



The importance of mental resilience in interpersonal communication and the unveiling of resentment – analysis of studies on young adults¹

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Abstract: Understanding certain mechanisms of mental resilience and the methods of communication in interpersonal relationships plays a crucial role in promoting healthy relationships and effective communication in the face of resentment. Research shows that despite improvements in some health indicators, mental health issues among young adults have intensified. The hypothesis proposed a connection between aspects of mental resilience that affect resentment and forms of interpersonal communication within this age group. The results confirmed this relationship, indicating a positive correlation between a proper attitude toward challenges and emotional well-being, and the recognition of others' value. On the other hand, there was a negative correlation between emotional difficulties and the devaluation of others. These factors can evoke emotions such as envy, hatred, or reluctance, and negatively impact quality of life, increasing the risk of resentment. Shifting social structures and the visibility of competing groups deepen these emotional tensions as individuals attempt to reconcile their own success with societal values. The study included 142 young adults aged 18–35, with 54.2% being women and 45.8% men. Mental resilience was assessed using the Mental Resilience Scale by M. Ryś et al., while forms of communication were evaluated using a questionnaire based on Rosenberg's concept, developed by M. Ryś and P. Kwas.

Keywords: mental resilience, interpersonal communication, resentment

Introduction

Understanding the dynamics of resilience and forms of communication in an interpersonal setting is crucial to foster healthy relationships and effective communication in the context of resentment.

Studies show that despite improvements in some health indicators, mental health issues among young adults have increased in recent times. Experiencing resentment as a response to threats, social pressures, and inequalities can contribute to this trend. Addressing the topic of resentment and its connections is important for improving the mental health and well-being of young adults (Eckersley, 2011).

This article's main goal is to analyse the results of our own research and determine whether there are relationships between aspects of mental resilience that are associated with resentment and forms of interpersonal communication in young adults. Previous research on the impact of traumatic experiences in childhood on attachment styles in the light of resentment and functioning in adult life (on a sample of 100 people: 50 women and 50 men) has shown the legitimacy of further scientific exploration (Karbowski, 2023). It should be noted that in early adulthood, people experience numerous,

¹ Article in polish language: https://www.stowarzyszeniefidesetratio.pl/fer/60P_Karb.pdf

often deep and sometimes painfully experienced changes, related to building individual identity, achieving independence or modifications of the surrounding environment (Suchodolska, 2016). Young people face new challenges, intensely experiencing reality (Sokołowska, 2015). This has never been an easy task, but a significant increase in problems in this area has been observed in recent years (Franczok-Kuczmowska, Kuzian, 2018). These difficulties have intensified during the COVID-19 pandemic (Baran, Hamer, 2021) and the outbreak of war in neighbouring Ukraine (Franczok-Kuczmowska, 2022; Zabłocka-Żytka, 2023). It is also worth noting that, according to Stone et al. (2010), young people in early adulthood experience stress more often than people at other development stages.

For young adults, resentment² can be shaped by various environmental factors, such as parenting conditions, socio-economic status, and social stressors. These factors often trigger emotional reactions such as resentment, hatred, envy, or revenge, but they can also lead to a decrease in the quality of life in the context of increased depression and anxiety (Karbowski, Nowicka, 2024). The fluidity of contemporary social structures and the visibility of rival social groups further exacerbate these emotional tensions as individuals seek to reconcile their own success with perceived social values (Turner, 2011).

1. Theoretical introduction to research

1.1. The origin of the concept of immunity and its various approaches in psychological literature

The science that first defined and applied the concept of immunity is immunology. According to this field, immunity indicates that the body is not susceptible to the destructive influence of various types of

pathogens. Natural sciences use a broader meaning of the term, defining immunity as a state, in which an individual has the ability to resist the adverse effects of broadly understood environmental factors (Terelak, 2017). Moreover, physical sciences distinguish the term *resilience*, indicating strong flexibility as a property of materials insensitive to deformation (Ogińska-Bulik, Juczyński, 2008).

In social sciences and health sciences, attention is paid to a special type of resilience, which is mental resilience. Although this concept is multidimensional and has a dynamic specificity (Charney, 2004; Ogińska-Bulik, Juczyński, 2008), the two most frequently repeated terms can be seen in the literature: *resilience* and *resiliency* (Ryś, Trzęsowska-Greszta, 2018).

1.1.1. Mental resilience as a process

Resilience is referred to as a process. Luthar et al. (2000) perceive this variable as a construct related to the positive and effective adaptation of the individual to life's problems and difficulties. In order to conclude about the process occurrence, the following conditions are necessary: the person finding herself in a situation of danger and achieving good adaptation despite unfavourable threats for the development. A similar approach is presented by Ostaszewski (2005), who claims that the *resilience* mechanism is an adaptive response to the negative effects of environmental factors, but this reaction is also associated with some personal losses (Campbell-Sills, Cohan, Stein, 2006). In this approach, the mechanism of *resilience* will be particularly related to resentment.

Egeland et al. (2003) capture mental resilience as an organisational model of development, which describes the processes that enable the analysis and classification of past experiences. Primary patterns of adaptation provide a framework for a person's later experiences, making it possible to develop greater complexity and flexibility in behaviour in the face of difficult situations, and thus to avoid resentment.

2 Historically, resentment has been seen as a feeling of frustration, contempt, and indignation resulting from experiences of injustice and powerlessness (TenHouten, 2018). The concept of resentment in the formulation of Friedrich Nietzsche and Max Scheler emphasises the historical roots of this phenomenon, linking it to powerlessness and a specific moral framework. Nietzsche associated resentment with Christian morality, while Scheler related it to the bourgeois ethos of Western Europe (Meltzer & Musolf, 2002). Max Weber developed this idea by analysing resentment as a driving force behind the religious beliefs and ideologies of marginalised groups, suggesting that it is a compensatory response to social inequality (Turner, 2011).

The original patterns of adaptation to novelties, problems, threats, or crises are not lost, but are reorganised and then incorporated into new adaptation patterns (Egeland et al., 2003).

1.1.2. Mental resilience as a trait

It is also worth quoting the approach to mental resilience as a trait. Ostrowski (2022) draws attention to the Latin origin of the word *resilience*. Since the term refers to “bouncing back”, the author emphasises its similarity to the definition of ego resilience functioning in the scientific literature, understood as a personality disposition. The concept of *ego resiliency* was translated and introduced into the Polish scientific literature by Zenon Uchnast (1997), who emphasised that the term *resiliency* indicates the potential of an individual to be resourceful in various conditions of everyday life, and the word *ego* exposes this potential in relation to the structure of the human personality. Therefore, if an individual is characterised by a high ego resilience, it has the ability to adapt to numerous changes in life. It is easier for a person to effectively cope with difficult situations thanks to the skilful use of the potential to manage personal and environmental resources (Ostrowski, 2022). In such a situation, the individual presents a more positive approach to life, is emotionally stable, and treats the challenges as opportunities to expand the range of personal experiences.

A lack of ego resilience can indicate an unstable personality structure and low resistance to frustration. In new or difficult situations, these people may take incoherent, chaotic actions, acutely feeling the growing anxiety (Block, Block, 1980; Ogińska-Bulik, Juczyński, 2008).

1.1.3. Resources protecting against maladaptive processes

Recently, the problem of resources protecting humans from maladaptive processes has been increasingly discussed. Such protective resources include cognitive abilities, a temperamental tendency to establish contacts with others, adaptability, an optimistic approach to life, a wide range of social competencies,

positive self-esteem, having goals and the desire to achieve them, as well as the belief in the ability to act effectively even in the face of difficulties. Among the components obtained through relationships with loved ones, the following are distinguished: family bonds, effective communication, clear rules and expectations, but also support during childhood and adolescence from parents and teachers, or peer environment. Moreover, the company of ambitious and helpful peers acting in accordance with accepted social norms and the presence of kind, trustworthy, and competent adults are important. A suitable local environment can also contribute to the good adaptation of people growing up in high-risk conditions: a positive atmosphere at school, support from educators, activity in interest groups, and easy access to recreational facilities, health clinics or psychological assistance centres in a crisis situation (Boczkowska, 2022; Ostaszewski, 2005; Ryś, 2024; Ryś, Trzęsowska-Greszta, 2018).

1.2. Interpersonal communication

1.2.1. Definitional approach

Communication is an ambiguous concept because it is used to describe all means of transporting and exchanging information (Ryś, 2024).

Communication takes place in almost all interpersonal activities. The exchange of information can take place between: individuals, teams of people, or organisations (Pyrkosz-Pacyna et al., 2022). Intrapersonal communication is understood as a kind of conversation with oneself, a kind of internal dialogue that is carried out by every person undertaking social activity. The described activities include, among others, any concerns about interacting with representatives of unknown cultures or engaging in risky investments. Taking up new challenges is preceded by a period of reflection and hesitation, which, if they remain only in the mind of the individual, are not subject to correction by the external environment (Nęcki, 2008). This dimension of communication is also referred to in the literature as “intrapersonal communication” (Licak, 2018). Ressentiment is a phenomenon occurring mainly in this area. On the

group level, on the other hand, the described phenomenon includes the exchange of information by team members performing specific functions. The social dimension of communication, in the view of John Fiske (1999), concerns interactions between groups (Fiske, 1999). Another level of communication is interpersonal communication, during which two people specify what they mean and clearly express their intentions and expectations towards the interlocutor (Nęcki, 2008). Patterns of communication are largely shaped in the family environment (Piekorz, 2022; Weryszko, 2020; Wysota, 2022), and their development is conditioned by the experience of love (Jaworska, Lubiejewski, Wójtowicz, 2019).

1.2.2. Non-violent communication

In times of strong conflicts and a sense of loneliness, non-violent communication becomes particularly important: Marshall Rosenberg's (2011) concept, which is a special attitude of speaking and listening that enables the individual to start communication filled with sensitivity and compassion not only with other people, but also with oneself. The basis for empathic information exchange are specific skills in using speech and all other means used in social interactions. The language of non-violent communication allows for the formulation of statements in a conscious, clear, and honest way. Instead of manifesting thoughtless reactions, the individual makes a cognitive effort, defining own feelings and desires. This person is also sensitive to the needs of others: she not only perceives the expectations of others, but also tries to understand their approach to reality, adopting an attitude full of empathy (Rosenberg, 2011).

In Rosenberg's view, compassion is an extremely important aspect of effective communication. The author points out that empathy can be blocked by the use of specific types of messages. One of the factors that inhibit the development of sensitivity in communication is the use of moral judgments. When formulating assessments or making subjective diagnoses, a person focuses on making classifications, estimating the degree of inappropriateness of the situation and establishing often unfair conclusions. Other elements that disrupt empathic communication are: comparisons, confrontations, or denial of responsibility. The "cutting off from life" messages also include expressing one's own desires and needs in the form of direct or secret demands (Rosenberg, 2011)³.

Based on the model of non-violent communication and its individual elements, M. Ryś and P. Kwas developed a tool for examining forms of communication. Conducting a conversation in accordance with the empathetic approach symbolised by the giraffe is described by the authors as a "form of communication that values others" (Ryś, 2024, p. 295). Language contrary to the concept of non-violent communication has been described as a "depreciating form of communication" (Ryś, 2024, p. 296).

2. Methodology of own research

2.1. Research aim, questions, and hypotheses

The main objective of the study was to determine what are relationships between dimensions of mental resilience important in the formation of resentment, i.e., attitudes towards difficulties and problems, at-

³ In the model developed by Marshall Rosenberg, two very important symbols appear. The giraffe, as an animal with a gentle behaviour and an exceptionally large heart in relation to its body weight, represents the language of mutual respect, openness, understanding, and cooperation. It should also be emphasised that the animal's exceptionally long neck symbolises not only the ability to listen, but above all a perspective view. The sender formulates statements thoughtfully that does not hurt the other person. The individual uses a gentle language, adapted to the communicative situation, which is free from any kind of judgment. In giraffe speech, instead of emotionally charged judgments, there are phrases based on values. Moreover, the language of mutual respect rejects messages that deprive the other person of the possibility of making a choice, because expressions indicating coercion or prohibition are contrary to the idea of cooperation. The second symbol used by Rosenberg is the jackal. This small predator in the concept of non-violent communication represents a language full of labelling, judgment, criticism, and blame. An individual relying on the speech of the jackal wants to dominate others, often using verbal aggression for this purpose. The sender willingly uses generalisations harmful to the recipient and formulates messages full of hatred. It should be emphasised that the language of the jackal prevents the establishment of a good interpersonal relationship (Rosenberg, 2006, cited in Misztal, 2016).

titudes towards life and oneself, somatisation, emotional sphere, attitude towards wounds, and forms of communication in young adults?

The following hypotheses were put forward when starting the research:

- The higher the level of mental resilience in young adults in terms of the correct attitude towards difficulties and problems, the more they communicate in a form that values others and does not depreciate the value of another person.
- The higher the level of mental resilience in young adults in terms of the correct attitude *towards life and themselves*, the more they communicate in a form that appreciates others and does not depreciate the value of another person.
- The higher the level of mental resilience in young adults in terms of somatisation (i.e., the lower the somatisation), the more they communicate in a form that values others and does not depreciate the value of another person.
- The higher the level of mental resilience in young adults in terms of proper functioning in the emotional sphere, the more they communicate in a form that values others and does not depreciate the value of another person.
- The higher the level of mental resilience in young adults in terms of proper functioning regarding attitudes towards wounds, the more they communicate in a form that values others and does not depreciate the value of another person.

2.2. Testing method

The study was conducted in 2023 via the Google Forms online survey builder. A link to the form was shared on the Facebook platform and sent to Messenger users to spread the snowball test. Before completing the attached surveys, each person was informed that participation in the study is voluntary, and the answers will remain anonymous and used only as part of collective scientific studies. It should be emphasised that the respondents had the opportunity to resign from participation in the survey at any stage of its duration.

2.3. Test subjects

The study involved 142 subjects aged 18-35 ($M = 23.96$; $SD = 3.65$). Since no indications were found suggesting that individual data were omitted, statistical analyses included all the results. Among the study participants, 54.2% were women (77 people), while men made up 45.8% of the sample (65 people), (Table 1.).

The largest number of respondents (47.2%) declared having higher education (67 people). A slightly smaller percentage of the entire sample (42.3%) were young adults who had incomplete higher education (60 people). In turn, 10.6% of the respondents (15 people) were characterised by secondary education (10.6%). None of the analysed people described their education level as primary or vocational, (Table 2.).

2.4. Research methods

In order to carry out the analysis a scale examining five aspects of mental resilience (SOP) and a tool enabling the exploration of the forms of communication used by young adults were used.

Table 1. Respondents gender (N = 142)

Sex	n	%
Women	77	54.2
Men	65	45.8
Total	142	100

Table 2. Level of education of persons in the study sample (N = 142)

Level of education	n	%
Basic	0	0
Secondary	15	10.6
Vocational	0	0
Incomplete higher	60	42.3
Higher	67	47.2
Total	142	100

2.4.1. Mental resilience scale (SOP)

In the study, the level of mental resilience in young adults was assessed using the Mental Resilience Scale developed by Ryś et al. (2020). The tool contains 35 items. The respondents answer each test item using a five-point scale, described as follows: 1 – definitely not, 2 – rather not, 3 – I can't say, 4 – rather yes, 5 – definitely yes. The entire tool is created by five subscales defined as: Attitude towards difficulties and problems, Attitude towards life and oneself, Somatisation, Emotional sphere, and Attitude towards wounds; for which the reliability estimated using the α -Cronbach coefficient was as follows: 0.697; 0.872; 0.738; 0.685; 0.771. To indicate an example of a test position, it is worth quoting the following statement: "Even in the face of serious difficulties, discouragement will not overwhelm me". Moreover, it should be emphasised that the overall score is not calculated in the questionnaire. The respondents' answers, on the other hand, are summed up separately for each subscale. The method's accuracy has been confirmed by competent judges (Ryś, 2024).

2.4.2. Forms of communication

The study also used the "Forms of Communication" questionnaire developed in 2022 based on Rosenberg's concept. This method contains 22 statements, to which the respondents respond on a five-point scale, defined as follows: 5 – definitely yes, 4 – rather yes, 3 – I can't say, 2 – rather not, 1 – definitely not. The tool consists of two scales: A form of communication that values others and a Depreciating form of

communication. In the questionnaire, the following item can be distinguished: "Subtle intrigue gives me satisfaction". The method's reliability was estimated using the α -Cronbach coefficient, the value of which was 0.726. The tool's accuracy has been confirmed by competent judges (Ryś, 2024).

3. Research results

The analysis of the data collected in the course of the study was carried out using IBM SPSS Statistics. The results of the statistical tests were evaluated with a significance level of $\alpha = 0.05$.

It began with the preparation of a statistical description for the research tools. The data are presented in Table 10. The reliability of each scale was estimated using the α -Cronbach coefficient. In order to assess the normality of the distributions of the variables studied in the sample of young adult variables, measures of skewness and kurtosis were used. Since the values of these statistics were in the range of $<-1; 1>$, it was found that the distributions of the variables explored in this study resemble the normal distribution, (Table 3.).

Since the obtained data come from a sample of 142 people, the acceptance of estimates of the reliability of the attitude towards difficulties and problems as well as the emotional sphere can be considered justified. The other scales, for which the value of the α -Cronbach coefficient exceeded 0.7, were characterised by good reliability.

Table 3. Descriptive statistics for the Mental Resilience Scale (SOP) and Forms of Communication questionnaires with the Cronbach α reliability coefficient in the entire sample (N = 142)

Scale	M	SD	Me	Skewness	Kurtosis	α
SOP – Attitude towards difficulties and problems	24.21	4.31	24.00	-0.09	-0.40	0.68
SOP – Attitude towards life and oneself	20.83	6.37	21.00	0.12	-0.31	0.87
SOP – Somatisation	21.11	5.90	21.00	0.20	-0.47	0.76
SOP – Emotional sphere	21.67	4.93	21.00	0.05	-0.46	0.65
SOP – Attitude towards wounds	19.85	6.20	19.50	0.33	-0.58	0.81
A form of communication that appreciates others	41.67	6.17	42.50	-0.29	-0.59	0.73
Depreciating form of communication	30.74	8.34	30.50	0.35	-0.01	0.83

3.1. Interdependencies between variables

In order to check whether there is a relationship between the level of mental resilience and forms of communication in young adults, the r-Pearson correlation analysis was used. The results are presented in Table 4.

The attitude towards difficulties and problems (SOP) correlated positively with the *Form of communication that valued others*, and correlated negatively with the *Depreciating form of communication*. These relationships are classified as significant. The *Emotional sphere* (SOP) was positively correlated with the *Form of communication that valued others*. This subscale of mental resilience also showed a negative correlation with *Depreciating form of communication*. *Attitude towards wounds* (SOP) also negatively correlated with *Depreciating form of communication*.

3.2. Analysis of intergroup differences

In order to learn about the detailed characteristics of the sample, an analysis of intergroup differences in the range of explored variables was performed. Using the Student's t-test for independent samples, it was checked whether young women and men differ in the level of mental resilience scales and forms of interpersonal communication. The assumption of normality of the distributions of the studied variables in individual groups was verified by assessing the values of skewness and kurtosis, which were in the range $<1; 1>$. On the other hand, the homogeneity of the variance of basic hope, mental resilience, and forms of communication in both groups was controlled using the Levene test, the results of which were insignificant. The variances of these variables among young women and men were therefore assessed as homogeneous. It was also checked whether the studied groups can be considered relatively equivalent. Since the result of the chi-square test were statistically insignificant ($\chi^2 = 1.01; p = 0.314$), the assumption of equivalence of the compared groups was fulfilled. The results of the Student's t-test for independent samples, together with the sizes of the d-Cohen effect, are presented in Table 5.

Table 4. r-Pearson correlation coefficients between the individual scales of the Mental Resilience Questionnaire (SOP) and the Forms of Communication for the entire study sample (N = 142)

Scale	A form of communication that appreciates others	Depreciating form of communication
SOP - Attitude towards difficulties and problems	0.28***	-0.20*
SOP - Attitude towards life and oneself	0.05	-0.12
SOP - Somatisation	-0.03	-0.06
SOP - Emotional sphere	0.18*	-0.30***
SOP - Attitude towards wounds	0.12	-0.20*

* p < 0.05; ** p < 0.01; p < 0.001

Statistically significant differences between the compared groups were observed for several scales. Women scored significantly higher than men in the *Form of communication that valued others*. The magnitude of both effects is considered moderate. On the other hand, men received higher scores than women on the scales: *Attitude towards life and oneself* (SOP), *Somatisation* (SOP) and *Depreciating form of communication*. The strength of these effects was moderate. The surveyed men, compared to women, were also characterised by significantly higher scores in the *Emotional sphere* (SOP) and *Attitude towards wounds* (SOP). With regard to the *Attitude towards difficulties and problems* variable, no statistically significant differences were observed.

3.3. Correlations in Subgroups

Due to the occurrence of significant differences in the mentioned variables in young women and men, it was justified to expand the analysis by exploring the relationships between mental resilience and forms of communication, considering the division of the respondents by gender. Therefore, the r-Pearson correlation analyses were used, the results of which are presented in Tables 6 and 7.

Table 5. Tests of differences for individual scales: Mental Resilience Scale (SOP) and Forms of communication between the group of women (N = 77) and the group of men (N = 65)

Scale	Women		Men		t	df	p	d
	M	SD	M	SD				
SOP – Attitude towards difficulties and problems	23.82	4.32	24.68	4.27	-1.19	140	0.238	-0.20
SOP – Attitude towards life and oneself	19.30	5.94	22.65	6.43	-3.22	140	0.002	-0.54
SOP – Somatisation	19.27	5.59	23.29	5.56	-4.28	140	<0.001	-0.72
SOP – Emotional sphere	20.87	4.97	22.62	4.75	-2.13	140	0.035	-0.36
SOP – Attitude towards wounds	18.75	6.21	21.14	5.99	-2.32	140	0.022	-0.39
A form of communication that appreciates others	43.61	5.72	39.37	5.92	4.33	140	<0.001	0.73
Depreciating form of communication	28.81	7.59	33.03	8.65	-3.10	140	0.002	-0.52

Annotation. To improve readability, the p values < 0.05 have been bolded.

In the subgroup of women, statistical analyses revealed a positive correlation between the *Attitude towards difficulties and problems* (SOP) and the Form of communication that values others. The *Somatisation* (SOP) subscale also showed a positive correlation with the Form of communication that valued others. On the other hand, a moderate, negative correlation occurred between the *Emotional Sphere* (SOP) subscale and *Depreciating form of communication*.

The analyses carried out in a group of men indicated a positive correlation between the four subscales of the Mental Resilience Scale (*Attitude towards difficulties and problems, Somatisation, Emotional sphere, and Attitude towards wounds*) and the *Form of communication that appreciates others*. On the other hand, a negative correlation was noted for the subscales: *Attitude towards difficulties and problems* (SOP), *Emotional sphere* (SOP), and *Attitude towards injuries* (SOP).

Table 6. r-Pearson correlation coefficients between the individual scales of the Mental Resilience Questionnaire (SOP) and the Forms of Communication for the group of women (N = 77)

Scale	A form of communication that appreciates others	Depreciating form of communication
SOP – Attitude towards difficulties and problems	0.31**	-0.21
SOP – Attitude towards life and oneself	0.14	-0.21
SOP – Somatisation	-0.04	-0.07
SOP – Emotional sphere	0.23*	-0.41***
SOP – Attitude towards wounds	0.13	-0.17

* p < 0.05; ** p < 0.01; p < 0.001

Table 7. r-Pearson correlation coefficients between the scales of the Mental Resilience Questionnaire (SOP) and the Forms of Communication for the group of men (N = 65)

Scale	A form of communication that appreciates others	Depreciating form of communication
SOP – Attitude towards difficulties and problems	0.37**	-0.25*
SOP – Attitude towards life and oneself	0.16	-0.20
SOP – Somatisation	0.25*	-0.27*
SOP – Emotional sphere	0.30*	-0.33**
SOP – Attitude towards wounds	0.27*	-0.36**

* p < 0.05; ** p < 0.01; p < 0.001

4. Discussion and interpretation of results

The hypothesis assumed the existence of correlations between those aspects of mental resilience that are most associated with resentment and forms of interpersonal communication among young adults. It was assumed that the greater the mental resilience (referring to the scales: *attitudes towards difficulties and problems, attitudes towards life and oneself, the functioning of the emotional sphere and attitudes towards wounds*) and the lower somatisation, the more often individuals aged 18-35 would use the *Form of communication that appreciates others*. It was also expected that mental resilience in young adults would show a negative correlation with *Depreciating form of communication*. Analyses of potential resentment indicators show that they constitute a complex system containing numerous components, both internal and external, of the surveyed people.

The study results indicate the confirmation of the hypotheses posed in terms of the positive correlation between the correct *attitude towards difficulties and problems*, as well as the *correct emotional functioning* and appreciation of another person's value, as well as the negative correlation between the *Depreciation of the value of others* and the *Attitude towards difficulties and problems, the Emotional sphere, and the Attitude towards wounds*.

Those dimensions of mental resilience that also determine the level of resentment are associated with positive adaptation to changes or failures in life (Block & Block, 1980; Luthar et al., 2000; McCubin, 1998; Ogińska-Bulik & Juczyński, 2008; Ogińska-Bulik & Zadworna-Cieślak, 2014; Ostaszewski, 2005; Pisarska & Ostaszewski, 2012; Ryś, 2024). Mentally resilient people try to analyse problems considering a broader context. In the face of unfavourable challenges, individuals are able to remain optimistic, and the difficulties they encounter do not obscure their prospects for the future (Ryś, 2024). According to Semmer (2006), people who exhibit *the resiliency trait* are characterised by several most important features: a tendency to perceive the surrounding world as favourable, a more frequent expectation of the occurrence of positive events than negative ones,

as well as the perception of failures as phenomena that do not necessarily have their source in the hostility of the world (Ogińska-Bulik & Juczyński, 2008).

Previous research indicates the role of mental resilience in supporting constructive coping with various types of stressful situations (Block & Block, 1980; Egeland et al., 2003; Grzegorzewska, 2011; Luthar et al., 2000; Masten, 2001; McCubin, 1998; Ogińska-Bulik & Juczyński, 2008; Ogińska-Bulik & Zadworna-Cieślak, 2014; Ostaszewski, 2005; Pisarska & Ostaszewski, 2012; Lynx, 2024; Sikorska, 2017; Uchnast, 1997). Maintaining good interpersonal relationships is also extremely important to maintain physical and mental health (Bakiera & Orębska, 2021). In turn, the quality of social contacts is conditioned by the communication between individuals (Satir, 2000, Koprowicz & Gumowska, 2002).

Research shows that communication skills and good communication, as well as creating bonds and building closeness with others, are individual resources conducive to positive adaptation (Black & Lobo, 2008; Borucka & Ostaszewski, 2008; Pisarska & Ostaszewski, 2012; Ostaszewski, 2005). Moreover, analyses indicate a strong link between mental resilience and mental health (Hu et al., 2015; Mazurek, 2024). Bakiera and Orębska (2021) emphasise that maintaining positive social relationships is an element that supports proper functioning not only in the physical but also in the mental sphere. Other researchers emphasise that the quality of interpersonal contacts is determined by the communication between individuals (Satir, 2000; Koprowicz & Gumowska, 2022).

Based on the results of the research conducted on gender differences, it can be noted that young men, compared to the surveyed women: showed stronger trust in themselves in difficult situations; more often undertook activities aimed at maintaining physical and mental strength necessary for effective coping; showed less discouragement in the face of encountered adversities, being aware of the possibility of obtaining support from loved ones and maintaining greater life optimism; and they also presented a more adaptive attitude towards past wounds, not dwelling on previous wrongs or failures, but drawing conclusions from them. Correlational studies conducted in gender-specific subgroups also suggest a certain dif-

ference in the relationship between mental resilience and forms of communication in young women and men. In both groups, higher faith and self-confidence in the face of encountered difficulties were associated with more frequent use of a form of communication that valued others.

People often do not realise that their feelings may be the result of resentment, which is a complex set of emotions, such as anger, envy, hatred, contempt, jealousy, or guilt and are interrelated, and can affect the individual's behaviour and mental state (Karbowski, 2024). Although in some situations young adults can easily identify the cause of their emotions as resentment, it is often the case that the sadness or humiliation they feel is not clearly recognised. In these cases, individuals may not be aware that their emotions are the result of troublesome emotions, which may affect their problem with inappropriate responses to different types of situations (Rickert & Veaux, 2016). Discovering resentment can be a key part of building mental resilience, as it enables us to better understand ourselves and our reactions in difficult situations. Becoming aware of past injuries helps in the healing process and prevents them from further affecting everyday life. The ability to transform negative emotions into constructive actions strength-

ens the psyche and helps in coping with challenges (Scherer, 2001). As a result, the individual becomes more flexible and resilient to stressful situations, which promotes their well-being.

Limitations

Despite many advantages and some innovation, this study is not without limitations. First of all, the results do not allow for the formulation of conclusions regarding coping with difficulties or interpersonal communication of the entire Polish population of young adults, because no representative sample was obtained. The participants were volunteers with access to the Internet and accounts on platforms, such as Facebook or Messenger. Moreover, the age distribution of the respondents was right-skewed – most of them were people under 24. It is also worth noting that not all individuals react to all types of difficult situations in the same way. Factors such as personal resilience, supportive relationships, and access to other mental health resources can mitigate the negative effects of difficult experiences, including the negative effects of resentment, opening the way to improved mental health.

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