

THE DEVELOPMENT OF RESILIENCE IN THE GENERAL CONTEXT OF WELL-BEING IN THE ACADEMIC ENVIRONMENT

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Abstract

The paper addresses a current issue in the context of the pandemic caused by COVID-19, the one of developing the transversal competence of psychological resilience in close correlation with the achievement of well-being by students and professors. The objectives of the paper are: the conceptual clarifications of the psychological resilience and well-being; the presentation of the main theoretical contributions related to the psychological resilience; the directions of educational action in order to develop resilience in the university environment. The pandemic determined by COVID-19 - has made all the people of the planet- face problems they have never known. We insist on the negative implications from a psychological point of view. The word "resilience" was not often used before 1984. In the 1980s, the vulnerability concept dominated. Researchers first analyzed the study of vulnerability, fragility factors or vulnerability in order to study suffering. The word "resilience" comes from Latin: *resilire*, *resalire* or *resilio*. It means taking a step back, jumping, restarting, having a rebound. In the Middle Ages, the word "resilience" meant to free oneself, to release oneself.

Key words: psychological resilience, well-being, resilience, resilience development program, students and teachers