

Competence And Acceptance: Two Core Components Within the Process of Resilience.

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Abstract. Resilience is a complex concept that poses challenges when it comes to defining it in contemporary research. While numerous factors contributing to the resilience process have been identified, the underlying mechanisms remain unclear. As an increasing number of findings emerge regarding environmental and personal factors that can serve as predictors of resilience, there is growing insight into the universality of the resilience process. This article aims to offer an inclusive overview of various resilience definitions. It delves into the protective factors linked to resilience, emphasizing two core concepts: competence and acceptance. To be more specific, the present study delves into the realm of competence by exploring the interplay between resilience, self-efficacy, and personality traits. Furthermore, in the subsequent section, this study delves into the impacts of emotion regulation strategies and cultural values. Furthermore, the article briefly investigates the mechanisms underpinning resilience and examines the universally observed connection between protective factors and resilience.

Keywords: Resilience; self-efficacy; personality; culture; emotion regulation.

1. Introduction

Exposure to adversity or challenges often results in various health outcomes, indicating that there are individual differences in the psychological processes that mitigate or even eliminate the detrimental effects of adversity. This phenomenon has generated increased interest in understanding the human capacity to defend against psychopathological effects. Numerous studies have sought to identify interventions that can help individuals achieve optimal mental well-being when facing difficulties.

At the core of positive psychology lies the concept of resilience, which refers to the ability to endure significant psychological distress following exposure to adverse events. Resilience is a complex concept that poses challenges when it comes to defining it in contemporary research. It is derived from an idea in positive psychology - that different people will have different consequences after facing difficulties or experiencing trauma. Those personal advantages that help people avoid severe psychological trauma or reduce the risk of mental illness are called resilience. Resilience research specifically explores a subset of processes related to human development that aim to enhance the sense of well-being in individuals confronting significant hardships.

Recent research has focused on various protective factors that may contribute to the effectiveness of resilience. These protective factors can be categorized into two major groups: individual traits and environmental factors. Individual traits encompass factors such as personality, temperament, attachment style, and coping skills, which individuals utilize to deal with adversity through their own efforts. Environmental factors encompass an individual's family, community, and cultural context, where they can access both psychological support and practical assistance. Drawing from Bronfenbrenner's social-ecological framework, a range of protective factors spanning individual, family, peer, and community levels have been suggested as indicative or defining elements of resilience. However, resilience is closely intertwined with an individual's psychological processes and background. The impact of environmental factors on the resilience process only becomes significant when they interact with an individual's psychological system. Environmental factors have been considered potential protective elements for individuals. However, resilience is closely intertwined with an individual's psychological processes and background. Regardless of external

circumstances, negative events or environments that could precipitate illness inevitably exert a direct impact on an individual's psychology. The mechanism of resilience refers to the mechanism that can protect the individual during the psychological process of disease formation. Consequently, a comprehensive reevaluation of the resilience process is essential, requiring a systemic understanding that can better inform prevention and intervention efforts.

2. Definition

The emergence of positive psychology was driven by a distinct focus on human flourishing in its own right, mitigating the detrimental aftermath of adverse events and trauma. It centers on the protective aspects of the human psyche, encompassing various psychological processes that act as defense mechanisms, preserving the delicate equilibrium of the mind. This approach has provided clinical psychology with a pragmatic framework to develop effective strategies for intervening in the formation of psychopathology. Within this framework, the concept of "resilience" has been introduced to encapsulate a personal attribute, process, or outcome characterized by adaptive responses following exposure to significant adversity. This construct acknowledges both the profound impact of external factors on psychopathology and the inherent safeguards harbored within the human mind. Recent research on resilience has identified a range of individual, relational, and community factors consistently linked to healthy functioning. These factors have enhanced the understanding of resilience as a dynamic process wherein an individual's psychological system interacts with both their environment and personal traits, ultimately shaping diverse outcomes.

This paper proposes resilience consisting of two core components. The first component revolves around the capacity to effectively navigate challenging situations. This involves employing various strategies to modify one's physical environment, taking proactive steps to reduce the duration or likelihood of further trauma, ultimately creating more favorable circumstances. There are many factors that affect an individual's ability to change the environment, including personality traits, ability and efficiency, and available environmental resources. These factors allow different people to have different reactions and decisions when facing difficulties. Being able to actively and effectively change the environment is an aspect of resilience. The stronger this ability, the less harm negative events inflict on the individual, and the shorter the duration of exposure to challenging circumstances. This buffering effect minimizes the emergence of more severe adversities. The second component relates to the ability to endure and tolerate difficult or unpleasant situations. This capability acts as a shield, protecting individuals from the intense emotional impact of such situations. When individuals encounter challenges, they often employ various strategies to cope with negative emotions, and the outcomes can vary from person to person. The degree of impact of such difficult experiences is influenced by factors such as the nature of the adversity itself, individual personality traits, appraisal methods, and cultural norms. Much of this variability stems from how these factors shape individuals' perceptions of the adversity they face. Greater acceptance of the reality of a traumatic event can enable individuals to better mitigate the adverse effects of such trauma on their well-being.

The present study refers to these two characteristics as "competence" and "acceptance," collectively representing an individual's unique set of strengths and assets that guard against the development of psychopathological symptoms. In the following discussion this paper will discuss how various protective factors reflect these two processes.

Bronfenbrenner's ecological systems theory posited that human development revolves around the individual's evolving perception of their ecological environment and their relationship within it, coupled with their growing capacity to navigate, sustain, or influence its attributes. This perspective greatly influenced the study of resilience by highlighting the dynamic interplay between individuals and their surroundings. Resilience, at its core, can be comprehended as a multifaceted process where various biological, psychological, social, and ecological systems synergistically interact. These interactions serve to assist individuals in recovering, sustaining, or enhancing their competence and adaptability when confronted with one or more risk factors.

The surge in interest among mental health-care providers regarding resilience necessitates the acknowledgement of intricate cross-system dynamics. It is essential to recognize how different components across various levels interrelate to shape individuals' competence and their embrace of the resilience process. As these professionals seek to promote resilience, understanding the nuanced connections between these components becomes pivotal in tailoring effective interventions that empower individuals to effectively navigate challenges while fostering acceptance and growth.

3. Competence and Acceptance

3.1. Personality Traits

Wei and Taormina unveiled a favorable correlation between the personality trait of conscientiousness and overall resilience [1]. Their assertion is that conscientious individuals, known for their diligence and organization, are more adept at navigating adversities [1]. Another study, focusing on Korean university students, delved into this link and revealed that resilience was intimately tied to elevated Self-directedness, Persistence, and reduced Harm Avoidance [2].

The concept of Self-directedness quantifies an individual's responsibility, dependability, resourcefulness, goal-driven nature, and self-assurance. Individuals with high self-directedness assume responsibility for challenges, enabling them to learn from mistakes and move forward.

The temperament trait Persistence plays a crucial role in a resilient personality [3]. High levels of Persistence suggest that determined and persevering individuals are more likely to rebound from setbacks and adversity. Individuals who demonstrate higher levels of persistence are less prone to giving up or yielding easily, thereby fortifying their resilience in the face of aggression or bullying. Moreover, perseverance serves as a catalyst for altering one's personal circumstances, enabling individuals to attain career and life milestones, and realize their aspirations. This, in turn, facilitates the establishment of a positive cycle, reducing vulnerability during challenging periods.

Conversely, resilience exhibits a robust negative correlation with the temperament trait known as Harm Avoidance. Those with low Harm Avoidance tend to be less anxious, more decisive, and capable of confident communication with colleagues and patients. They often exhibit optimism, a willingness to accept a degree of risk, and a greater capacity to adapt to challenges, as opposed to individuals characterized by negativity and excessive worry [4].

These findings support our recommendation that resilience as a process should involve the personal competence to deal with various challenging circumstances. On the other hand, this process is founded at the basement of individual's attributes and assets where different personality corresponded to various coping skill.

3.2. Self-efficacy

Scholars have discovered that personal resources play a significant role in fostering resilience [5]. This encompasses having job-related expertise and the capability to proficiently handle work-related challenges. Furthermore, studies conducted by other researchers have affirmed a positive association between several personal resources, including self-efficacy and resilience [6,7]. It is contended that self-efficacy functions as a personal asset, empowering individuals to confidently navigate work-related challenges, thus bolstering their persistence and motivation. People with strong self-efficacy will not give up easily when faced with setbacks but will actively change the environment to seek better results. On the one hand, this makes them less exposed to difficulties, on the other hand, it also promotes the adjustment of their mentality and avoids being in continuous negative emotions. For example, children in poor family environments sometimes often show extraordinary self-care abilities and the ability to cope with setbacks. Some of them will even take the initiative to take care of younger children or seek outside help to create better living conditions for themselves.

Individuals commonly display higher levels of both resilience and self-efficacy, frequently adopting a positive coping approach. Notably, when confronted with stressors in the workplace—such as excessive workloads, role-related stress, exposure to end-of-life situations, interpersonal

conflicts, and instances of workplace violence—individuals tend to employ constructive coping strategies to address these challenges and manage their emotions effectively.

The term "coping style" encompasses the psychological mechanisms that individuals employ to manage stress. It refers to the array of adaptive and constructive strategies individuals utilize to resolve personal and interpersonal difficulties, all with the aim of mastering and minimizing stress. Those who have high self-efficacy exhibit better performance in handling emotion dysregulation and solving the problem.

3.3. Environment Resource

In addition to individual factors, researchers are delving into the ways in which the social-ecological context in which individuals are situated contributes to their resilience. There are two potential approaches for fostering resilience through environmental resources. The first approach involves utilizing the environment as a platform for individuals to nurture their own capacity for cultivating stronger personality traits and skills. Learning culture, open inquiry and dialogue, and structures for sharing knowledge are positively correlated with employees' resilience [8]. A positive organizational environment has the potential to foster positive emotions, thereby playing a role in nurturing resilience. The availability of contextual resources in the social environment provides fertile soil for cultivating personal resources, resilience included. This notion aligns with our comprehension of personal competence as a mechanism for adeptly mitigating the challenges of adversity in life [8].

The second approach involves obtaining direct support from external sources to alleviate life's burdens. Friends and family can offer various conveniences and resources that enhance individuals' living conditions and diminish the likelihood of direct exposure to factors that might lead to illness. Individuals also experienced advantages by distributing problems and work tasks among others people as this alleviated the load and offered additional potential solutions for addressing challenges in demanding scenarios. Moreover, social support afforded individuals the chance to converse about and navigate through stressful experiences, allowing for debriefing after encountering workplace challenges [9].

4. Acceptance

4.1. Emotion Regulation

After enduring traumatic events, individuals often experience a range of emotions, which can vary in terms of their intensity and duration. Those who exhibit greater acceptance of adversity tend to display better emotional control and are more adept at employing effective coping strategies to alleviate or eventually overcome their distressing emotions. Troy and Mauss posited a connection between emotion regulation and resilience, suggesting that these two factors are linked through the utilization of two specific strategies: attentional control and cognitive reappraisal [10]. According to their framework, one's capacity to regulate emotions functions as a moderator, suggesting that individuals with robust internal emotion regulation skills are more inclined to demonstrate resilience when confronted with adversity, in contrast to those with weaker emotion regulation abilities. Attentional control and cognitive reappraisal strategies assist individuals in formulating more adaptive emotional responses, consequently bolstering their resilience.

Attentional control encompasses the cognitive function that enables individuals to redirect their attention toward or away from specific stimuli. In situations of adversity, people may consciously or unconsciously attempt to shift their focus away from distressing aspects and towards more positive emotional concepts. This process involves both deliberate and automatic components. Individuals can actively direct their attention towards particular aspects of a situation or choose to disregard the outcomes that have transpired. For example, avoiding places where trauma occurred or concentrating on new, positive stimuli can be effective strategies for mitigating the impact of negative emotions. However, it's important to note that these approaches may not always prove effective when the challenging situation cannot be ignored or when the trauma is exceptionally severe. At times,

unconscious processes may serve as a protective mechanism, helping individuals forget extensive past harm.

Individuals can actually see unavoidable adversity as something meaningful things so that they can accept the suffering pain from both physical and mental part because temporal obstacles have to be overcome in order to achieve long-term interests. It suggested that this process is generally related to ones' life experience, education and supportive relationship. These factors may play a role in another emotion regulation strategy called cognitive reappraisal, which involves altering the interpretation or meaning assigned to events in a manner that minimizes their negative impact and emphasizes positive aspects. This strategy is closely tied to the ability to find meaning in challenging circumstances, as individuals provide themselves with compelling reasons to view the situations they face in a positive light. This can assist in alleviating feelings of distress, regret, and disappointment accompanying obstacles and failures. The goal of cognitive reappraisal is to contribute to personal growth by allowing individuals to perceive their temporary difficulties as serving their long-term goals or personal value systems.

4.2. Culture Value

Cultural values are a significant determinant in how individuals embrace and respond to traumatic experiences. To a considerable extent, people's expectations and acceptance of traumatic experiences are influenced by the prevailing norms and values of our society and the time in which they live. Cultural standards serve as the basis for people's reactions to adversity, molding their anticipations and delineating what they perceive as conventional responses. Research has demonstrated that the gaps between societal expectations and everyday realities can manifest in an individual's stress physiology, risk of depression, or even physical attributes, such as skin color, all of which serve as potent biological markers of social adversity [11].

One's beliefs and values play a pivotal role in determining their response to distressing events. An individual's moral compass is significantly shaped by their education and adherence to social norms. Moreover, a person's experience of trauma or adversity can be influenced by their cultural background and the narratives they encounter from others who have faced similar challenges. When confronted with adversity, victims often find it challenging to simply let go of negative emotions or attempt to forget what transpired. This difficulty arises not only from the profound nature of the trauma but also from society's inclination to impose specific moral expectations on victims. In other words, there are instances where society may prioritize adhering to moral values and societal ideals over an individual's well-being or interests.

Resilience, often seen as a concept rooted in societal norms, is intricately connected to moral values and societal ideals [12]. It goes beyond the functional idea of simply outperforming expectations in challenging circumstances. Therefore, resilience carries significant moral, social, and political implications that reach beyond the realms of well-being or developmental outcomes.

5. Discussion

This article concluded two main processes, competence and acceptance, for resilience to achieve its function to defend the devastating effect of trauma or adversity.

Competence is evident in an individual's capacity to address problems and proactively influence their surroundings. When confronted with adversity, those with greater competence are more inclined to confront challenges head-on and explore various avenues to alter the existing circumstances. This proactive approach reduces their exposure to prolonged harsh conditions compared to individuals with lower competence levels, and it also correlates with a positive outlook, making them less susceptible to negative emotions. Previous research has consistently linked protective factors associated with resilience to attributes of personal competence and self-efficacy. Traits such as Self-directedness, Persistence, and reduced Harm Avoidance are positively associated with resilience. Self-efficacy is another critical factor indicative of resilience. Moreover, external resources that assist

individuals in overcoming life's challenges are often considered protective elements that bolster personal resilience. These factors collectively represent outward expressions of individuals less prone to developing mental illness following traumatic experiences, partly owing to their ability to effect changes in their environment.

Acceptance is another component of reactive resilience. When a bad event occurs, part of the psychological damage it can cause depends on the individual's ability to accept the consequences of the established facts. People with strong receptivity are less likely to have a strong psychological impact when facing setbacks and difficulties and are less likely to be immersed in negative emotions for a long time. The relationship between an individual's ability to manage emotions and resilience embodies this process. Strong emotional management is reflected in two aspects. The first is to be good at using strategies to divert attention or reduce one's sensitivity or emotional reaction to events. The other is to re-evaluate the impact of events and focus on the positive aspects of events. Better emotional feedback has been achieved. Another important factor related to acceptance is culture. Some cultures seem to be particularly resilient to specific events. This may be because different cultural norms make people perceive the severity of events differently, which also makes people in different cultures more resilient. People have different receptiveness to specific events, which is externally reflected in personal resilience.

Many protective factors seem to have both direct and indirect effects, bolstering both processes. As these two terms are proposed, it helps to understanding the fundamental pathway to promote the psychological protective factor directly.

Prevention programs aimed at addressing adversity often tend to concentrate on the identification of risk factors and warning signs, rather than equipping individuals with a solid foundation of skills necessary for cultivating healthy relationships, self-efficacy, and sound decision-making. Research stemming from the Resilience Competence and Acceptance process offers valuable insights into identifying character strengths and protective factors that are particularly relevant for nurturing resilience.

For instance, early-life programs can prioritize the development of resources and assets, such as parenting competencies, to establish more nurturing environments. These efforts can yield both preventive and additive benefits. They may reduce children's exposure to violence, promote the development of personal strengths, and directly enhance psychological well-being. Protective factors that demonstrate buffering effects can be especially crucial focal points for targeted prevention programs designed to support individuals who are already grappling with adversity.

In summary, a shift toward prevention programs that emphasize skill-building and the cultivation of protective factors, as informed by research from the Resilience Competence and Acceptance process, holds promise for fostering resilience, particularly when implemented early in life and tailored to the needs of individuals facing adversity.

A multidimensional theory of resilience offers a valuable perspective for shaping interventions that prioritize factors capable of change while avoiding oversimplified solutions that tend to yield unsatisfactory long-term results. These suboptimal outcomes often stem from a lack of sustained planning or an inability to translate insights gained during clinical sessions into real-world contexts. In this context, the focus shifts from individual change to a broader, more systemic perspective.

6. Conclusion

This article summarizes several common protective factors that enhance personal resilience and discusses their common links with resilience. Personal resilience is manifested through two processes, competence and acceptance. Competence can be reflected in many aspects including personality traits, self-efficacy and available environmental resources. Acceptance can be reflected in the individual's ability to manage emotions and cultural beliefs. Together, these two processes form the primary model of personal resilience that helps individuals reduce their risk of developing mental illness. Future research should pay more attention to the improvement of personal abilities and qualities, and

to intervene in the formation of mental illness from multiple aspects and angles. Regarding intervention methods, various approaches and resources are most effective when they actively contribute to the process of personal growth and environmental change. This underscores the practical significance of the resilience concept in real-world applications.

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