

ANALYTICAL POSSIBILITIES, APPROACH, PHASING AND PHYSIOGNOMY OF THE RESILIENT PROCESS

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Abstract: *Seen from the analytical angle of national security, resilience often contains localizations related to the psychological and social dimensions. Having complex psychological connotations, resilience can be considered both as a process and as a result, taking into account the capacity of social entities to resist, adapt and recover the levels of resistance, of adaptation and recovery of past levels lost after massive destructions. It must be accepted that the resilient process can be triggered at the levels of the individual and the community, by releasing the energies held, with the aim of restoring previously damaged levels. It signifies flexibility and the possibility of mobilizing internal energies and counteracting negative factors present in the subject's or social group's domestic or external environment. Resilient requirements emphasize the important role of the knowledge of theoretical-analytical contents, organizational approaches, deciphering the possible sequence of stages and knowing the physiognomy of the resilient process, all these approaches being useful for reducing, stopping and countering hybrid and asymmetric threats, restoring the damage to normal levels, which occurred in the past.*

Keywords: *resilience, resilient process, mind dimension, resilience of the self, sequences, analytic debut, vital energy, personality traits.*

General Assertions

The current uncertain, fluid and complex geopolitical context contains hybrid threats and challenges generated at multiple levels. Under these conditions, the presence and implementation of the resilience factor becomes critical for the implementation of national and international security policies, in maintaining the existence, independence and sovereignty of states.

The objective of individual resilience is the ability to maintain an unaltered state of health and capacity for exertion, even in the event of injury (trauma). The resilient approach conserves vital human energy under pressure in the body by means of the subconscious. The challenges of life can be countered, with the possibility of recovery from past negative adverse effects.

The objective of community resilience is given by the community's ability to carry on its existence and ordinary activities without limitations or

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obstructions, to lead life in the same area, to use the resources of the soil and subsoil according to the community values inherited over time.

We consider that the cognitive and operational requirements regarding resilient processes make it absolutely necessary to know multiple aspects, including the dimensioning of the analytical starting point and the possibilities of approach, the unfolding of the stages in the sequence of the resilient process, and other aspects.¹ The above-mentioned requirements may constitute real possibilities of the production, effective manifestation, consolidation and becoming of the resilient process phenomenon, deeply restorative for the level affected in the past by negative phenomena.

Possible Analytical Start of the Process

The resilient analytic process can accept triggers in both analytical and operational dimensions, and complex and diverse aspects can be taken into account, such as:

- definition as a protective mechanism, possible for counteracting the affects that converge from the outside to the social environment, existing in four successive forms: decreasing the impact of the affect at the societal level, decreasing the flow of negative social manifestations, rebuilding the self-esteem of individuals and producing new opportunities;²

- use of illustrative modalities for relevant periods of life (development and affirmation of the individual), in the situation of negative challenges from the social environment, preservation of the subject's internal motor energy in the context of the action of negative phenomena, with the restoration of the capacity of effort after the occurrence of difficult situations;³

- demonstrating the individual's ability to overcome extreme negative experiences, restoring the traumatized subject's action possibilities, overcoming and eliminating depression;

- the possibility, the ability of the individual participating in the socially resentful adventure, of self-balancing and development, unconsciously appealing to their own internal capacity and potential;⁴

¹ Mihalcea Viorel-Cătălin, Sirbu Gabriela -Elena, Bogdan Vasile, *Securitatea internă și reziliența*, UNAp "Carol I" House, Bucharest, 2021, p .28 (transl. *Internal Security and Resilience*).

² Michael Rutter, *Psychological Resilience and Protective Mechanism*, in American Journal of Orthopsychiatry, Vol. 57 (3), July 1987, pp.316-331.

³ Emmy Werner, *Resilience in Development*, in American Psychological Society, 1 June 1995, available at <https://journals.sagepub.com/doi/10.1111/1467-8721.ep10772327>, accessed on 22.11.2024.

⁴ Nicolas Martin, Antoine Spire, François Vincent, *Reziliența*. Convorbire cu Boris Cyrulnik, Spandugino Publishing House, Bucharest, 2016, pp .8-53 (transl. *Resilience*).

- generation of upward-positive fluctuations of the subject, having the starting point in their own way of life and societal system, possible after certain stops or declines of the level held in the past;

- analysis of the personality traits, evaluation of the positive developments that have taken place or through the prism of the manifestation of functional adaptation, analysis as an ability, etc.;⁵

- a constructive pendulum swing between the adversity of the societal environment and the positive capacity of the social individual to adapt to major traumas.⁶

For the soundness of the approach, it is important to define the starting point of the analytical approach and the requirement of the usefulness of the cognitive process in view.

Possible approaches

There may be different possibilities of access to knowledge, analysis and characterization of the resilient process.

The psychological dimension. Psychic factors make it possible to analyse the *resilience of the self* on three levels of specialized functioning.

The behavioural level, the first one considered, will include coping strategies, the *Big Five* factors (agreeableness, openness, neuroticism, conscientiousness and extroversion) and the resilience of the self will be considered as a priority.

The personality level, the second ceiling, includes the range of the subject's own manifestations and psychic mechanisms, taken into account by activating the subject's bio-psychological content. In this regard, emotions are considered, positive reiteration of facts is viable, mental involvement is eliminated, social support is removed, acceptance is achieved along with the problem elimination and the mind control produced by activating the subconscious, and others.

The level of cognitive schemes, as the ultimate ceiling, includes filters of the social factor, possible for the evaluation of the community, societal, state or other environments. Aspects such as deception, self-sacrifice, induced inhibition, vulnerability, passivity, over-control, negativism, punishment, mistrust, or rigid standards will be present.⁷

The concept of the resilience of the self. This vision, launched after 1980, should be considered as a feature in the study of the issue of resilience. It defines elements, such as the existence, enhancement and

⁵ Andra Crăciun, *Resilience as a Healthy Process: Individual Factors and Coping Strategies*, Cluj-Napoca, ASCR Publishing House, 2019, p. 14 (transl. *Resilience as a Healthy Process: Individual Factors and Coping Strategies*).

⁶ Sunnya Luthar, Dante Cicchetti, *The Construct of Resilience: Implications for Interventions and Social Policies*, Dev Psychopathol, Vol. 12 (4), 2000, pp. 857-885.

⁷ Andra Crăciun, *Op.cit.*, p.104.

involvement of multidimensional aspects of the personality, aspects that facilitate the targeting, timing and control of energetic-impulsive involvements, used in the cognitive evaluation of the stressful situation. This involves the definition of the ego's involvement, the flexible adaptation of the ego to the tense situation, with the aim of balancing the final options, in relation to the tensions of the social environment.⁸

We also draw attention to the possibility of approaching the resilient process as equally perceived both as a trait and a dynamic process. Both approaches can be determinant, from the perspective of rigorous cognitive dimensions.

The difference between the psychological trait and ability. It can be the starting point in establishing the differences between trait and ability. As the trait is involved in the behaviour of the individual in the social environment of belonging, the ability can be responsible from the angle of the person's efficiency in achieving a specific goal, objective and consolidating the desired result. The trait is the one that facilitates the selection of the aspects of difference, proper to the social factor in overcoming difficult situations, which induce major influences on human behaviour.⁹

The dynamic dimension. It starts from considering resilience as a process form. As it is known that individual traits have a relative stability and predictability versus behaviour, the process dimension allows resilience structured in phases to generate possible patterns regarding the expected positive evolution. There can be thought and evaluated possible successive evolutionary alignments, and mechanisms present on the dynamic path can be analysed. All these induce changes in the behaviour, emotions and reaction of the social factor - one that is cognitively analysed. The psychosocial elements taken together with the biological predispositions will know synergic integrations, towards the control and synchronization of the relationships and dynamics intervened between stressors and adaptive factors.¹⁰

Even at the triggering moment regarding the approach, we need to emphasize the factorial complexity, the existence of levels, the involvement of psychological mechanisms, the presence of adaptive effects, the support provided by emotional factors and psychosocial aspects, the complementary

⁸ Jeane H. Block, Jack Block, *The Role of Ego-Control and Ego-Resiliency in the Organization of Behavior*. In Psychology Press, 1982, pp. 14-57.

⁹ Gabriela-Elena Sîrbu, Viorel-Cătălin Mihalcea, Vasile Bogdan, *Aspecte reziliente ale instituțiilor Uniunii Europene de securitate internă*, CTEA Publishing House, Bucharest, 2021, p.18. (transl. *Resilient Aspects of European Union Internal Security Institutions*).

¹⁰ Gabriela-Elena Sîrbu, Viorel-Cătălin Mihalcea, Vasile Bogdan, *Problematica rezilienței în secolul al XXI-lea. Curs* CTEA Publishing House, Bucharest, 2023, pp.44-45 (transl. *Resilience Issues in the 21st Century. Course*).

involvement of social factors, all of which can support the success of the resilient approach.¹¹

Process Unfolding

The possible milestones of the resilient process can be illustrated as being structured during four stages (sequences):¹²

- *the first sequence (stage)* - contains the presentation of the triggering state, intervened in the context of the difficulties of the social factor, with the highlighting of the factors that ensure the full knowledge of the stressful situation;

- the second sequence - ensures the full identification of the aspects that contribute to the illustration of resilience as a process, deciphering how it works and highlighting the risk factors;

- the third stage - details the implications of multiple corrective interventions to support the recovery of the negative state induced by different causes (psychological, social, military, economic-financial, environmental, etc.);

- the fourth sequence - generating an interdisciplinary approach, synchronizing the implications of the genetic content, together with the neuronal content, synchronized with the dimension of social experience, all directed towards revealing the multi-layered dynamic possibilities, as well as the human regulatory possibilities.¹³

The phasing of the individual effort must be synchronized with the similar approach of social groups, because on both entities there will be present and produced effects, influences and actions of the adversary.

Physiognomy

The component factors of the process of continuity of the existential levels of complex systems are the *resistance* (coping) and the *resilience* (i.e. recovery of the abandoned level). Although the above concepts are absolutely distinct phenomena, the interdependence and complementarity between the coping and resilience sequences must be accepted.¹⁴

The physiognomy of the manifestations of the resilient process may include: *the emergence of negative manifestations, the production of the impairment, the reduction of the level held, inner mobilizations, strategy setting, voluntary consensual effort, the restoration of the level (standard) held in the past and the reinforcement of the level (standard) restored.*¹⁵

¹¹ Andra Crăciun, *Op.cit.*, pp.15-16.

¹² Gabriela-Elena Sîrbu, Viorel-Cătălin Mihalcea, Vasile Bogdan, 2021 *Op.cit.*, p.18.

¹³ Gabriela-Elena Sîrbu, Viorel-Cătălin Mihalcea, Vasile Bogdan, 2023, *Op.cit.*, pp.43-45.

¹⁴ Gabriela-Elena Sîrbu, Viorel-Cătălin Mihalcea, Vasile Bogdan, 2023, *Op.cit.*, pp.40-43.

¹⁵ Viorel-Cătălin Mihalcea, Gabriela-Elena Sîrbu, Vasile Bogdan, *Op.cit.*, p.28.

The occurrence of negative manifestations is the negative engine of destabilizing changes in the lives of communities or subjects. The destructive hostile potential will be inserted into the structure of the target group (subject).

The production of the damage is the triggering factor of the resilient path, obviously a negative impetus. There can occur manifestations coming from the external or even the internal space of the social group (subject). The stressor is followed by a decrease or even a collapse in the standard of living (well-being, democracy, budgeting, parity, etc.) previously held.

The reduction in the level of status stems from the attainment of a high level of hostility, the depreciation of the target social framework becoming clear and lasting. Likewise, the reductions in the previous standard will depend on the hostile intention, negative manifestations and possibilities of the stressor.

Inner mobilizations are the involuntary (in individuals) or conscious (in communities) generation of the will to stop the lowering of the standard, to overcome the unpleasant state, and to start to restore the standard to the previously held value levels.

Setting the strategy represents the energetic, synergistic choice of the target collectivity in particular or the target individual. It can be openly promoted by the leadership or directly at the individual's own mind level. The strategy will be reflected in the content of the action plan, either its explicit (definition, content, responsibilities, leadership, deadlines, place, support, forms of cooperation, etc.) or its implicit form.

The voluntary effort is given by a large-scale and lasting manifestation, carried out voluntarily by the participants, with full confidence in the success of the approach, with successive sequences being activated. The voluntary effort implications mark the implementation of the recovery action plan according to the strategic options.

Regaining the level (standard) of the past stands for the target of the recovery effort and points out at the option of the collectivity hit by negative factors. As a result of the increases recorded at the subject (community) level, there will be a return to the standards previously held.

The reinforcement of the restored level (standard) is expressed by the choices of the state or the societal body. Structures that have experienced prior depreciations of the previously held level (standard) will be obliged to continue efforts to optimize the formerly held level as an indisputable resilient requirement. The reconfirmed resilient level will be considered as a progress requirement, requiring future efforts.¹⁶

¹⁶ Ana Muntean, Anca Munteanu, *Violență, traumă, reziliență*, Polirom Publishing House, Iași, 2011, p. 243.

The physiognomy of actions includes different expressions in the international system versus the domestic context. The details formulated can be action benchmarks in the future, with the caveat that resilient actions will be conspicuously more competitive and rigorously constructive.¹⁷

Conclusions

Preparing the society for the resilience process needs to be carried out in a broad way, recognizing the implication of security and stability. The starting step must be provided by a deep understanding, at the level of the individual, of the requirement for active participation in building and operating a robust society, capable of adaptability and marked by effectiveness in overcoming the multiple challenges of the future. It is necessary to build the adaptive dimension, capable of countering a multitude of negative scenarios and events present in the security plan. It requires continuity and energy for the dissemination of knowledge and skills, flexibility, strength and sustainability of the social manifestations of reaction, individual and collective concerns, synchronized against security challenges. The essential role of the investment in education and continuous training will be taken into account, together with the expansion of training programs, the permanent emphasis on courses on evaluation, analysis and countering disinformation and on the cybersecurity effort, on countering hybrid challenges and regarding the timely response generated in crisis situations.

Improving the capacity to respond and adapt to multiple and complex crises and building a robust resilient process can be possible by using good practices in the field under consideration, using identified lessons and lessons learned on expanding international cooperation, and building partnerships increasing the collective capacity to respond to various aggressions.



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¹⁷ Mihalcea Viorel-Cătălin, Sirbu Gabriela-Elena, Bogdan Vasile, *Op.cit*, pp. 28-29.

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