

## PERSONAL POTENTIAL IN OVERCOMING THE SOCIO-PSYCHOLOGICAL CONSEQUENCES OF WAR AND PANDEMIC

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In current situation in Armenia, the problem of personal success and maintaining effective behavior should be considered as an important condition for a healthy society and the formation of a stable state. The aim of the paper is to identify the role of personal potential as a main socio-psychological factor that determine the process of overcoming and coping the current situation in the Republic of Armenia (post-war and the epidemic situation). Our hypothesis is that personal potential<sup>1</sup>, including psychological capital and its development, can be considered as an indicator of the well-being of society.

**Keywords:** *personal potential, psychological capital, well-being, socio-psychological factor, extreme situation, crisis, society.*

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**Introduction:** Crisis and emergency research experience has a rich history, but the events that took place in Armenia have their own peculiarities: serious scientific research is needed, which, summarizing the experience of different countries, through research will reveal the strategies of human survival in a particular situation, in society. In current situation in Armenia, the problem of personal success and maintaining effective behavior should be considered as an important condition for a healthy society and the formation of a stable state. The aim of the paper is to identify the role of personal potential as a main socio-psychological factor that determine the process of overcoming and coping the current situation in the Republic of Armenia (post-war and the epidemic situation).

In our opinion, the human factor is at the center of overcoming social emergencies, social crises, and often a person's ability to overcome difficult situations is manifested through a person's psychological potential and subjective wellbeing. Subjective well-being (SWB) is the personal perception and experience of positive and negative emotional responses and global and (domain) specific cognitive evaluations of satisfaction with life. It has been defined as “a person’s cognitive and affective evaluations of his or her life” (Diener, Lucas, & Oishi, 2002, p. 63). Well-being has long been considered key to the creation and maintenance

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<sup>1</sup> Synonym: self-actualization, self-realization(<https://www.powerthesaurus.org/>)

of healthy, productive societies [2, 3] and our **hypothesis** is that personal potential, including psychological capital and its development, can be considered as an indicator of the well-being of society. The purpose of our multistage study involves identifying the components of the psychological capital of the individual and its connection with subjective well-being, the mechanisms of self-regulation of behavior and the characteristics of stress manifestations in the context of post-war consequences and a pandemic (Covid-19). So, since usually a person's ability to overcome problem situations is manifested through his personal potential, it can be studied as a way out of society from extreme situations and social crises. Based on this, we think it is necessary to identify socio-psychological and personal resources and assess the degree of their influence on the willingness to act, stability, initiative and well-being of the individual. And as a scientific and applied result, the growth of the activity of predictors of the personal potential of youth is supposed.

**Background:** Taking into account the ended war, its consequences, the duration of the pandemic, which lasted more than a year and its impact (Epishin, V.E., Salikhova, A.B., Bogacheva, N.V., Bogdanova, M.D., Kiseleva, M.G., 2020), self-isolation and the lockdown (O'Connor, R., Wetherall, K., Cleare, S., McClelland, H., Melson, A., Niedzwiedz, C., Robb, K., 2020), the situation for the population of Armenia can be characterized as a crisis-emergency [9, 10]. Psychological research, as a consequence of emergencies, indicates various normal pathological reactions in individuals and the general population. The issue of maintaining a person's success and effective behavior in such difficult situations today, more than ever, should be considered as a possible precondition for the development of a healthy society and an established state. Today, it is very important to study the deep phenomenon of psychological capital and the ways of its development after emergencies (war, epidemic, economic downturn, lockdown, self-isolation, distance learning and work), from the point of view of ensuring the life of a healthy person in a social environment, the development of his effective behavior, potential and strategy for overcoming crisis situations. Accordingly, in preparation for the main experimental stage of the study, the socio-psychological prerequisites and various studies on this problem were analyzed.

So, as we have already mentioned, the human factor is at the center of overcoming social emergencies, social crises, and often a person's ability to overcome difficult situations is manifested through a person's psychological potential. Based on the foregoing, the problematic issue of the study is the identification of socio-psychological characteristics and personal resources of psychological capital, the study of their influence on human well-being, activity, stability, initiative, willingness to act, vision of perspectives.

### Discussion and Conclusion:

1. Own practical and research experience after the earthquake in Armenia in 1988 showed that overcoming the psychological consequences and especially post-traumatic stress require consistent and long-term work on the basis of reliable scientific methods of diagnosis and psychotherapy.[7] It is also important to implement scientific and applied solutions in the long term through professional steps. Given that the negative consequences of emergencies, both at the individual and social levels, are of a long-term nature, this study must be aimed at considering not only the existing, situationally urgent problems of overcoming the crisis, but also at development of persons psychological capital and subjective well-being.

2. At the same time, it is important to study the processes that lead to the development of the quality of life, psychological well-being and, as a consequence, the creation of a prosperous and just society. Referring to the rationale for the study of personal potential, the mechanisms of self-regulation, the origins of the scientific approach to the problem of the psychological component of human capital, it is necessary to mention the approach to improving people's lives "positivist psychology".[1] On the other hand, it must be understood that the study of the above situations, their causes, and consequences can be considered valuable if they offer psychologically sound solutions to problems - strategic scenarios for overcoming traumatic realities.

3. In the context of discussing the psychological capital of a person, the most common concept is "resource". By "resources" we mean the means, the availability of which in sufficient quantity contributes to the achievement of the goal, maintenance of prosperity, and their absence or insufficiency complicates the above. Nothing can serve as a resource for a person without a purpose. In this case, one can agree with the opinion that the property of being a resource is a systematic characteristic that is acquired by certain objects or individual characteristics based on motivation or purpose.[8] Thus, in a post-war and epidemic situation, one of the main factors in saving the state from a social, economic, psychological crisis can be considered a person, his general psychological capital, and conscious self-control.

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### ԱՆՁՆԱՅԻՆ ՆԵՐՈՒԺԸ ՊԱՏԵՐԱԶՄԻ ԵՎ ՀԱՄԱՃԱՐԱԿԻ ՍՈՑԻԱԼ-ՀՈԳԵԲԱՆԱԿԱՆ ՀԵՏԵՎԱՆՔՆԵՐԻ ՀԱՂԹԱՀԱՐՄԱՆ ԳՈՐԾԸՆԹԱՅՈՒՄ

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Ներկա իրավիճակում անձնային հաջողության և արդյունավետ վարքագծի պահպանման խնդիրը պետք է դիտարկել որպես առողջ հասարակության և կայուն պետության ձևավորման կարևոր նախապայման: Աշխատության նպատակն է բացահայտել անձնային ներուժի դերը՝ որպես հիմնական սոցիալ-

հոգեբանական գործոն, որը կարող է կանխորոշել Հայաստանի Հանրապետությանում առկա ճգնաժամային իրավիճակի հաղթահարման գործընթացը (հետպատերազմյան և համաճարակային իրավիճակ): Մեր վարկածն այն է, որ անձնական ներուժը այդ թվում նաև հոգեբանական կապիտալը և դրա զարգացումը կարող են դիտարկվել որպես հասարակության բարեկեցության պայման:

**Հանգուցային բառեր՝** անձնային ներուժ, հոգեբանական կապիտալ, բարեկեցություն, սոցիալ-հոգեբանական գործոն, արտակարգ իրավիճակ, ճգնաժամ, հասարակություն:

## ЛИЧНОСТНЫЙ ПОТЕНЦИАЛ В ПРОЦЕССЕ ПРЕОДОЛЕНИЯ СОЦИАЛЬНО-ПСИХОЛОГИЧЕСКИХ ПОСЛЕДСТВИЙ ВОЙНЫ И ПАНДЕМИИ

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В нынешней ситуации в Армении проблема личного успеха и поддержания эффективного поведения должна рассматриваться как важное условие функционирования здорового общества и поддержания стабильного государства. Целью статьи является выявление роли личного потенциала как основного социально-психологического фактора, определяющего процесс преодоления сложившейся экстремальной ситуации в Республике Армения (послевоенная ситуация, эпидемия). Наша гипотеза состоит в том, что личный потенциал, в том числе психологический капитал, и его развитие можно рассматривать как предиктор благополучия общества.

**Ключевые слова:** *личный потенциал, психологический капитал, благополучие, социально-психологический фактор, экстремальная ситуация, кризис, общество.*