National Technical University of Ukraine "Igor Sikorsky Kyiv Polytechnic Institute"

Community Empowerment: Crisis-Ready Solutions

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RESILIENT COMMUNITIES - STABLE FUTURE: UKRAINIAN-POLISH EXPERIENCE IN CRISIS RESPONSE

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RESILIENT COMMUNITIES - STABLE FUTURE: UKRAINIAN-POLISH EXPERIENCE IN CRISIS RESPONSE: Collection of scientific papers of the international scientific and practical conference, 18-19 November 2025. – Kyiv: Igor Sikorsky Kyiv Polytechnic Institute, 2025. – 149 p.

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Section 1
UKRAINIAN REALITIES OF SOCIETY'S CAPACITY TO RESIST CRISIS SITUATIONS

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PSYCHOLOGICAL READINESS OF LOCAL COMMUNITY RESIDENTS TO RESPOND TO CRISIS SITUATIONS

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In view of the dynamism and variability of modern life and the increasing number of natural, man-made, and social threats, the issue of developing the psychological readiness of the population to respond to crisis situations is becoming increasingly relevant. For residents of local communities, which serve as key centers of social life, such readiness becomes a necessary condition for survival, effective interaction under extreme conditions, and the prevention of crisis states among the population [1].

Overall, psychological readiness is considered a prerequisite for any goal-directed activity, ensuring its regulation, stability, and effectiveness [1]. At the individual level, psychological readiness is understood as a state of mobilization of all psychophysiological systems of the organism, which ensures the effective performance of necessary actions in crisis situations (including motivational, cognitive, emotional-volitional, and behavioral components) [2]. It involves the ability of an individual to adequately perceive danger, mobilize internal resources, maintain self-control, and interact with other community members to ensure collective safety.

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However, psychological readiness is not only an individual phenomenon but also a collective one – it is a multidimensional characteristic that determines the ability of people to maintain emotional stability, act coherently, make effective decisions, and support one another during emergencies. It encompasses individual traits (self-efficacy, emotional regulation, risk awareness) as well as collective resources (social cohesion, trust, mutual assistance) [3; 4; 5; 6].

The level of psychological readiness of community members determines how quickly and effectively a community can respond to crises, minimize negative consequences, and ensure recovery after crisis events. Psychological readiness of community residents reduces the risk of panic, promotes reasoned decision-making, supports mental health, and ensures effective interaction during and after crises [3; 4; 6; 7].

Analysis of scientific sources has made it possible to identify the key components of psychological readiness of community residents to respond to crisis situations:

1) Risk awareness and knowledge of actions – knowledge of threats and appropriate responses during crises, as well as the practice of reaction skills [3; 5; 8];

2) Emotional self-regulation – the ability to control emotions, avoid panic, and maintain calm (emotional-volitional determination) [8; 9];

3) Self-efficacy – belief in one's own abilities and confidence in coping with difficulties, which increases readiness to act and reduces anxiety [3; 5];

4) Social cohesion – sense of unity, mutual assistance, trust in other residents, and shared identity [4; 6; 7].

Effective development of psychological readiness of local community residents is possible through the implementation of systematic psychological training and education. This includes the conduct of training sessions, psychoeducational programs, and active participation of psychologists in preparing the population for

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actions in crisis situations [8; 9]. Barriers to the development of psychological readiness include lack of knowledge, underestimation of risks, low trust, weak social cohesion, and high levels of anxiety and panic [3; 4; 5].

The main directions for developing psychological readiness of the population as preventive support include [2]:

1) Information provision about crisis situations – ensuring the population receives accurate, age-appropriate information about potential threats and expected consequences;
2) Development and rehearsal of action plans – creating structured algorithms of behavior under crisis conditions, defining roles and responsibilities of family or group members, recording contacts for assistance, and practical scenario rehearsals;
3) Formation of safe behavior and self-regulation skills – practicing adequate responses to unexpected situations, mastering alternative behavioral strategies under activation of negative emotional states (fear, aggression, anxiety), and acquiring self-help techniques.

Thus, psychological readiness of community residents represents a combination of knowledge, emotional resilience, self-efficacy, and social support, enabling effective response to crisis situations and faster recovery afterward.

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