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SELF-MANAGEMENT AS A PSYCHOLOGICAL RESOURCE OF THE PERSON IN STRESS SITUATIONS

Abstract. The article considers self-management as a psychological resource of the individual in stressful situations. The relevance of the study is due to the increase in the level of psycho-emotional stress in modern society, which requires the search for internal mechanisms of adaptation and preservation of mental health. Self-management is interpreted as an integrative system of self-regulation, which includes cognitive, emotional-volitional, behavioral and reflective components.

Modern scientific approaches to understanding self-management are analyzed, which is considered not only as a tool for organizing time, but as a key psychological resource that ensures the stability of the individual in stressful situations. Its connection with resilience, vitality and the effectiveness of coping strategies is established.

The structure of self-management distinguishes four components: cognitive (situation analysis, planning, cognitive rethinking), emotional-volitional (emotional regulation and self-control), behavioral (organization of activity and selection of adaptive strategies) and reflective (self-observation and correction of behavior). It is shown that their integration provides an increase in the adaptive capabilities of the individual. Special attention is paid to the influence of stress factors, in particular, the conditions of martial law in Ukraine, which significantly increase the level of psychological stress. It was found that individuals with a high level of resilience more often use active coping strategies, while with low resilience, avoidance prevails.

Modern methods of developing self-management are considered, including mindfulness, cognitive-behavioral techniques, time management and methods of bodily self-regulation. It is proven that their use helps reduce stress levels and increase psychological resilience.

It is concluded that self-management is a meta-resource of the individual, which ensures effective adaptation to stressful conditions, supports mental health and creates conditions for personal growth.

Keywords: Self-management, psychological resource, stress, self-regulation, resilience, vitality, coping strategies, personality adaptation, mental health.

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САМОМЕНЕДЖМЕНТ ЯК ПСИХОЛОГІЧНИЙ РЕСУРС ОСОБИСТОСТІ В УМОВАХ СТРЕСОВИХ СИТУАЦІЙ

Анотація. У статті розглядається самоменеджмент як психологічний ресурс особистості в умовах стресових ситуацій. Актуальність дослідження зумовлена зростанням рівня психоемоційного навантаження в сучасному суспільстві, що вимагає пошуку внутрішніх механізмів адаптації та збереження психічного здоров'я. Самоменеджмент інтерпретується як інтегративна система саморегуляції, що охоплює когнітивні, емоційно-вольові, поведінкові та рефлексивні компоненти.

Проаналізовано сучасні наукові підходи до розуміння самоменеджменту, який розглядається не лише як інструмент організації часу, а як ключовий психологічний ресурс, що забезпечує стійкість особистості в умовах стресу. Встановлено його зв'язок із резильєнтністю, життєстійкістю та ефективністю копінг-стратегій.

У структурі самоменеджменту виокремлено чотири компоненти: когнітивний (аналіз ситуації, планування, когнітивне переосмислення), емоційно-вольовий (регуляція емоцій і самоконтроль), поведінковий (організація діяльності та вибір адаптивних стратегій) і рефлексивний (самоспостереження та корекція поведінки). Показано, що їх інтеграція забезпечує підвищення адаптаційних можливостей особистості.

Окрему увагу приділено впливу стресових факторів, зокрема умовам воєнного стану в Україні, які значно підвищують рівень психологічного навантаження. Виявлено, що особи з високим рівнем життєстійкості частіше використовують активні копінг-стратегії, тоді як при низькій життєстійкості переважає уникнення.

Розглянуто сучасні методи розвитку самоменеджменту, включаючи майндфулнес, когнітивно-поведінкові техніки, тайм-менеджмент та методи тілесної саморегуляції. Доведено, що їх застосування сприяє зниженню рівня стресу та підвищенню психологічної стійкості.

Зроблено висновок, що самоменеджмент є метаресурсом особистості, який забезпечує ефективну адаптацію до стресових умов, підтримує психічне здоров'я та створює умови для особистісного зростання.

Ключові слова. Самоменеджмент, психологічний ресурс, стрес, саморегуляція, резильєнтність, життєстійкість, копінг-стратегії, адаптація особистості, психічне здоров'я.

Problem statement. The current state of development of society is characterized by a high level of dynamism, uncertainty and frequent crisis phenomena, which places strict demands on the adaptive capabilities of the individual. In the context of global challenges, such as socio-economic transformations and military conflicts, the search for internal mechanisms to support mental health and professional efficiency becomes





particularly relevant. Self-management, which was traditionally considered as a time management tool in management sciences, is being reinterpreted in the modern psychological paradigm as a fundamental psychological resource. This phenomenon integrates cognitive, emotional and behavioral strategies aimed at preserving the integrity of the individual and achieving significant goals in a stressful environment.

Analysis of recent research and publications. In modern psychological and management science, self-management is considered as an integrative ability of the individual to consciously manage his own activities, emotional states, time and resources. In particular, N. E. Tymoshenko [1] emphasizes that self-management is a process of conscious management of one's own behavior, emotions, and resources in order to achieve life and professional goals, as well as to maintain the psychological comfort of the individual.

T. Gumennikova and L. Lyutfalieva [2] emphasize that self-management in the digital environment is directly related to psychological stability, well-being, and the ability of the individual to adapt in conditions of stress and information overload.

Research by L. Muzychko [3] and other authors within the framework of resource theory emphasizes that stress resistance is based on the ability of the individual to mobilize internal resources, among which self-regulation and behavior management occupy a key place.

At the same time, the vast majority of existing studies consider self-management mainly in the organizational-management or time-management dimension, ignoring its deep psychological potential in situations of extreme stress.

Purpose of the article. To theoretically substantiate self-management as a psychological resource of the individual and reveal its role in overcoming stressful situations.

Presentation of the main material. The phenomenon of self-management has evolved from an applied technology of labor organization to a complex psychological system of self-regulation. In a broad sense, self-management is defined as a technology of optimal self-organization of the individual, which allows not only to effectively distribute time resources, but also to harmonize the internal state to achieve significant goals [4]. The psychological dimension of this concept includes the ability to self-knowledge, self-control and self-improvement, which becomes the basis for professional and personal development.

In the scientific literature, self-management is considered through the prism of two basic aspects. On the one hand, it is the science of self-management and self-organization of a person as a biosocial and spiritual system. On the other hand, it is the practical activity of an individual over himself, which includes mastering the methods of business activity and managing his own life [5]. The object of self-management is a person as a complex information-energy complex, and the subject is the processes and methods of conscious transformation of his own potential.

In order to understand the context of the modern use of the term "Self-management" in foreign and domestic literature, the work conducted a bibliometric





analysis of the use of this concept, which was carried out using the VOSViewer tool. The results of this analysis are presented in Fig. 1.

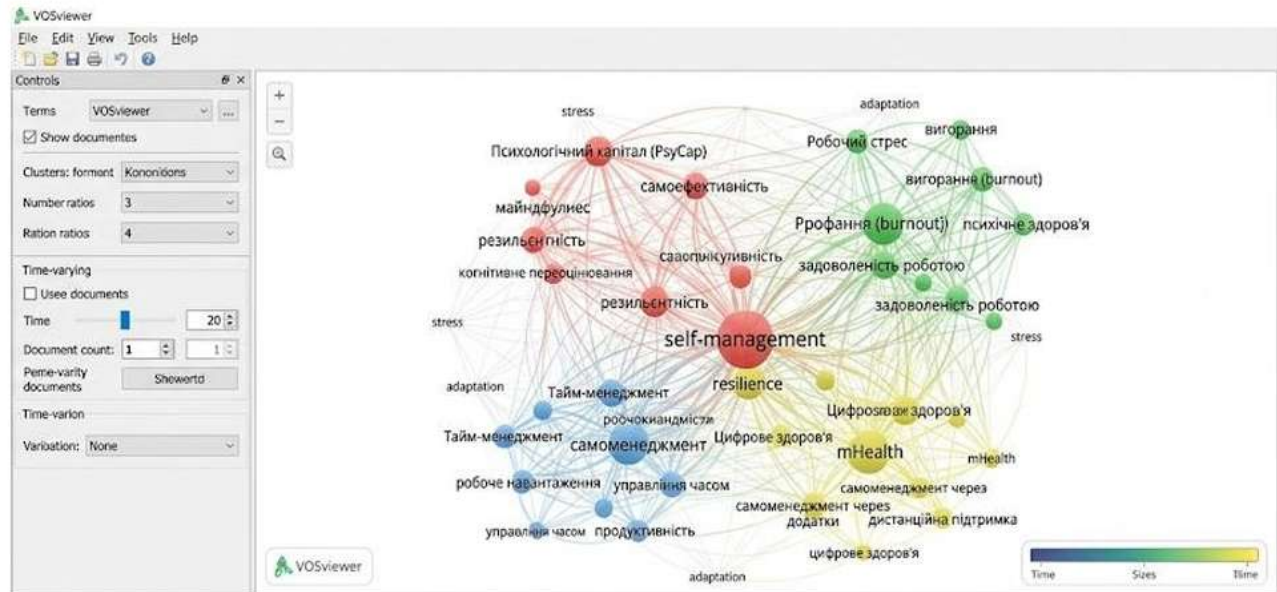


Fig. 1. Results of bibliometric analysis of the use of the definition "Self-management" in the VOSViewer application

The analysis allows us to visualize the presence of four contexts of using the definition of "Self-management", namely:

- red cluster. Within this context, the concept of self-management is closely related to the psychological capital of the individual, which acts as the core of internal resources. The terms "Resilience" and "Mindfulness" have close ties with all other groups, which confirms their role as mediators;
- within the second approach (Green cluster), the concept of self-management correlates with the term "burnout" and is considered in the context of organizational management issues (blue), which indicates a direct relationship between planning deficit and increased stress;
- approaches that pay more attention to time management issues and form, so to speak, a "pragmatic" basis for researching self-management problems can be attributed to the blue cluster. The map shows that "workload" is a point of tension that requires compensation through the resources of the red cluster;
- the yellow cluster is located slightly on the periphery and is associated with the modern concept of e-Health, i.e. digital health. The connections between the definitions in this cluster and other definitions that correlate and are used with the concept of "self-management" are new (lines 2024-2025), they extend to "Self-management" and "AI-support", reflecting the technological transformation of the industry.

An important component of self-management is the ability to self-control, which is reflected in Fig. 1. This mechanism is critically useful when a person realizes the



wrongness of the chosen direction of movement, but it should not turn into a factor of excessive restriction of internal freedom [6]. Effective self-management is based on a person's psychological competence in self-organization, which allows transforming external requirements into internal motivational settings.

Based on the analysis of scientific literature and empirical research, the paper identifies four basic components of self-management as a psychological resource of the individual.

The cognitive component encompasses the individual's ability to consciously analyze the situation, set goals, plan and predict the consequences of their own actions. In a stressful situation, cognitive self-management manifests itself in a realistic assessment of the threat, identifying available resources and opportunities, as well as in flexible restructuring of the problem (cognitive reframing). Individuals with a developed cognitive component of self-management demonstrate higher stress resistance due to the ability to keep the situation in the field of rational comprehension even under emotional pressure.

The emotional-volitional component includes the skills of emotional regulation, volitional self-control and management of one's own states. The key elements are: awareness and acceptance of one's own emotions, the ability to tolerate distress, volitional self-regulation of impulsive reactions.

J. Gross's research shows that individuals who use adaptive emotional regulation strategies (reappraisal, acceptance) demonstrate significantly better psychological well-being in conditions of chronic stress compared to those who resort to avoidance or suppression of emotions.

The behavioral component reflects the ability of an individual to organize their own life activities, manage time, resources and habits. In the context of stressful situations, behavioral self-management is manifested in the choice of effective coping strategies, maintaining productive routines, maintaining physical health and social ties. It is the behavioral component that provides structure and predictability of everyday existence, which is a powerful protective factor in conditions of chaos and uncertainty.

The reflective component is integrative and provides feedback in the self-management system. It includes the ability to self-observe, assess one's own effectiveness, realize mistakes and adjust behavioral strategies. Reflection allows an individual to learn from the experience of stressful situations, transforming them into a resource for personal growth. Studies of post-traumatic growth (R. Tedeschi, L. Calhoun) convincingly indicate that reflective understanding of crisis experience is a necessary condition for positive transformations of the individual.

The war in Ukraine has become an extreme stress factor that requires the mobilization of all levels of psychological resourcefulness. The prolonged impact of military actions increases the risks of developing PTSD, depression and anxiety disorders, especially among young people and volunteers [7]. In these conditions, self-management becomes a survival tool, allowing an individual to maintain control over their own life even in situations of absolute uncertainty.



This visualization method allows to differentiate the intensity of use of specific coping strategies using a color gradient: the color saturation is directly proportional to the mean value (M) of the frequency of strategy use.

Heatmap analysis allows to identify stable behavioral patterns determined by the level of resilience of the individual.

1. Active adaptation profile (group with high resilience). In the column “High resilience” there is a clear color dominance (the most saturated shades) in the upper part of the matrix, which corresponds to the strategies “Searching for support” (M=29.77) and “Problem solving” (M=28.09). This scientifically confirms that a high level of resilience acts as an internal psychological resource that encourages the individual to actively, constructively interact with the stressor. The high intensity of the “Support Seeking” cell indicates that resilient individuals effectively use social resources as a “buffer” against stress, not withdrawing into themselves, but actively attracting external help (emotional, instrumental). In parallel, the high frequency of using problem-solving strategies indicates the predominance of a rational approach aimed at analyzing the situation and actively searching for constructive ways out of the crisis.

2. Passive defense profile and inversion of strategies (low resilience group). A unique pattern visualized on the map is the “inversion zone” in the bottom row. Although the overall activity of coping in the low resilience group is lower, the intensity of the “Avoidance” cell (M=20.76) in this column is higher than in the high resilience column (M=15.23). This is a visual confirmation that due to the lack of an internal resource of resilience, passive defense becomes the dominant coping mechanism. The yellow color of this cell on the heat map indicates the tendency of individuals in this group to cognitively or behaviorally distance themselves from the problem, deny difficulties or escape from them. Such a strategy provides temporary emotional relief, but in the long term it is maladaptive, since it does not eliminate the source of stress and increases the risk of psychosomatization.

3. Identification of the key gap (Support search). A comparative analysis of the heat map lines allows us to determine the strategy that is most discriminatory for individuals with different resilience. The greatest color contrast is observed in the “Support search” line: from the most saturated in resilient individuals (M=29.77) to the palest (least saturated on the entire map) in individuals with low resilience (M=21.83).

A study of the student environment during the war shows that 76% of respondents have a low level of optimism, which is associated with the duration of stress [11]. However, those students who have self-organization skills are more likely to use problem-oriented strategies. High levels of anxiety, on the contrary, correlate with destructive avoidance methods (use of psychoactive substances, self-isolation), which only deepens the resource deficit [10].

Self-management is a skill that is amenable to purposeful development. Based on the analysis of empirical research and psychotherapeutic practice, it is possible to identify key mechanisms for its formation as a resource for combating stress.



Mindfulness is the fundamental basis of self-management. Mindfulness practices (meditation, body scanning, meaningful pauses) develop the ability to non-judgmental observation of one's own thoughts, emotions and feelings, which is a necessary condition for reflective regulation. A meta-analysis of studies by D. Hoffman and colleagues showed that mindfulness-based programs (MBSR, MBCT) reliably reduce the level of stress, anxiety and depressive symptoms.

Goal setting and planning are key behavioral mechanisms of self-management. The presence of clear and meaningful goals provides the individual with a sense of direction and meaning, which protects against the phenomenon of "learned helplessness." The SMART goal technique, supplemented by contrastive thinking methods, allows not only to formulate realistic intentions, but also to effectively overcome internal and external obstacles.

Energy management (as opposed to just time management) is a modern approach proposed by J. Loehre and T. Schwartz. They distinguish four dimensions of energy: physical, emotional, mental and spiritual. Effective self-management involves a balance between the expenditure and restoration of each type of energy, which is especially important in stressful situations, when resources are depleted more intensively. To minimize the effects of stress, specific techniques based on the principles of cognitive-behavioral therapy and mindfulness are proposed within the National Mental Health Program. They are an integral part of modern self-management as a resource [12].

According to WHO recommendations, the following key self-regulation techniques are distinguished:

- grounding. This technique aims to interrupt the cycle of anxious thoughts by focusing on the sensations of the "here and now". A person must describe the room in detail, name the objects they see, the sounds they hear, and feel the contact of the body with the surface. This allows them to return from internal emotional chaos to objective reality;
- getting off the "hook". "Hooks" are intrusive thoughts about the past or fears about the future that distract from current activities. The technique teaches you to identify these thoughts ("I had the thought that I was a failure") and mentally distance yourself from them, without trying to suppress them, but simply acknowledging their presence;
- actions in accordance with values. In times of crisis, large goals often become unattainable. Self-management in this case consists of focusing on micro-actions that correspond to personal values (being caring, responsible, courageous). This returns a sense of control and self-worth;
- showing kindness. It is important to be kind not only to others, but also to yourself. Self-criticism during stress only depletes resources. The technique involves the use of supportive internal dialogue ("It's hard, but I'm doing my best");
- creating space. Emotions are compared to the weather, and the personality to the sky. Awareness of a painful feeling and "breathing through it" allows emotions to go through their cycle without traumatizing the psyche.



Table 2 summarizes the main methods of self-management of stress. The effective use of these methods allows a person not only to "tolerate" stress, but to actively manage their condition. In particular, breathing exercises allow you to create an "emotional pause", which turns an impulsive reaction into a conscious choice of behavior [13].

Table 2

Physiological and organizational methods of self-management of stress

Method	Mechanism of influence	Practical exercise
Breathing techniques	Activation of the parasympathetic nervous system, reduction of cortisol	Square breathing or the "4-7-8" technique
Muscle relaxation	Removing physical blocks and emotional tension through the body	Alternately tensing and relaxing muscle groups
Time management	Reducing anxiety by organizing the future	Making a plan for the day with "A-B-C" priorities
Sleep and nutrition hygiene	Restoring the physical foundation of psychological resilience	Maintaining a routine, limiting bright screens before bed

Recent empirical studies confirm the complex hierarchical structure of psychological resources. It has been established that stress self-management is the final link in the chain "Mindfulness - Resilience - Cognitive reappraisal" [14]. Table 3 presents the results of a statistical analysis of the relationships between the key resource components of an individual's mental health, obtained based on data for 2024.

Table 3

Correlations of resource components (according to 2024 data)

Variable 1	Variable 2	Coefficient (β / r)	Statistical significance
Mindfulness	Resilience	$\beta = 0.469$	$p < 0.001$
Resilience	Cognitive reappraisal	$\beta = 0.561$	$p < 0.001$
Resilience	Self-management of stress	$\beta = 0.345$	$p < 0.001$
Self-efficacy	Resilience	$r = 0.561$	$p < 0.001$
Cognitive reappraisal	Self-management of stress	$\beta = 0.366$	$p < 0.001$

First of all, it should be noted that all the identified relationships are characterized by a high level of statistical significance ($p < 0.001$), which indicates the reliability of the obtained results and the non-random nature of the described patterns



in the studied sample. It is also important to note that all coefficients (both correlation and standardized regression) are positive, which indicates the synergistic nature of the interaction of resources: the growth of one component is accompanied by an increase in the level of the other.

The central place in the structure of the identified relationships is occupied by the component "Resilience" (psychological stability), which is the most "connected" variable (included in 4 out of 5 statistically significant pairs). The analysis allows us to differentiate the factors that determine resilience and its impact on other adaptive mechanisms.

The results confirm the role of internal cognitive-behavioral skills in the formation of resilience. A strong and statistically significant influence of "Self-efficacy" on the level of resilience was established (Pearson correlation coefficient $r=0.561, p<0.001$;). This relationship is the strongest in the presented table, which emphasizes the fundamental role of an individual's belief in their own abilities to successfully overcome difficulties as the basis for overall psychological resilience. In addition to self-efficacy, "Mindfulness" is a significant predictor of resilience (standardized beta coefficient $\beta=0.469, p<0.001$). This pattern indicates that the development of skills of conscious presence and priceless acceptance of experience directly contributes to the strengthening of psychological resilience, probably by reducing the level of emotional reactivity. In turn, the level of resilience is a powerful predictor for the activation of other adaptive strategies. Resilience has the strongest impact on the ability to "Cognitive reappraisal" ($\beta=0.561, p<0.001$). The high intensity of this relationship indicates that a resilient person more often uses rational strategies for reframing stressful events, changing their perception from threatening to constructive. Resilience also significantly predicts the effectiveness of "Stress Self-Management" ($\beta=0.345, p<0.001$). That is, the presence of an internal resource of resilience is a necessary prerequisite for the successful implementation of active behavioral techniques for managing stress loads.

An additional important result is the identification of a significant impact of "Cognitive reappraisal" on "Stress Self-Management" ($\beta=0.366, p<0.001$). This indicates the hierarchical nature of the adaptation process: successful behavioral stress management is largely determined by the previous cognitive processing of the situation. The ability to rationally change one's attitude to the problem (reappraisal) creates the necessary cognitive basis for the selection and implementation of active coping actions (self-management).

These data support the principles of the COR theory of "mutual reinforcement of resources". Mindfulness as a basic psychological resource activates the ability to be resilient, which, in turn, allows the individual to use more complex cognitive strategies for reappraising the situation, which ultimately leads to effective self-management under pressure.

Conclusions. Self-management as a psychological resource of the individual under stress is a multidimensional system that combines cognitive competence,



emotional stability and behavioral flexibility. In the conditions of martial law in Ukraine, self-management is transformed into a factor of national stability. The main directions of implementing self-management as a resource include:

- awareness of the resource profile. Identification of available object, personal and social resources to prevent "spirals of loss";
- development of self-efficacy. Strengthening faith in one's own strength through micro-achievements and adherence to personal values;
- mastering self-regulation techniques. Regular use of grounding methods, breathing exercises and mindfulness to stabilize the emotional state;
- strategic planning taking into account stress. Implementation of flexible time management, which includes mandatory periods of recovery and rest.

Thus, self-management acts as a meta-resource that allows an individual not only to adapt to difficult life circumstances, but also to find opportunities for post-traumatic growth and effective self-realization. The development of self-management skills is critically necessary for preserving the mental health of the nation and ensuring the sustainable functioning of society in times of crisis.

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