

# Formation of Resilience in the Context of Volunteer Activities Using Information and Communications Technology

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## Summary

The article identifies and theoretically substantiates the trends of national resilience in the context of establishing the security of the country and its civilizational subjectivity. The strategy of development of the pedagogical university in the conditions of European integration into the European educational and scientific space based on certain characterological features of the personality of the volunteer in the context of allocation of personal resilience is developed. The analysis of both external and internal challenges and threats to the civilization of the country needs to be understood in the context of economic, socio-political, legal, military-political, spiritual-cultural, educational-scientific and network-information resilience.

The concepts of "national resilience" and "national security" are quite close - at first glance, even identical. However, a deeper understanding clarifies the differences: national security is a state of protection of the country identity and its very existence, the realization of its national interests. In turn, resilience is a fairly effective strategy and a fundamental guarantee of national security. At the same time, it is extremely important to understand that both national security as a state and national resilience as a strategy are only means of achieving and developing a strong and humanistic civilizational subjectivity of the country. After all, such subjectivity opens for citizens the opportunity for development, dignified self-realization and a proper life.

The restructuring of the volunteer's motivational sphere is due to the dominance of such leading motives, which are focused mainly on maintaining and restoring health, which leads to distorted meaningful life goals: isolation, alienation, passivity, inertia, reduced activity, limited communication, etc. The characteristics of relatively stable human behavior include several primary and secondary properties. The primary (relevant) properties include patience, trust, hope, faith, confidence, determination, perseverance, and love; the secondary - punctuality, neatness,

obedience, honesty, loyalty, justice, diligence, thrift, accuracy, conscientiousness, obligation, etc.

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The use of information and communication technologies in volunteering will contribute to the formation of resilience traits in the structure of personality formation. Directly to the personal traits of resilience should be included methodological competencies, which include methodological knowledge, skills and abilities (ability to define ultimate and intermediate goals, plan, conduct and analyze knowledge, establish and implement interdisciplinary links with disciplines of medical-psychological-pedagogical cycles, etc.). All these competencies form the professional resilience of the volunteer.

## Keywords:

*information and communications technology, volunteering, resilience, national security, civilization subjectivity.*

## 1. Introduction

Today, national resilience is one of the best catalysts for the national security of the country and its civilizational subjectivity. The results of hostilities in eastern Ukraine have a negative impact on human health and have a maladaptive effect on the optimal functioning of the body in volunteers. Critical are events that reflect the result of

purposeful, often criminal activities (terrorist acts, sabotage, torture, hostilities, mass violence, death of loved ones, getting into a "hostage situation", destruction of their own home, etc.). Therefore, an effective system of prevention, psychological correction and rehabilitation of volunteers is essential. It is important to increase resilience in the context of the formation of psychological stability (resilience) of volunteers in the means of information and communication technologies.

Resistance of the individual is provided by a number of physiological, personal and social factors. Its importance is manifested in the following criteria of psychological and social health: morality (honesty, justice), gratitude, selflessness, responsibility for themselves and others, as well as in such personal qualities as self-control, balance, optimism, and ability to plan and implement their lives. way, etc. Inadequacy and disintegration of internal personal regulation contribute to the development of such psychological disorders as heartlessness (cruelty), irresponsibility, aggression, alienation, ignoring social norms, and tendency to blame others for their defeats, which deactivates their carelessness, self-centeredness, camouflaging, abusiveness and manipulative behavior.

There is a need to identify and specify the characteristics of the volunteer, which would determine his vitality, and personal potential and contribute to maintaining psychosomatic health, readiness for change, personal development and self-development in volunteering, which is important for building a correctional model of personality resilience. in the context of volunteering through ICT.

## 2. Analysis of recent research and publications

Chen G., Ratcliffe J., Kaambwa B., McCaffrey N., & Richard-son J. argue that empirical comparison makes it possible to determine resilience by the quality of life indicators related to human health [1].

Dewitt B., Feeny D., Fischhoff B., et. al. carried out a final evaluation of the benefits of the information system in measuring the results of volunteers' volunteering activities, using the evaluation system PROMIS®-Preference (PROPr) [2].

Fierro-Suero S., Almagro B. J., & Sáenz-López P. surveyed human emotions (AEQ-PE) by measuring the physical fitness of the subjects to situations of increased complexity [3].

Finch A. P., Brazier J. E., & Mukuria C. measured the size of quality of life using the EQ-5D method in the context of studying their significance for human health [4]. Finch A. P., Brazier J. E., Mukuria C., et.al. conducted an experimental study using the analysis of the main components of the quality and dynamics of life of volunteers by factor analysis according to the EQ-5D questionnaire [5].

Gao L., Moodie M., & Chen G. measured the subjective well-being of patients with heart disease by comparing their health-related quality of life [6].

Hoogendoorn M., Oppe M., Boland M. R. S., et.al. investigated the level of quality of life in victims with orthopedic disorders and investigate its dynamics using a course of physical therapy using the questionnaire EQ-5D-5L [7].

Inessa Viznyuk argues that psychosomatic health is a factor in a volunteer's psychological resilience. She argues that the self-awareness of the individual of his essence as a whole structure and the activation of individual development processes allow you to form life tactics aimed at maintaining and restoring your health [8].

Juneau C., Pellerin N., Trives E., Ricard M., Shankland R., & Dambrun M. determined the reliability and validity of the stress test on the two-factor scale EQUA-S [9].

Prior K. N., & Bond M. J. created an abbreviated version of the questionnaire to determine the behavior when experiencing psychodramatic conditions. Quaglietti S. created a method of psycho correction of the psyche of veterans who recover with phototherapy and a written description of their future [14].

Skevington S. M., & Böhnke J. R. try to explain how subjective well-being is related to a person's quality of life and whether they affect each other at all [16].

Strong S. L., & Gore J. S. reveal the indirect role of the locus of control between the stability of social resources and psychological well-being [17].

O. Kuchai lights up the positive and negative aspects of the use of multimedia technologies in primary school [11; 12].

Yang Y., Rowen D., Brazier J., et.al. conducted a study to verify the impact of post-traumatic events on the EQ-5D questionnaire, as a result of which it was found that not only the localization but also the attitude to stress factors affect the quality of life and resilience. Prospects for further research are to identify ways to increase the resilience of the volunteer and his activities in hostilities by identifying its main features [18].

The role of multimedia education in the formation of the information society is studied by A.I. Kuzminsky, O.V. Kuchay, O.A. Bida believe that the general purpose of continuous training is the training of practitioners, including teachers for professional activities in terms of informatization of society and mass global communication, able to use the whole arsenal of ICT tools to implement the main directions of informatization of education [13].

Kuchai, O., Yakovenko, S., Zorochkina, T., Okolnycha, T., Demchenko, I., & Kuchai, T. opens in the article the problem of distance learning in specialists training in modern terms of the informative society during Covid-19 [10].

**The purpose of the article** is to form the resilience of the individual in the context of volunteering through ICT.

In today's turbulent world, independence is derived from the subject of civilization. Without civilizational subjectivity, independence becomes a formality, a mask that masks external influences. However, it is not enough to simply have a civilizational subjectivity, it must be stable or resilient (*resilient* from the English word *resilience* - vitality, the ability to recover). *Resilience* is a medical term that has recently become entrenched in international politics. In the primary sense, resilience is a set of inherent traits that enable a subject to overcome stress and difficult times in a constructive way.

In the context of civilizational subjectivity, *resilience* is a strategy that can maintain balanced development and successfully resist external and internal challenges; the efforts of the political and intellectual elites to anticipate and neutralize these challenges.

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Resilience begins with an understanding of hybrid threats that are constantly "migrating" and changing. Therefore, the country as a subject of civilization and a subject of international relations simultaneously requires dynamic identification of potential hybrid risks based on the results of a comprehensive study of the external and internal environment. Equally important for resilience is the awareness of the ability to it, ie the presence of inherent traits and the definition of those qualities that need to be acquired [1].

The most successful resilience strategy is to anticipate challenges and threats. Such a strategy allows for timely awareness and preparation to minimize political and material losses that could be catastrophic for the national interests of the country, its civilizational subjectivity and in general for its existence. So, what are these essential features of the modern world - the era of hybrid wars and pandemics. This will help us to understand not only the formal but also the substantive features of resilience in the structure of personality formation.

Taking into account the fact that in today's world, global economic cooperation has given way to politics and security and caused a crisis of the very essence of globalization as a result of the economic expansion of advanced states and transnational corporations, personal interests dominate values. In other words, today's world is a world of egocentrism and situational alliances. Established systems of international order and collective subjectivity are now faltering and sometimes collapsing. Acquiring and maintaining subjectivity is increasingly an individual matter. These features make resilience fundamentally important as a strategy to overcome the challenges and threats to the subjectivity of civilization, a condition for the preservation and development of real sovereignty and independence.

In the system of international relations, the starting point is remote communication between participants of different organizations, which is carried out through the following IT technologies: e-mail, messengers (Viber, Telegram, Facebook, Instagram, etc.), video conferences (MS Teams, Zoom, Google Meet, Skype, etc.), forums, chats, etc. The maintenance of specific, relevant psychological systems (self-worth, morale, self-productivity) to overcome post-traumatic stress disorder is currently provided by various volunteer organizations that provide socio-psychological support in the information environment (mostly online). It is important to increase resilience in the context of the formation of psychological stability of volunteers in the means of information and communication technologies. Discussion of the assessment of the volunteer's viability and his readiness to assist victims is done through the use of e-mail, Viber, SMS, etc. Accordingly, the provision of psychological assistance in the information environment for each volunteer is also a short-term, unexpected traumatic event (murder and exile, sexual violence, travel of military equipment, sniper shooting, etc.), which requires restoring psychological stability in modern Ukraine.

A *volunteer* is a person who is willing to spend their energy, time and talent for the benefit of society or a particular person, without waiting for a reward. Today, volunteering is finding more and more supporters. Volunteering is a form of charity in which a volunteer invests his or her time. Volunteers are now with the Ukrainian military. The forefront of the Russian-Ukrainian war is not just the front. They are where the war for Ukraine is taking place: in hospitals, warehouses, landfills, in the media, in offices. They supply and repair equipment, provide immediate assistance, strengthen the Armed Forces, talk about the war firsthand, and curb the flow of propaganda and disinformation.

A great help in preparing and conducting psycho-correctional trainings for volunteers is provided by the Microsoft Office package, which includes, in addition to the well-known Word word processor, also the Access database system and electronic PowerPoint presentations. Volunteers' development of modern information technologies contributes to mastering computer literacy and using in their own activities the most powerful modern universal tools - information and communication technologies, through which they have the opportunity to help victims, exchange information on an interpersonal level, show their creativity and creativity. etc.

Analysis of both external and internal challenges and threats to the civilization of the country needs to be understood in the context of economic, socio-political, legal, military-political, spiritual-cultural, educational-scientific and network-information resilience [2].

One of the most important is *foreign policy resilience*, which requires a constant in-depth analysis of the

international environment for the presence of obvious and hybrid threats, the ability to effectively counter them.

*Military-political resilience* can be distinguished in a separate direction, given the state of hybrid warfare in which the world is today. In the implementation of this area of resilience, it is important to study the international military-political environment and its military-political and military-technical potential.

Let us now dwell on the areas that, at first glance, constitute the internal dimension of resilience, but in fact in the global world are both internal and external.

*Economic resilience.* It is clear that a successful economy is the basis of civilizational subjectivity, and therefore an important element of the strategy of resilience. We need an analysis of the external and domestic economic environment for the presence of challenges and threats, outlining the most realistic ways to respond to them. An important component of the country's economic resilience is energy resilience, which requires monitoring of global and regional energy markets and the implementation of effective energy policy in the context of awareness of current challenges and opportunities to address them.

*Socio-political and legal resilience* involves the analysis and neutralization of challenges and threats in the context of domestic policy, politics, the interaction between the state and civil society, as well as legal and law enforcement systems, and their place in the international legal architecture.

*Humanitarian resilience* requires an analysis of the challenges of human development, ensuring their basic needs and rights and responding effectively to them by properly protecting the humanitarian sphere, its actors and institutions. Demographic resilience should be included in humanitarian resilience as an urgent area, one of the most important elements of which is migration issues in a globalized world.

*Spiritual and cultural resilience* requires a thorough study of the artistic and religious environment as those that have the greatest impact on the formation of worldview, analysis of challenges in this area and making recommendations for their neutralization.

*Educational and scientific resilience* involves the analysis of challenges in the context of the development of education and science, in particular, external influences in these areas. Successful responses to such challenges require a balanced combination of foreign innovations in the organization of educational and scientific spheres with the development of productive traditions.

*The resilience of mass communications* (network and information resilience) requires an assessment of the information environment (especially the media, social networks, the Internet) for the presence of challenges and the ability to respond effectively. The network and information level of resilience should be highlighted in particular - the development of social networks on the

Internet and communication in them in the XXI century has become a factor of change in economic, political, and even spiritual and cultural spheres.

Thus, the concepts of "*national resilience*" and "*national security*" are quite close - at first glance, even identical. However, a deeper understanding clarifies the differences: national security is a state of protection of the identity of the state and its very existence, the realization of its national interests. In turn, resilience is a fairly effective strategy and a fundamental guarantee of national security. At the same time, it is extremely important to understand that both national security as a state and national resilience as a strategy is the only means of achieving and developing a strong and humanistic civilizational subjectivity of the country. After all, such subjectivity opens citizens the opportunity for development, dignified self-realization and proper life.

### 3. Research methods

#### 3.1. Participants in the experiment

The experimental research base during 2021 - 2022 was Vinnytsia State Mykhailo Kotsyubynsky Pedagogical University. The general sample consisted of students with a low level of resilience as a result of post-traumatic stress in wartime. All of them are engaged in volunteer activities. The total sample size was 112 people, including 54 teachers and 58 students aged 17 to 65 of various specialties, who have a tendency to pessimistic outlook on life in the post-stress period in the context of volunteering. Before the start of the study, all participants were informed about the conditions of participation in the experiment and agreed to participate. The experiment was conducted by the decision of the specialized academic council of Vinnytsia State Mykhailo Kotsyubynsky Pedagogical University (Protocole № 11 of 15.03.2022). The ethical rights of all participants are respected. The study was conducted in the natural environment of the educational process, with the general conditions of participation in the experiment: the same time and duration of training, the same measuring materials to diagnose the level of resistance according to the criteria for assessing psychosomatic health.

The use of information and communication technologies in volunteering will contribute to the formation of resilience traits in the structure of personality formation. Directly to the personal traits of resilience should be included methodological competencies, which include methodological knowledge, skills and abilities (ability to define ultimate and intermediate goals, plan, conduct and analyze knowledge, establish and implement interdisciplinary links with disciplines of medical-psychological-pedagogical cycles etc.). All these competencies form the professional resilience of the volunteer.

### 3.2. Methods of conducting a pedagogical experiment

Beck's questionnaire was used to assess the detection of anxiety and depressive symptoms in volunteers. To determine the neuropsychological stability (resilience), the risk of maladaptation to stress, and the diagnosis of the subjects by the method of "Forecast" (according to V. Bodrov). The Typological Mini-Mult Questionnaire (an abbreviated version of the MMRI questionnaire, adapted by V. Zaitsev and V. Kozyul) was useful for identifying disharmonious personality development and mental health screening. In addition, to solve the research problem, an author's questionnaire was developed, which contains 24 questions that reflect a person's attitude to the social environment, family relationships, personal "I", the psychodynamics of personality stress and more.

*Beck's questionnaire* consists of 21 items, each item contains several variants of statements. The experiment participants had to carefully read all the answers to each item and choose one of them which best describes their well-being over the past two weeks.

*Assessment of the level of neuropsychological stability (method "Forecast" by V. Bodrov)* is intended for the initial approximate person identification with signs of neuropsychiatric instability. It allows you to identify some of the initial symptoms of personality disorders, as well as assess the likelihood of their development and manifestation in human behavior and activities. The method includes 84 questions, to each experiment participants answer "yes" or "no". The results are reflected in quantitative indicators (in points), based on which a conclusion is made about the level of resilience of the volunteer. The analysis of answers allows for the specification of separate biographical data, features of behavior and a condition of mental activity of the person in various situations.

*The Mini-Mult Questionnaire* was developed by the Swedish psychologist Kinkannon and adapted into the Russian version (translated into Ukrainian by SBOO) by V. Zaitsev and V. Kozyul. This technique was used for screening victims in need of medical care and for use in outpatient medical counseling centers. The method allows to assess the level of neuro-emotional stability, the degree of integration of personal characteristics, the level of adaptation of the individual to the social environment. The Mini-Mult Questionnaire is an abbreviated version of MMPI, contains 71 questions, 11 scales, 3 of which are evaluative. The first 3 rating scales measure the sincerity of the subject, the degree of reliability of test results and the amount of correction. The remaining 8 scales are basic and evaluate personality traits. The time of the survey is not limited. Thus SBOO is rather economic: the average time of inspection takes about 15 minutes and processing of the received data - 5-6 minutes.

Analysis of the structural and functional organization of mental states revealed the following features of these methods. According to the indicators within the norm, all components of states correlate at a high level of significance, forming an integral functional complex. The highest correlation was established by him between mental processes and behavior ( $r = 0.766$  at  $p < 0.01$ ). Based on this, we used the Vikhand method to construct a galaxy in which processes and behavior were the central parameters. Physiological reactions were associated with processes and experiences with behavior.

### 4. Results

The volunteer's motivational sphere restructuring is due to the dominance of such leading motives, which are focused mainly on maintaining and restoring health, which leads to distorted meaningful life goals: isolation, alienation, passivity, inertia, reduced activity, limited communication, etc. The characteristics of relatively stable human behavior include a number of primary and secondary properties. The primary (relevant) properties include: patience, trust, hope, faith, confidence, determination, perseverance, love; to the secondary - punctuality, neatness, obedience, honesty, loyalty, justice, diligence, thrift, accuracy, conscientiousness, obligation, etc.

Using the author's psychodiagnostic questionnaire by using quantitative and qualitative evaluation criteria, persons with psychogenic disorders were selected and divided into three groups: persons with anxiety disorders, phobias and affective states. The results of the distribution of types by internal psychodiagnostic characteristics are shown in table 1.

Table 1: The overall picture of psychogenic disorders

Psychogenic disorders	Manifestations of psychodiagnostic disorders
<b>Anxiety disorders</b>	Anxiety, hostility, repressed anger, guilt, need for self-affirmation, introversion, intrapersonal conflicts, fear of the future, loss of faith, emotional stress, increased sentimentality, ostentation, hysteria, stressful life, desire for success and social significance
<b>Phobias</b>	Punctuality, meticulousness, justice, self-centeredness, repressed aggression, envy, resentment, passivity, aversion to the world around, hostility
<b>Affective states</b>	Propensity to be passive in interpersonal relationships, high sentimentality with loved ones, self-doubt, risk aversion, feelings of inferiority, social isolation, negativity accompanied by fear, irritability, frustration, guilt, suspicion and anger

The identified features of psychogenic disorders allowed to obtain information about the factors that determine the behavior and manifestations of mental barriers. Psychological barriers in communication are associated with such personal characteristics as anxiety,

inadequate self-esteem, personality orientation, and value orientations that do not meet the objectives and content of volunteering. In particular, people with anxiety disorders have such tendencies as a lack of patience with the interlocutor. They are guided by quick motivated actions aimed at their short-term performance, which is required of the partner. Activity and meticulousness are also distinguished in such parameters as punctuality, accuracy, thrift, loyalty and diligence. Not receiving a return from their partner according to these properties, they isolate him in their minds and isolate him from the list of significant colleagues, later feeling guilty for involuntary resentment.

People with phobias show ambiguity in behavior: activity and passivity. The main reason for the distance between the interlocutors is the infantile unconscious desire for protection, dependence on the care of others, partners. In the case of hyperactive behavior, there are such intentions as giving up their desires, beliefs about decision-making, and thus dooming themselves to dependence on a partner, his understanding, flexibility. The frustrating factor in this case is the fear of overcoming the difficulties caused by self-doubt, ambivalence of the idea of the true intentions of a colleague. This person persistently pursues his goal, compensatory strives for independence and constantly emphasizes his importance. Only successful activities provide a sense of security and balance. The passive depression of these individuals manifests itself in the form of a phobia of being abandoned.

The communication barrier of people with affective conditions is due to the strategic elimination of intimacy for fear of losing importance and leadership. There are tendencies to an aggressive worldview, loneliness, emphasis on personal shortcomings, and concentration in their own experiences and feelings. In interpersonal contact, individuals of this group expect partner recognition, mutual understanding, semantic moods, and altruism. Without receiving such a return, a person is isolated, limits the circle of communication, is guided by a certain monotonous sphere of interests, is uncompetitive.

According to psychological research, people with psychogenic disorders overcome their psychological barriers in two fundamentally different ways: *constructive* (transformation of semantic structures and transition to a higher level of development) and *destructive* (psychological protection, refusal to productively solve critical situations, relieving emotional stress), which leads to regression of personality). According to these methods, the following types of strategies are overcome to overcome psychological barriers that arise in the process of restoring human resilience: *developmental* (optimization of creative activities, finding new opportunities for self-improvement, success and achievement), *protective* (avoiding overcoming psychological barriers, reorientation for other activities), *passive* (adaptation, inaction), *depressed* (apathy, refusal to work), *affective-aggressive* (irritability, aggression, bias).

The most effective and significant way to overcome psychological barriers is to develop a strategy based on a constructive way of overcoming difficulties.

Thus, it is established that the most important factor in psychogenic disorders was social stress: problematic relationships in the professional sphere, interpersonal conflicts with the leader and the team, and domestic problems. The second most important cause of these disorders, as we found out, is emotional discomfort in the family and family stress: unfavorable relationships with relatives, difficult financial situation, lack of support, divorce, and loss of a loved one.

In the context of the diagnosed problem, several psycho-corrective measures were taken, which helped to increase the level of resilience of volunteers in the information environment (Table 2).

Table 2: The level of formation of the resilience of volunteers

Level of development	Group of researched volunteers (112 persons)	
	Before the experiment	After the experiment
<b>High</b>	26 people (23,21%)	86 people (76,50%)
<b>Medium</b>	47 people (41,96%)	65 people (58,03%)
<b>Low</b>	39 people (34,82%)	7 people (6,25%)

Table 2 shows that volunteers have experienced qualitative changes in overcoming critical events that arise in a situation of overcoming extremely difficult tests. This experience shows the quality of interpersonal relationships, increased sensitivity, and closeness to the personal environment. After all, the psychological resilience of volunteers is based on a wise philosophy of life, awareness of the values of "We will cope. We are together".

Adequate self-esteem allows you to realize your inner needs and opportunities, provide self-analysis of actions and acknowledge their shortcomings. The volunteer's ability to adapt to a changing environment promotes confidence in a variety of extreme situations. Satisfaction of needs and the ability to compensate for them in case of need add personal growth and psychological balance. Independence, as the management of one's life, determines the activity of the individual during volunteering. A sense of duty and responsibility ensures reliability and consistency in the organization of volunteering. After all, it is the inspiration and sense of beauty that emotionally color the dynamics of the labor process. Interdependence, trust, and communication guarantee efficiency and satisfaction with its results.

Today's volunteer movement in Ukraine is enthusiastically discussed in many countries around the world, recognizing it as unique. Volunteering flourished during the Revolution of Dignity and the beginning of the war in Donbas. It was an extremely difficult period, but it was this movement that united Ukrainian society, and

created effective organizations, public organizations, and social groups of people who are ready to take responsibility for solving the most painful and urgent problems of the state. That is why the task of modern vocational education is highly professional preparation of volunteers for modern conditions of increased risk and critical situations, orientation in the consciousness of choice and competitiveness, maintaining a culture of security in all spheres of human life, its ability to be a worthy citizen and patriot of Ukrainian society. state development.

The structural and central part of the use of information and communication technologies should be to focus on the more stable aspects of the volunteer's personality, resilience, readiness for change, ability to mentally harden and adapt, resolve the consequences of injuries and their early transformation into a positive experience of change. , inner world and other events.

## 5. Discussion of results

In the current geopolitical arena, at least such players as the United States, NATO, the European Union, and China stand out. Their interests intersect to the greatest extent. To monitor external challenges and threats, it is first necessary to identify countries (unions of countries) whose national interests intersect - are realized in one direction or contradict each other. The degree of this can be assessed, for example, on a three-point scale: weak; strong; very strong. We need a constant analysis of changes in the interests of these geopolitical players. The dynamics of strength and quality of their civilizational subjectivity should be constantly analyzed. This will help to understand when to anticipate threats and challenges and to whom and how much anticipation should be directed to minimize losses. In this regard, the words of Winston Churchill are illustrative: "I can not predict the actions of Russia. This is a mystery shrouded in mystery and placed inside a puzzle, but there may be a key. This key is Russia's national interest."

At the same time, it is important to be aware not only of the interests, but also of the values professed by one or another subject, and especially its leaders or political elites. Consideration of ideological and psychological factors is necessary when building an effective strategy of resilience.

Each key geopolitical player should have its own "red lines", in approaching which the already formed or implemented a new strategy of resilience should be modernized or implemented. For each key geopolitical player, a forecasting model should be created that should not reflect the distant future. The period from one to five years is effective, depending on the dynamics and intensity of events.

Thus, resilience is the meaning and purpose of security. "Missed blows" lead to real economic, environmental, and humanitarian crises, hopeless lag behind more efficient and

powerful players, loss of subjectivity, living standards and opportunities for self-realization.

Therefore, anticipation and neutralization in the early stages become a kind of prevention of serious diseases, which are, in fact, deformations of the subject of civilization. Such prevention is much less expensive than further treatment. In other words, if we assume that the national security of the state is a necessary minimum of civilizational subjectivity, then national resilience is one of its best catalysts today. Such trends are currently reflected in the level of resilience formation in the context of volunteering by ICT in international cooperation.

## Conclusions

Thus, resilience in overcoming difficulties, maintaining self-confidence, self-sufficiency, and perfection of mental self-regulation is an integral part of mental life. The ability to maintain a constant level of mood, to feel the emotional saturation of life, to have diverse interests and polymotivation of life are the signs of a harmonious characterological status of man.

Self-awareness of the individual's essence as a whole structure and activation of individual development processes allow forming life tactics aimed at maintaining and restoring one's health. The optimal ratio of structural components of personality and support of hierarchical subcontracting of levels ensures the preservation of basic intra-mental connections, stability and stability of the psyche at this stage of development (a structural aspect of health). However, the dynamics of the interaction of these components and the degree of coherence of the main mental processes determine the unique nature of the individual's holistic and unique personality (the dynamic or procedural aspect of health). A healthy personality is characterized by the orderliness and subordination of its constituent elements on the one hand, and the coherence of the processes that ensure integrity and harmonious development, on the other. In this case, resilience is an important indicator that characterizes the activities of the volunteer in its entirety, and is a necessary condition for the integration of all components of individuals into a single unique harmonious Self.

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