts of the research problem and to develop the scientific framework of empirical research.

The second stage of the research on the psychological skill of perceiving the world in conditions of danger was designed to find and identify appropriate research tools and methods, form a sample, and analyse the results. The experimental study was based on the theoretical data obtained and designed to determine the mental states of an individual during traumatic events, to identify their coping strategies during stressful everyday life, and to determine the level of self-efficacy.

This stage resulted in the development of a hypothesis based on the probable assumption that people who have become internally displaced persons (IDPs) in Ukraine since the introduction of martial law experience deeper frustration and are slower to adapt to new conditions than people who have remained in their permanent place of residence and are not going to leave it. The hypothesis resulted in the development of two samples. The study involved 268 respondents aged 18 to 65, including 134 women and 134 men. The symptoms of post-traumatic stress disorder are the same for both genders, but women experience them more deeply than men. People of absolutely different ages can get PTSD, thus, age characteristics did not affect the final result. They were offered the same conditions for the experiment, based on an online survey with subsequent analysis of the results. The participants of the survey were internally displaced persons (IDPs) in the number of 143 respondents who moved to Pyriatyn, Poltava region, from different cities in Ukraine. The sample for the second group consisted of residents of Kyiv, namely teachers and students of the National University of Life and Environmental Sciences of Ukraine (NULES) who had remained in the city since the introduction of martial law.

The survey consisted of three stages:

- identification of anxiety, frustration, aggression, and rigidity due to the circumstances that have arisen in recent months in Ukraine (Ilin & Kovalev, 2004);
- determining the dominant coping strategy of the individual (Amirkhan, 1990);
- identification of respondents' self-efficacy, which is manifested in feelings, thoughts, and actions (Rotter, 1966).

In addition, an analytical comparison of the survey results with the conclusions of other scholars on the research problem is made.

The third stage of the research allowed defining the final results of the theoretical study and the experiment. The conclusions of the research work can be used in further

scientific studies of the psychological ability of the individual to perceive the world in conditions of danger, and for practical purposes for social organisations supporting the overcoming of the consequences of destructive mental neoplasms in conditions of danger.

### Results

The problem of the psychological ability to perceive the world in conditions of danger has been widely explored for many years, but the lack of a model for a quick and systematic approach to identifying adverse mental consequences due to traumatic events that caused social frustration and are associated with the inability to influence their course has necessitated the definition of aggregate methods for exploring the components of this phenomenon, which involves the further purposeful development of positive attitudes and social adaptation of the individual in conditions of danger.

An important aspect of scientific research is to determine the mental states of an individual, their inherent coping strategies, and the level of their self-efficacy in conditions of danger, as if a person has a high level of frustration for a long time, this results in a disorganised emotional state and general mental depression. Stressful events and troubles in a person's life affect their psyche and trigger the corresponding processes of receiving, interacting, and processing information, which is reflected in the person's perception, thinking, memory, and emotions. Due to the experience gained, specific mental states are developed that affect human behaviour, both in everyday life and conditions of danger (Benuto *et al.*, 2022).

Crisis experiences do not allow for planning one's future, and difficult life situations cause it to narrow, perspective to be lost, and anxiety to develop, which results in aggression and adverse consequences that affect a person's ability to work, and their well-being, and disrupt relationships with

others. Very strong feelings can provoke a sense of rejection, and adverse factors can not be perceived constructively. And while stress is primarily tension, the state of frustration begins as anxiety and can further manifest itself through irritation, hostility, anger, or, on the contrary, a person becomes passive, lethargic, and apathetic.

Considering the current circumstances in Ukraine, where a large number of people have been forced to leave their homes, and based on research conducted in recent years, it has been suggested that internally displaced people experience deeper frustration and are slower to adapt to new conditions than people who have remained in their permanent place of residence.

To identify the psychological ability of a person to use personal resources in overcoming difficulties in conditions of danger, and the ability to adapt to new conditions in stressful situations, a psychodiagnostic toolkit was developed, which provided for the determination of mental states of a person in times of danger, the disclosure of coping strategies of their behaviour during stressful everyday life and the determination of the level of self-efficacy of an individual, which affects positive social consequences.

The analysis of the results of the first stage of the survey (regarding anxiety, frustration, aggression, and rigidity) demonstrates that most respondents in both groups have an average level of anxiety, which indicates that they experience emotional discomfort associated with an internal sense of threat or danger to a person.

An important indicator is the level of frustration. This indicator is higher in the IDP group, with 50% of respondents having a high level. The average level of frustration prevails among the respondents of the NULES group (56%). These results indicate that for the IDP group, mental conditions associated with adverse experiences are more pronounced (Fig. 1).

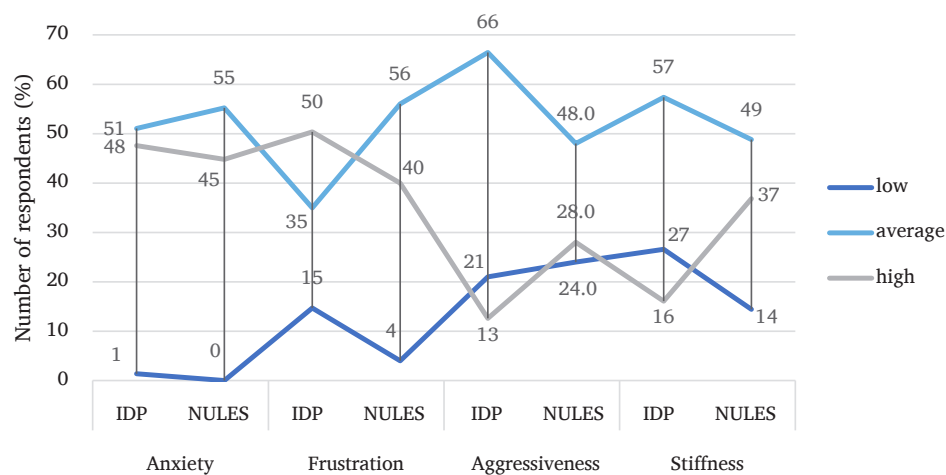


Figure 1. Analysis of the results of the study "Self-assessment of mental states"

The study demonstrates that aggression among the participants of the experiment is expressed at an average level, but some participants with a high level find it difficult to work with people, their aggression is manifested in demonstrating superiority over others, which results in destructive consequences of interaction in society. According to the stiffness scale, the IDP group is more flexible to change, with

only 16% having high levels of stiffness. For the NULES group, this figure reaches 37% and indicates difficulty in changing planned activities, and unwillingness to change their views and beliefs.

Human behavioural strategies are developed throughout life, and since the modern personality has been in adverse conditions and crises in recent years, it is necessary

to understand that stress management is an integral part of an individual's activity designed to maintain and support a specific balance between the requirements of society and the resources that correspond to these requirements (Strauss *et al.*, 2019). Knowledge of the patterns of mental functioning and one's individual and psychological characteristics is an important condition for preventing the adverse effects of stress, dangers and threats in social interaction. The psychological ability to perceive the world in conditions of danger reflects the need for a person to think quickly and make

the right decisions in crises and in times of uncertainty. For some, it is an opportunity to demonstrate their creative leadership position, while for others it is additional stress that complicates the decision-making process.

The analysis of the results of the second stage of the questionnaire (study of coping strategies) identified a pronounced active behavioral strategy of problem solving among the IDP sample (49%), which involves using all personal resources to find ways and means to solve stressful situations and problems (Fig. 2).

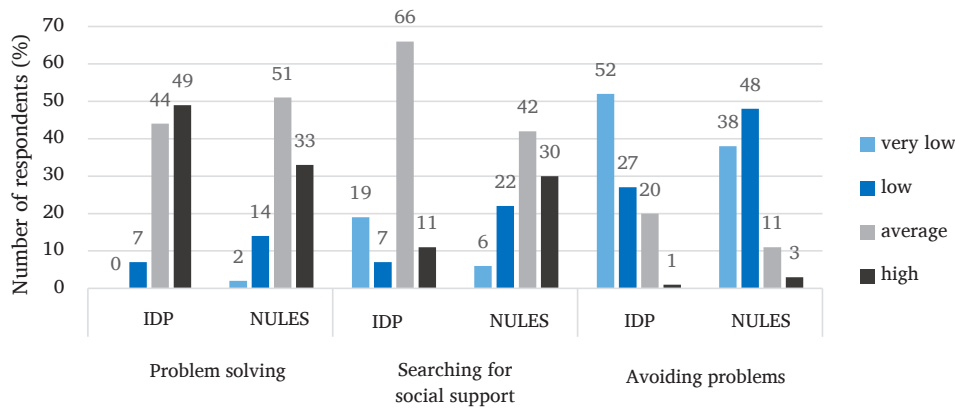


Figure 2. Analysis of the results of the survey “Coping Strategies Indicator”, CSI (Amirkhan, 1990)

The strategy of seeking social support involves effective problem-solving through the support and assistance of society or family, friends, and loved ones. The survey demonstrates that 30% of respondents in the NULES group use this strategy to overcome difficult life situations, while only 11% of IDPs use this strategy. In addition, the analysis of the results of the study demonstrated that the two groups of subjects do not use the avoidance strategy in crises. The respondents do not try to avoid solving problems and seek to find a way out of difficult life circumstances and not develop a maladaptive and pseudo-authoritarian state in their behaviour. However, it is more effective to use all three copying strategies depending on the situation. It allows an individual to overcome difficulties on their own, receive support from society, and avoid facing a traumatic situation by predicting its adverse consequences.

At the last stage of the survey, it was identified that a low level of self-efficacy brings a person closer to feelings of helplessness, anxiety, and depression, while a high level facilitates decision-making and determines their skills and abilities on the way to achieving a purpose. In difficult life situations, self-efficacy can increase or decrease motivation to solve problems (Zlyvkov *et al.*, 2016). The analysis of the survey results presented that the majority of respondents in the IDP group (57%) and the NULES group (56%) have a level of self-efficacy above the average.

The greatest impact on a person's self-efficacy is success in solving specific objectives. A high level of self-efficacy contributes to positive social outcomes and is associated with a person's mental and somatic health, successful social integration, and high achievement. Such a level is typical for 28% of the IDP group and 20% of the NULES group (Figure 3).

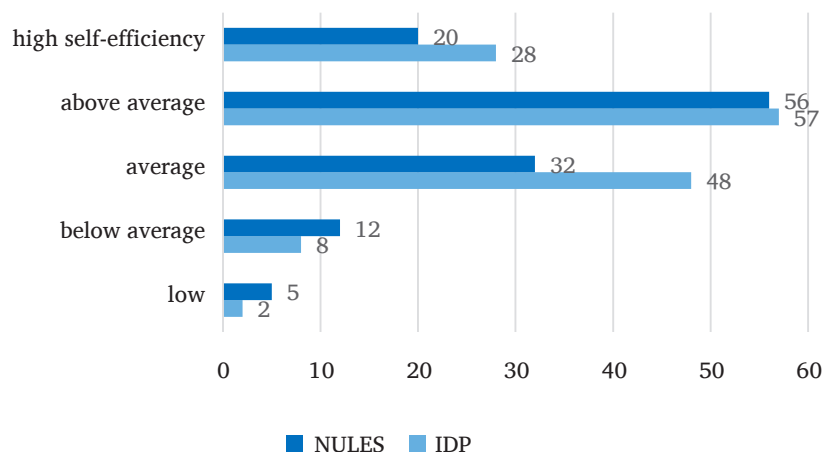


Figure 3. Analysis of the results of the “General Self-Efficacy Scale” survey

The perception of emotional and affective processes can affect a person's self-efficacy positively (elation, desire for action) and adversely (anxiety, fear, constraint). People with high self-efficacy set higher purposes and achieve them.

The results obtained demonstrate that a person's psychological resources are determined by their qualities, contribute to the achievement of significant purposes, are updated as required, and help to overcome difficult life situations. The experimental research stage involved testing the hypothesis, which was partially confirmed. Since the introduction of martial law, internally displaced persons have been experiencing deeper frustration and anxiety, which are resolved by using a constructive coping strategy through active problem-solving behaviour. According to the survey results, the IDP group has higher self-efficacy scores and greater plasticity in terms of the necessity to accept changes in their lives (behavioural changes, search for ways to solve problems), and thus their adaptive capacity, compared to respondents who remained in their permanent place of residence, is greater, which refutes the assumption that the IDP group is slow to adapt to new conditions.

### Discussion

Ukrainian society is going through a difficult time due to the violation of the country's integrity, large-scale hostilities, and the inability to continue working and living a peaceful life. Many people are forced to leave their stable lives and adapt to new realities. A significant part of the population experiences fear and anxiety for their own lives and the lives of their loved ones; traumatic circumstances exacerbate mental stress on the nervous system, and there is an increase in frustration and maladjustment, both psychological and social. The body's protective response to external stimuli is stress, which manifests itself on the physical, mental and emotional levels and allows adaptation to the necessary changes. One of the signs that allow surviving traumatic circumstances is psychological resilience, which determines the ability of the psyche to recover from tragedies, problematic situations, and stress. Awareness of one's own needs and emotions allows a person to be psychologically resilient and develop conscious behaviour and appropriate responses to traumatic events.

Comparing the results of the study with those conducted in early April 2022 by the Sociological Group "Rating" (2022) demonstrates that anxiety and frustration among Ukrainians have not decreased, but adaptive capabilities have increased. The necessary external resources were designed to support society and develop social ties for citizens, and internal resources were accumulated to enrich a person's potential, skills, and ability to perceive the world in a dangerous environment.

The search for ways to overcome difficult and adverse life circumstances involves using specific coping strategies. Coping, as an individual way of dealing with a particular situation, is an attempt to overcome internal and external demands that a person experiences as stress or tension, and that exceed their adaptive resources (Voitsekhovska & Zakalyk, 2016). An analysis of psychological research has demonstrated that there are several classifications of coping strategies. Ya.Ye. Liashyn (2017) divide coping strategies into two types, based on the emotionally oriented and problem-oriented approach, where the first one covers certain actions and thoughts of a person designed to reduce the impact of a stressful situation on the psyche of an individual, and

the second one is designed to try to improve ties with society. In addition, coping strategies can be considered general behavioural and socially oriented (Vagni *et al.*, 2022). Coping strategies are divided into three groups, which include an active-cognitive strategy, where a person assesses the situation in general, an active-behavioural strategy designed to solve the immediate problem situation, and an avoidance strategy which involves avoiding confrontation with a crisis. The review of scientific works confirms that coping is a lever of a person's behaviour, emotions, and life orientation in conditions of danger. Behavioural strategies are dynamic and can change depending on different situations, and the combination of all coping strategies in one's behaviour allows a person to effectively overcome difficulties, predict consequences, and maintain connections in society. Coping strategies are almost a conscious effort to constructively cope with a traumatic situation (Liashyn, 2017).

The ability of a person to withstand difficult life circumstances and problematic situations is ensured by resilience, which is based on a system of beliefs and attitudes that are designed and developed throughout life. Therewith, this ability reflects a person's resources, both as qualities and attitudes, and as a state and a means to achieve a purpose, as an individual's inner power, which is necessary for constructive problem-solving. The scientific works of A.A. Derkach (2006) trace the course of exploring human resources, which are characterised as mental states, abilities and personal qualities that can ensure the optimisation and efficiency of their activities. The researcher defined such phenomena as a psycho-technology of self-regulation and self-management of one's activities as a person. I. Rybkin (2005) refers to personal resources as emotional balance, leadership, high self-esteem, responsibility, psychological flexibility, purposefulness, and adaptability. V.N. Markov (2004) defines resources as an integral system that is constantly evolving and updating. Psychological resources can be divided into external resources that provide social support, specific statuses and roles in society, and internal resources that are characterised by the individual's potential, skills, and nature, i.e. those qualities helping a person from within. However, psychological resources are closely related, and when some external resources are destroyed, internal resources are gradually lost, i.e., stable external resources provide reliable support for internal resources, provided that internal resources have already been developed.

For Ukrainian society, the present reflects the impossibility of continuing a sustainable life, and more and more frequently, modern people are in unpredictable life circumstances. The behaviour of people in some situations reflects their inner nature when aggression can become destructive. Frustration is one of the leading causes of aggressive behaviour, and each person experiences frustrating events differently. Internal sources of frustration are related to feelings of disappointment, contradictory purposes of the individual, and feelings of self-doubt and fear of different types of social situations. External sources of frustration are associated with physical obstacles to achieving purposes and a sense of wasting time (Hasanova, 2022). An analysis of psychological literature has identified that the behaviour of a frustrated person eventually becomes apathetic and irritable, and the person feels the need for protection and personal safety. Frustration is a severe emotionally negative and tense mental state of a person, which is preceded by the inability

to satisfy important personal needs due to the lack of means of influencing external factors. The state of frustration can be a particular incentive to change or improve one's lifestyle (Krahe, 2020). Adverse changes in personality and behaviour can occur due to prolonged exposure to frustration, therefore, it is important to develop emotional resilience.

Psychological resilience determines a person's ability to cope with crisis circumstances, trauma, tragedies, and sources of stress. The more resilient a person's psyche is, the better they overcome difficulties and recover faster from adverse situations. Under the influence of unfavourable factors, changes occur in the human body (on the physical, emotional, and psychological levels), where the mental state of an individual is an extremely sensitive indicator of change. Human stress resilience in the social and psychological context is considered as an individual's ability to adapt to society, maintain relationships, performance, and health, and achieve purposes (Benuto *et al.*, 2022). Increasing a person's stress resistance or preserving it is associated with the search for resources helping to overcome the adverse effects of stressful situations (Carroll, 1992).

Social and psychosocial support plays an important role in stress resilience, acting as a buffer between immediate stress and its adverse effects. Stress as a physiological reaction of a person mobilises the body's reserves and prepares a person for struggle, escape or other physical activity. Psychological signs of stress include slower mental operations, weakened memory, decreased attention and sensitivity, and inhibited decision-making (Strauss *et al.*, 2019). The adverse effects of long-term stress, or due to the lack of necessary personal resources, can be various mental disorders, such as depression, panic disorder, social and other phobias, eating disorders, obsessive-compulsive disorder, and generalised anxiety disorder and post-traumatic stress disorder (Burda, 2019). It is extremely important to understand and know the patterns of your psyche and individual characteristics, which helps you cope with traumatic situations and if you cannot help yourself, to consult a psychotherapist in time. Every day, the number of people in Ukraine who need psychological help is growing, and the issue of timely access to and receipt of substantial support from a psychologist is becoming more and more important, especially for those categories of people who have been in situations of acute stress over the past few months since the introduction of martial law. A person who has been in dangerous situations that threatened their life or the lives of their family, friends, or acquaintances can develop feelings of guilt, sleep disorders, nightmares, and flashbacks of traumatic circumstances. If attempts to cope with these symptoms on their own are futile, this can increase conflict, exacerbate or lead to psychosomatic disorders, alcoholism, and in extreme episodes, even suicide (Ota *et al.*, 2020). The empirical study demonstrates that among the participants in the experiment, most respondents in both samples have an average level of aggression, but for 53 participants with a high level of aggression, it can be destructive in social interaction, indicate a deeply frustrating event, and interfere with adaptation, both psychologically and socially.

Resilience to environmental conditions, and the level and result of adaptation to them are the aggregate properties of human psychological adaptation. Acceptance of responsibility and confidence in one's ability to influence events are significant factors in overcoming difficulties (Horswill &

Carleton, 2021). W. Frankl (2020) notes that when a person understands the purposes and meaning of life, resilience to the impact of traumatic circumstances increases.

The military conflict on the territory of Ukraine is forcing citizens to continuously adapt to social changes, look for new approaches to adaptation in the face of danger, and adjust to the consequences of traumatic events. Adaptability is manifested in emotional states, balance, mental and emotional stability, lack of a sense of threat and confidence in one's actions, appropriate self-esteem, responsibility, and the ability to overcome obstacles. The effectiveness of a person's adaptation depends on the individual's perception of themselves and their social connections. Psychological adaptation is a continuous process characterised by the interaction between the individual and the environment.

Socio-psychological adaptation is a complex process that unites a person and their environment in a new system that involves mutual bilateral changes. Social adaptation for an individual is associated with the process of socialisation (cultural provisions, values, behavioural provisions), and for society, it is reflected in the regulation of social relations and their institutionalisation of suicide (Ota *et al.*, 2020). The real potential for effective adaptation is established by human resources, which help individuals to overcome adverse external factors and adapt to them using psychological and life resilience, self-efficacy, mutual assistance, social support, and mobility.

Self-efficacy plays an important role in solving problems, and it develops throughout a person's life along with the experience gained, new skills and knowledge. Emotional states, body reactions, and high levels of stress affect a person's sense of their abilities. However, professional psychological assistance to victims of war should be available in any case (Barbui *et al.*, 2022).

The pilot research is limited to two territorial communities. The prospect of further experimental studies throughout the country will provide a broader understanding of the problem of a person's psychological ability to perceive the world in conditions of danger and will contribute to finding ways to effectively overcome the consequences of destructive mental disorders that have emerged as a result of traumatic events.

## Conclusions

The conducted scientific research on the problem demonstrates that the implementation of any activity requires a person to master specific means and readiness for their successful use through the acquired life experience, specific skills and abilities that depend on the conscious desire of a person to establish and develop them.

The experimental research stage involved testing the hypothesis, which was partially confirmed. The results of the experiment confirm that respondents in the IDP group experience deeper frustration and anxiety. However, this group proved to be more flexible in accepting changes in their lives. Participants use a constructive coping strategy through active problem-solving behaviour, and their self-efficacy scores are higher compared to the NULES group, which means that their adaptive capacity resources are greater, refuting the assumption that the IDP group is slow to adapt to new conditions.

The prospect of further careful research into the psychological ability of an individual to perceive the world in conditions of danger will contribute to the search for ways to effectively overcome the consequences of mental disorders that have emerged during difficult life circumstances.

Surveying within the framework of this problem, which will include most of the society in the country and abroad, will allow for a more precise understanding of the processes of development of a person's psychological ability to use personal resources to overcome difficulties in conditions of danger, and skills of adaptation and adaptation to new living conditions.

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## Психологічне вміння сприймати світ в умовах небезпеки

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**Анотація.** Актуальність дослідження визначена етапом активних змін сучасного світу в умовах всесвітньої пандемії коронавірусу в останні роки, а для українського суспільства, введення воєнного стану через агресію сусідньої країни, унаслідок якої українці переживають відчуття небезпеки та невизначеного майбутнього, фінансову нестабільність у важко контрольованих життєвих обставинах, що впливають на особистісний розвиток людини. У зв'язку з цим мета даної науково-дослідної роботи полягає у визначенні та розкритті психологічного вміння людини задіяти особистісні ресурси в подоланні труднощів в умовах небезпеки, адаптуватися, формувати позитивні настрої та навички під час стресових та кризових ситуацій. Теоретико-методологічна основа дослідження зумовлена узагальненням багаторічного досвіду вивчення психологічних станів людини, а саме фрустрації особистості в умовах небезпеки та можливостей адаптації до сьогоднішніх умов життя. Важливим інструментом вивчення теми стало опитування, проведене серед внутрішньо переміщених осіб та людей, які не залишили своїх домівок в умовах війни. У статті представлено результати, які відображають часткову апперцепцію у зв'язку з ізоляцією людей у попередні роки через пандемію і, як наслідок, вдалий конструктивний досвід виходу з нової кризи, пристосованість індивіда та прагнення перемагати обставини й генерувати свідому поведінку в період небезпеки. Отримані результати можна використати в подальших наукових дослідженнях проблеми психологічного вміння особистості сприймати світ в умовах небезпеки, а також в практичних цілях для соціальних організацій, що допомагають долати наслідки деструктивних психічних станів в умовах небезпеки

**Ключові слова:** особистісні ресурси людини, життєві навички, психологічні умови сприйняття небезпеки, фрустрація, формування позитивних настроїв, соціальна адаптація в умовах небезпеки