



Opinions Regarding Societal Resilience

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Abstract: It is discussed extensively about resilience as the individual's ability to overcome difficult moments in life, and the possibility of collectives to overcome unfavorable situations. In all resilient situations, successes are possible through the use of willpower, physical and mental, being restored to the ability of the subjects to continue the actions oriented in a positive sense. The resilient approach is feasible only in the case of establishing some constructive objectives, avoiding the narrow self. Resilient intentions and concern cannot be made publicly known, being the case of the existence of a private, confidential approach of the positively oriented individual. In a synergistic manner, the concerns of the resilient subjects must be directed unitarily for the benefit of the collective. The success of the resilient approach is given by the harmonized involvement of weight structures: the mind (thinking), the heart (soul) and the physical body (natural reactions). Societal resilience must be the result of thinking and action at the level of the resilient state, the effort being corroborated with the individual effort undertaken by the common citizen.

Keywords: constructive vision; desire for change; conceptual complexity; mobilization of the self; synergy of facts; holism of results; overcoming selfishness; eliminating the past; cognitive unlocking

1. General Assertions

The term resilience has its root in the Latin term "*resilio*", which includes the meaning "*to recover, to recover, to reconstitute the original form*" (Essex, 2017, p. 56). It is also considered the possibility that the term comes from the French word

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“*résilience*”. The current content, much different from the beginnings regarding “... *the behavior of materials under shock stress...*”, knows meanings provided by the complex concerns of today's world. The social meaning of the term refers to the ability, the capacity of the individual or collectives to adapt to difficult situations, misfortunes or to the negative changes that have taken place and to recover in the future through their own effort.

So, resilience defines the individual's ability to overcome difficult moments in life and to overcome unfavorable situations, by using the springs of will, physical and mental, being restored to the individual's ability to move forward. Choosing a goal in life, pursuing a vocation, activating a particular strategy, producing a final moment of balance can intervene in the success of the resilient approach. On an individual level, it is admitted that the resilient cycle can be repeated countless times. On a societal level, resilience can be appreciated as a possible protection mechanism, the ability to counteract the effects generated in the social environment. It is admitted that the resilient mechanism can know four forms of manifestation: diminishing the impact provided by society, reducing negative social manifestations, remodeling the individual's self-esteem, as well as the emergence of new opportunities (Rutter, 1987, 316-331).

Trying to present other connotations of the term, the societal resilient dimension can be admitted as a beneficial balance induced by the positive adaptation possibilities of the social individual in relation to the adversity of the societal or state framework.¹ Researcher Boris Cyrulnik considers resilience as the individual's ability to overcome experiences frustrating, of high intensity, effort completed with the restoration of the complex human potential, by avoiding the phenomenon of depression (Martin, Spire, & Vincent, 2016, pp. 8-53).

Resilience, considered to be the defining positive manifestation of collectives and individuals, is valued as being characterized by requirements such as *volitional drive, proactive attitude and upward approach*. *The volitional impulse* must be appreciated as the triggering factor of channeled efforts towards strengthening resistance and overcoming the disruptive factors established, with the intention of reconstituting the standard held in the past and subject to degradation. *The proactive attitude* derives from the mobilization of the potential possessed by the target entity, mandatory for the restoration of the damaged ceiling, recovery and establishment of the progress of the subject. *The upward approach* is reflected in

the continuity of efforts and actions undertaken to achieve the objectives of the resilient process (Mihalcea, Sîrbu & Bogdan, 2019, pp. 21-23).

2. Resilient, Societal Approaches

In social crises, a professional, efficient administration, oriented towards the citizen and the public interest, supported by a modern infrastructure and robust multi-channel communications, must be taken into account (Administration, 2020). In this sense, we will briefly insist on only the most significant ones: *the positive approach, overcoming narrow selfishness, elimination of the painful past, cognitive unlocking, awareness of the desired finality, selectivity of courses of action, self-care, synergy of facts, holism of results and control of thought.*

2.1. The Positive Approach

It signifies the existence of a constructive thinking about the situation and the purpose to be instituted. In the opposite situation, it can produce the dissipation of energy, the wasting of precious time, the obtaining of incomplete materializations. In the resilient situation, due to the state of beneficence, changes in the natural procedures can occur, the authors reinventing themselves. The positive state of mind intervenes, a real balance of emotions, there are concerns for emanating only positive beliefs. Success is dependent on the meaning of the transformation and the direction of effort, the adoption of the strategy of the good, therefore on the focus on higher values.

2.2. Overcoming the self

It postulates the admission of only major goals, the narrow self being transcended. Resilient living cannot be publicly announced, being an internal motivation of the individual himself. The missions of resilient subjects are designed entirely for the benefit of the social group. The participation of all the structures definitively involved in the resilient phenomenon – the mind, the heart and the physical body, will be harmonized with the finality in view of the individual.

2.3. Removing the Painful Past, Cognitive Unlocking

Past experience is recommended only as a trigger for action. Painful facts from past experience will not be recalled for personal and collective life, a low, sublimated quantum of teachings being present.

It requires resilient operators to generate selections of effective courses of action in accordance with their own cognitive potential and opening capacities. Accidental projections, inner conflict, confusion are contraindicated. The finality to be achieved must be placed on the direction of interest and to be achieved (Essex, 2017, pp. 255-256).

2.4. Selectivity

It involves the choice of reliable options for work or intervention (courses of action). It is recommended to compare internally 2-3 or even more theoretical courses of action, with the related weighting and choosing to implement the most effective course. Apart from the rational dimension, it is recommended to listen to the inner voice of the individual. The central approach that will be triggered will be focused on achieving the major interest (Mihalcea, Sirbu & Bogdan, 2019, pp. 25-27).

2.5. Self Care

It requires the preservation of emotional and actional equidistance, of general balance, continuous maintenance in a state of cleanliness and correct use of the mind, heart and physical body. Greater attention is required to thoughts, the motivation of actions is emphasized, the actions being thought according to one's own values and intentions.

2.6. Synergy of Facts and Holism of Results

They follow from the constancy of the intentions to complete and the removal of the waiver. Individuals with positive thinking concerns and constructive actions, will achieve joint effort, based on the principle of summing up involvements (synergy). The state of balance of the collective is latently preserved, by activating the positive energies of the group. The finality will far exceed the purely

mathematical summation of the efforts made, facilitating the transposition of the collective desire into reality. In resilient collectives, high ideals lead involuntarily, far from the logic of the events themselves, to the use of conscious energy and the advantageous, progressive concentration of the positive energy factors of those involved (Essex, 2017, pp. 256-257).

2.7. Thought Control

It is known that thought determines and supports the development of action and multiple actions will formalize a certain type of behavior. How personality is made up of a broad and realistic set of behaviors, attitudes, beliefs, traditions, values, and feelings that manifest associatively in predetermined proportions. From the way we think comes the state of well-being, acceptance or discomfort and vice versa. Thoughts, the immaterial product of the human brain, coagulate the consciousness on the basis of which free will will be structured and function. The products of thought can undergo a complex process (generated, stopped, shaped, rejected) according to our will, supporting the building of essential values, such as health, life, comfort and well-being (Mihalcea, Sîrbu & Bogdan, 2019, pp. 26-27).

Positive thinking is based on values such as understanding, tolerance, well-being, compassion and help. It induces multiple benefits on the human being and collectives:

- diminishes negative states (fear, suffering, confusion and fear) and optimizes the body's reaction to adapt to trauma, stress, change or challenges;
- increases the body's immunity and reduces the risk of diseases, increases health capacity and life expectancy;
- increases the level of physical and mental health, eliminates the possibility of depression and increases the chances of integration in unfriendly environments. It must be insisted that primitive experiences, anger and violence, will produce results diametrically opposed to positive thinking (Banu, Vintilă & Miroiu, 2016, pp. 128-130).

We reiterate that the focus must be on thought control. The centering of human thinking must be done on positive resources and emotions, on stimulating the functional, extraordinary, positive aspects of human behavior.

3. Factors of Success

Society is a sum of individuals. Naturally, the subjects interact in an extensive manner, the society's behavior being given by the sum of individual involvements or by the existence of some exceptional behaviors, which can induce a general change in individual attitudes in a significant sense. It is desirable that the resilient phenomenon postulates a set of success factors, such as: constructive vision, desire for change, conceptual complexity, priority of individual effort and appropriate shifting of emphasis.

The constructive vision, deliberately reparative in itself, assumes that the act of leadership includes flexible ways of implementation, without the generation of turbulence in the social environment, the production of discontent of the masses or disturbances of the collectivities.

The desire for change implies taking into account the recovery of the situation and the strengthening of the organizations subject to attention, through the complex interpenetration of multiple elements (political, social, cultural, traditions, financial, psychological forms, religious, etc.), oriented in a constructive sense.

Conceptual complexity postulates societal resilience as a complex, long-lasting effort, being promoted by the multitude of aspects that compete to achieve the goals of restoring damaged standards, as well as by the priority of summing up the efforts produced by distinct plans and sectors of the human collective.

The mobilization of the self is tributary to the fact that the social group is a sum of individuals, able to reach the level of success through a synergistic vision, through the summation of individual efforts, positively oriented through a carefully structured management (Luthar & Cicchetti, 2000, pp. 871-885).

Judicious prioritization involves giving increased attention, moving the emphasis according to the needs, migrating the decisive effort, giving the correct meaning to one action or another, in relation to the social-political and administrative requirements (Mihalcea, Sîrbu & Bogdan, 2019, pp. 23-27).

Definite and far-reaching results will occur if the success factors act in unison, directed towards building resilience and change.

4. Conclusions

The national security interests will constitute the desired state of the Romanian nation, including a harmonized set of fundamental values that must be protected and propelled into the future, ensuring a necessary level of prosperity, protecting democratic rights and freedoms, and the security of communities and citizens. From the internal analytical angle, it must know a high standard of efficiency the possibilities of combating the current hybrid threats, the continuation of the functioning of the essential state institutions and services in difficult conditions. The management of internal crises will include the priorities that define the resilient state and societal resilience, both stemming from Romania's strategic position at the regional level. The unpredictable events and developments, hard and fluid in the euxine space, are part of the intensification of external hegemonic desires in the strategic Baltic-Pontic isthmus. The internal dimension is part of national security, being marked by sensitivity, the need for control and permanent support, as well as connection to the Euro-Atlantic democratic edifice. Significant attention must be paid to solving the difficulties of social groups in the situation of the hybrid threat. Societal resilience will consider the enhancement of effective work tools, able to ensure balance in difficult situations and promote recovery after multiple crises.

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