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PSYCHOLOGICAL FUNCTIONING AND VALUES CRISIS IN SUDDEN, SIGNIFICANT AND UNPREDICTABLE SOCIAL AND CIVILIZATIONAL PHENOMENA – PILOT STUDY CONSEQUENCES OF ITS LIMITED AVAILABILITY

ABSTRACT

Objective: *This study explores the phenomenon of valuation crisis as an element of psychological condition in the context of current social and civilizational changes. Recent years have witnessed numerous events, including pandemic and war, that strongly affected societal well-being. The aim was to analyze the significance of emotional functioning (both personality predispositions and regulatory aspects) for values crisis in the context of sudden, significant and unpredictable socio-civilizational phenomena.*

Method: *The study included 112 participants. To address the research problem, the Valuation Crisis Questionnaire (KKW), Eysenck Personality Questionnaire (EPQ-R), Impulsiveness Questionnaire (IVE), and Life Orientation Test (LOT-R) were used.*

Results: *Results indicate significant relationships between valuation crisis and relatively stable personality traits. Personality-temperamental variables of emotional functioning showed varied correlation patterns with different dimensions of values crisis. The strongest correlations were found between impulsiveness and difficulty organizing values into hierarchy. Psychoticism correlated negatively with values confusion and general crisis. Extraversion was positively associated with values disorganization but negatively with sense of unrealized values. Optimism showed positive correlation with values confusion but negative with values disorganization. Empathy correlated negatively with values confusion but positively with values disorganization. Addiction tendency showed negative correlations with values disorganization, sense of unrealized values, and general values crisis.*

Conclusions: *The relationship between cognitive processes like valuing and emotional processes (temperament-personality based) indicates an important adaptive mechanism in crisis situations. Results suggest different aspects of emotional functioning play distinct roles in experiencing values crisis. Research indicates the need to consider differentiated personality patterns in designing psychological interventions supporting adaptation to unpredictable social and civilizational phenomena.*

KEYWORDS: *values crisis, impulsiveness, optimism, emotional control, anxiety, anger expression, COVID-19, war*

1. SOCIETAL AND CIVILIZATIONAL CHANGE IN THE FACE OF PANDEMICS AND HYBRID WAR

For centuries, the security of countries and continents has been linked to the absence of military threats. However, after the end of the Cold War, the belief gradually grew that military conflict did not threaten the so-called civilised world as significantly as it once did. Increasing importance began to be attached to non-military aspects of security. More attention was given to the risks of an economic, environmental, social, demographic, cultural nature. These have become priorities in Europe's security hierarchy.

Developments in medical science and pharmacy, as well as the prevention of many diseases, have influenced the extension of human life and the improvement of its quality. The epidemics that did occur in Europe were either small in scale or the risks associated with them were not so debilitating as to cause significant concern in this part of the world.

A sense of security is an important determinant of individual and societal well-being (Maciejewska-Mieszkowska, 2022). Recent years have brought a number of sudden, important and unforeseen events significantly compromising the security.

In 2020, the SARS-COV-2 coronavirus pandemic began, bringing an unprecedented threat to life. It has caused a medical, economic, social and humanitarian crisis. It forced people to reorganise their lives in ways previously unknown. The rapid spread of the disease, inefficiencies in functioning of health systems and numerous restrictions have had, and continue to have, an impact on the mental functioning of society. *Through unpredictability and the need for isolation, the pandemic has changed the most basic methods of coping and forced the search for new ways of adaptation.* (Dymecka, 2021, p. 8).

Russia's full-scale invasion of Ukraine began in 2022. For European countries, this means an increase in the threat, the need to reformulate war doctrine, provide support to those fighting and to refugees. Bringing of migrants into the border area by the Belarus regime has become the threat to the Schengen area, especially Poland (Służalska & Służalski, 2021).

According to a CBOS survey from February 2023 (Research Communiqué No. 28/2023), the percentage of respondents feeling that the war in Ukraine

threatens Poland's security was 73%. For almost a year, since February 2022, it has remained in the 70%-79% range. A decline in optimism among Poles about the outcome of the war in Ukraine has been observed. The dominant belief is that NATO's actions towards the conflict are too cautious, although a slightly lower percentage of respondents consider them appropriate.

These events forced individuals and communities to suddenly adapt and cope with enormous stress, uncertainty and a situation unknown to modern societies. They evoked strong emotions such as shock, fear, grief, anger or a sense of helplessness. These emotions were the result of a sudden change in the status quo and often led to an emotional crisis, requiring support and trauma processing.

At both the individual and societal level, such events usually require rapid intervention, psychological or social support and sometimes structural change. A key role is played by the adaptation process, which may involve the remodelling of defence mechanisms and a way of thinking. Sudden difficult events can affect a person's or community's life for a very long time (Klonowska, Walancik, 2024, 65). The effects of these events often include changes in the way people view the world, interpersonal relationships and life priorities. The result can be a permanent reorganisation of the value system or the way life challenges are dealt with.

Society after the pandemic and during the war in Ukraine, is full of contradictions and at the same time awaiting for profound transformation. One can observe an intensified crisis of trust in institutions, polarisation and the challenges of digitalisation and disinformation. These crises have stimulated processes of redefining values, building solidarity and developing mechanisms of social resilience (Służalska & Służalski, 2021).

The pandemic has forced individuals to review their priorities. Faced with health risks and uncertainty about the future, many people have begun to place greater emphasis on health, close family relationships and the spiritual aspects of life, often departing from previous materialistic consumption patterns.

Confronting the brutality of the war, the victims of the conflict and the degradation of international norms has forced many communities to reconsider fundamental values such as freedom, sovereignty, justice, solidarity and the rule of law. For many, the conflict has become evidence that values hitherto taken for granted can be threatened by external aggression.

The tensions arising from the events mentioned above have shown a clash between universal values (e.g. human rights, freedom of expression) and more relativistic cultural approaches, which can be interpreted in different ways depending on the region or historical context. As a consequence, the global debate about what should be the foundation of international order has become more intense. Among the important aspects of the debate, it is worth reflecting on and examining the valuation crisis that individuals and societies have experienced.

This study explores the phenomenon of valuation crisis as an element of psychological condition in the context of current social and civilizational changes and challenges. Recent years have witnessed numerous events, including pandemic and war, that strongly affected societal well-being. The aim of this paper is to analyse the significance of emotional functioning (both personality predispositions and regulatory aspects) for valuation crisis in the context of sudden, significant and unpredictable socio-civilizational phenomena.

2. CRISIS OF VALUES AND VALUATION CRISIS

In psychological literature, a distinction is made between the concepts of crisis of values and valuation crisis. The crisis of values affects societies and eras. A valuation crisis is the problem of a particular person experiencing confusion and uncertainty in their value system. However, the two concepts can intersect. Social change can trigger individual value crises and, in turn, a mass crisis of individuals can exacerbate a crisis of values on a societal scale (Dąbrowski, 2021; Erikson & Erikson, 2012; Frankl, 2009; Oleś, 2002).

Crisis of values and valuation crisis are social phenomena that involve the questioning, weakening or loss of a hitherto existing system of beliefs, norms and ideals that have hitherto formed the basis of an individual's or social group's life orientation. They refer to a situation in which an individual or society is unable to clearly define which values are valid, true or obligatory, leading to confusion, internal conflicts and sometimes a loss of meaning in life and moral reference points.

In modern psychology, values are most often defined as beliefs and internal evaluation criteria. A person's recognised values are one of the determinants of personal and social identity. They matter for the way people think about themselves and the world, about motivation, commitment to goals, and sense of meaning in life. They also influence perceptual processes, memory, evaluation criteria, choice of engagement areas. The coherence of a personal value system and the choice of individual valuing criteria is related to mental health and psychological maturity, feeling of satisfaction and well-being. Disorganisation of the value and valuation system may imply a need to reorganise the personal value system, and this may have adaptive implications. Difficulties related to the hierarchical ordering of values, a sense of non-realisation of values or inconsistent value attitudes can have negative consequences for health. Manifestations of value system disorganisation can be caused by a stressful life event (Oleś, 2002).

Symptoms of a valuation crisis can include a sense of confusion and lack of sense of meaning in life, difficulties in distinguishing between right and wrong, an increase in individualism and egoism, a decrease in trust in authorities, moral and cultural conflicts in society, and intergenerational tensions. A crisis of values is often associated with personal and identity development, inner conflict, impaired decision-making when clear moral reference points are lacking, feelings of emptiness, anxiety, meaninglessness and even depression or burnout (Erikson & Erikson, 2012; Frankl, 2009; Oleś, 2002).

Piotr Oleś's (1998, 2002) concept of the crisis of values concerns an attempt to explain how socio-cultural, technological and globalisation transformations affect the disintegration of traditional ethical patterns and the process of searching for new identity foundations. The modern world is characterised by rapid changes, with the result that old, often coherent value systems no longer fulfil their function of stabilising the individual and society. As a result, a 'crisis space' is created – not only as a negative phenomenon, but also as an impetus to seek and build new ethical foundations. The crisis of values reveals itself as a clash between the inadequacy of traditional beliefs and the demands of modernity – it is the moment when old patterns no longer find an answer to the questions of modernity, opening up space for the search for new forms of identity. The forces of globalisation and technology,

which are radically changing the way in which social norms are communicated and transmitted, play an important role. Digitisation and universal access to information are contributing to the blurring of traditional authorities and role models, resulting in individuals having to redefine their beliefs.

Valuing results from the subject's value system. It consists of evaluating, choosing and performing values. Difficulties or disorders may occur within the scope of each valuing process. Difficulties in valuing relate to the central sphere in the personality and may be the result of: difficulties in ordering the individual value system into a hierarchy; significant re-evaluation; lack of integration of cognitive, affective and motivational processes in valuing; a sense of non-realisation of values in life. Oleś (2002) does not treat the crisis of values solely from a destructive point of view. He points out that the disintegration of old patterns, despite the initial feeling of destabilisation, gives the opportunity for constructive transformation. This process can lead to the emergence of new models of identity and social cohesion, in which old paradigms give way to more flexible and adaptive solutions.

3. EMOTIONS AND PERSONALITY-TEMPERAMENTAL FACTORS IN THE VALUATION CRISIS

Values, as primary motivators of behaviour, combine cognitive and affective components and crisis situations intensify their emotional charge, forcing the individual to reflect on the sense of meaning in life (Rokeach, 1973). In a state of crisis, the intensity of the emotions mobilises the individual to question and ultimately transform the previous value system, a key stage in identity construction (Erikson & Erikson, 2012). In the face of emotional threats, there is a dynamic reorientation of values, where affective reactions act as a catalyst for changing belief systems (Schwartz, 1992). It is important to identify factors that are relevant to the emergence of a crisis of values and valuation crisis and the constructive coping of individuals with the crisis described.

Personality traits have a significant impact on the way an individual experiences and recovers from a valuation crisis. Personality does not determine, but strongly modifies the course and consequences of the valuation crisis. When analysing

this issue, it is important to consider individual human traits as resources or risk factors in the process of values identification. Oleś has conducted a number of empirical studies on the relationship between personality and valuation crisis. His work focuses on analysing how personality traits influence the experience and solving of axiological crises. They show that people experiencing a valuation crisis show a preponderance of negative evaluations in their personal meaning system, which affects their overall well-being and emotional functioning. It has been observed that people in a valuation crisis have a reduced intensity of motives related to self-enhancement and the need for contact and unity with others. High neuroticism correlates with higher severity of the valuation crisis. Traits such as conscientiousness and openness to experience may have a protective function, facilitating the integration of a value system (Oleś, 1998).

Schwartz (Schwartz & Bilsky, 1994) believes that values such as security, autonomy or tradition are closely related to conscientiousness and conservatism and that existential crises can modify the value hierarchy. Erikson (Erikson & Erikson, 2012) claims that values are linked to identity. The unresolved identity crisis of adolescents and adults is tantamount to a valuation crisis. According to Obuchowski (2000), values are subject to self-reflection and their breakdown results in adaptive disorders. Elias (1992) studied temperament and personality in the context of value system stability. According to him, people with high emotionality are more likely to experience valuation disorganisation. Masłowski's research shows (2007) that all Big Five model characteristics are significantly related to a valuation crisis. In addition, analyses have shown that the difficulties in valuation are related to depression, feeling of guilt, hopelessness, loneliness, discouragement and decreased activity. People experiencing a disintegration of valuation and a sense of lack of value realisation have difficulty controlling their own desires. Difficulties in organising the value system into a hierarchy and feelings of value confusion co-occur with egocentrism and a competitive attitude.

One resource-oriented variable that has received increasing attention in recent years is dispositional optimism. It is defined as a general tendency to expect positive outcomes. The level of optimism is associated with differences in mental and physical health, quality of life, life satisfaction, adaptive coping styles, recovery from serious illness and mortality (Carver & Scheier, 2014; Carver et al., 2010).

The presence of dispositional optimism functions as a regulatory mechanism. It becomes an internal factor important in selecting goals and directing activity towards their realisation. Its regulatory role is important in the context of considering the feasibility of goals achievement or the emergence of obstacles to its achievement and the possibility of overcoming them. Optimism enables or facilitates decision-making and, in the face of difficulties, motivates one to continue efforts. Pessimism is its opposite. Optimism and pessimism are the result of how one explains the reasons for one's failures and successes. The discrepancy between the two tends to be intensified when faced with difficult situations. Optimism is a continuous variable. This means that the intensity of optimism in individuals can vary; one can be optimistic to varying degrees. In addition, despite a person's general optimism, even if very intensified, there are problems, events and situations in which the level of optimism decreases and even pessimism occurs (Stach, 2006).

Dispositional optimism is a personality trait, but also a cognitive mechanism and a protective factor. People with higher levels of optimism cope better in situations of uncertainty. They believe that the crisis is temporary and sense of meaning can be recovered. They are more reflective but do not sink into helplessness and more easily reconstruct their value system after crises such as pandemic, war, loss of purpose. Low levels of optimism, or pessimism, often lead to apathy, a lack of a sense of agency, a sense of meaning in life, and a stoppage in a state of axiological emptiness. Optimism acts as a psychological buffer against valuation crises. It does not prevent the crisis, but helps to better survive and integrate it (Scheier & Carver, 1985).

An important factor that can modulate the way in which a valuation crisis is experienced is impulsivity. In Eysenck's (1975) model, impulsivity appears as a component of both extraversion and psychoticism, depending on the stage of development of his concept. Impulsivity as a temperamental trait and a state of inner value confusion – can reinforce each other. An impulsive person acts quickly and spontaneously, often without thinking about motives and consequences. This can lead to a superficial approach to life, a lack of self-reflection, a difficulty in determining what is really important. As a result, a person may have a disjointed or inconsistent value system because he or she does not give himself or herself time to build it up. When someone is experiencing

a valuation crisis impulsivity can serve as an avoidance strategy. Impulsive behaviour can hide an existential emptiness. Through a lack of behavioural control, the impulsive person may make contradictory decisions, frequently change goals and values, and fail to analyse the reasons for his or her poor well-being. In a post-pandemic world and active hybrid warfare, many people experience difficulties in defining their own values, goals and sense of meaning in life. This is the essence of the valuation crisis. At the same time, there is an increase in impulsive behaviour, quick, ill-considered decisions, actions without reflection. Impulsivity does not necessarily lead to a valuation crisis, but combined with a lack of self-reflection and life stability, it poses the risk of aggravating it. It can be a destabilising factor for an individual's value system.

MATERIAL AND METHOD

STUDY DESIGN AND SAMPLING PROCEDURE

This pilot study employed a cross-sectional survey design to explore the relationship between emotional functioning (personality predispositions and regulatory aspects) and valuation crisis in the context of sudden, significant and unpredictable social and civilizational phenomena. Participants were recruited through a voluntary convenience sampling method using an online survey platform distributed through social media channels and academic networks between March and May 2023. The recruitment announcement invited adults aged 20 and above residing in Poland to participate in a study examining psychological functioning during times of social change. No specific exclusion criteria were applied beyond age and residency requirements. The final sample consisted of 112 individuals who completed all questionnaires.

The study was conducted in accordance with the ethical standards of the Declaration of Helsinki and was approved by the institutional ethics committee at WSEI University in Lublin. All participants provided informed consent electronically before accessing the survey instruments. Participants were informed about the study's purpose, voluntary nature of participation, confidentiality of responses, and their right to withdraw at any time without consequences. No personally identifiable information was collected, and all data were stored securely in anonymized form.

INSTRUMENTS

Valuation Crisis Questionnaire (KKW) – A tool for measuring valuation crisis, developed by Piotr Oleś. The questionnaire consists of 25 items rated on a three-point scale (true, ?, false). The tool identifies the degree of disorganisation of the value system and difficulties in creating the hierarchy of life priorities. Four subscales were identified to measure the main symptoms of the valuation crisis: difficulty in organising the value system into a hierarchy, a sense of values confusion, disintegration of valuing, a sense of unrealized values. The reliability of the tool as expressed by Cronbach's alpha coefficient is $\alpha = 0.899$.

Eysenck Personality Questionnaire (EPQ-R) – A revised version of H.J. Eysenck's questionnaire (Eysenck & Eysenck, 2006) to measure the basic dimensions of personality. The tool consists of 106 questions. It measures four main dimensions: extraversion, neuroticism, psychoticism and the propensity to give socially desirable answers (lie scale), as well as the susceptibility for addiction and crime. Respondents answer yes or no. Reliability of the Polish adaptation is estimated separately for each standardisation group. The psychoticism scale has the lowest reliability, with α values between 0.62 and 0.72. The Neuroticism scale has the highest scores, exceeding $\alpha = 0.85$ in all groups.

Impulsivity Questionnaire (IVE) – H.J. Eysenck and S.B.G. Eysenck's tool for measuring impulsivity, risk-taking and empathy. It consists of 54 questions to which respondents answer yes or no. The questionnaire contains three scales: impulsivity, willingness to take risks (venture) and empathy. Reliability coefficients for the Polish version range from 0.75 to 0.81 for the impulsivity scale α , from 0.73 to 0.79 for the willingness to take risks scale α , from 0.59 to 0.72 for the empathy scale α .

Life Orientation Test (LOT-R) – A revised version of M.F. Scheier and C.S. Carver's tool to measure dispositional optimism. It consists of 10 items (6 diagnostic and 4 buffer), rated on a 5-point Likert scale. The tool identifies general expectations about the future, ranging from pessimistic to optimistic. The reliability of the Polish adaptation is $\alpha = 0.76$.

STATISTICAL ANALYSIS

All statistical analyses were performed using IBM SPSS Statistics version 28.0. Descriptive statistics (means and standard deviations) were calculated for all measured variables. Pearson correlation coefficients were computed to examine relationships between personality-temperamental variables and dimensions of valuation crisis. Statistical significance was set at $p < 0.05$ (two-tailed). Prior to correlation analysis, assumptions of normality were checked using Kolmogorov-Smirnov tests and visual inspection of Q-Q plots, and linearity was assessed through scatterplot examination. All assumptions were adequately met for the analyses conducted.

GROUP CHARACTERISTICS

112 individuals took part in the study with 67% of women (75) and 33% of men (37). The participants were classified into six age categories. The largest subgroup consisted of individuals aged 20 to 30 years ($n = 41$), representing 36.6% of all participants. The smallest subgroup comprised individuals over 70 years of age ($n = 4$), accounting for 3.6% of the total sample (see Table 1).

The majority of research group (61.6%) declared to live in big cities with more than 100,000 inhabitants ($n = 69$). Rural residents constituted 23.2% ($n = 26$), while 15.2% ($n = 17$) declared to live in towns with populations not exceeding 100,000 (see Table 1).

Almost half (48.2%) of participants of the study were married ($n = 54$), and 26.8% ($n = 30$) were single. Only 7.1% ($n = 8$) of respondents reported to remain in informal relationships and 3.6% ($n = 4$) were divorced (see Table 1).

Most of participants (48.2%) held a higher education degree ($n = 54$), whereas only 3.6% ($n = 4$) indicated they had completed primary or lower secondary education (see Table 1).

Table 1. *Characteristics of the Study Group by Demographic Variables*

Gender		
	N	%
man	37	33,0%
woman	75	67,0%
Age		
20-30 years	41	36,6%
31-40 years	21	18,8%
41-50 years	13	11,6%
51-60 years	24	21,4%
61-70 years	9	8,0%
70+	4	3,6%
Place of residence		
village	26	23,2%
city with up to 100,000 inhabitants	17	15,2%
miasto powyżej 100 tys. mieszkańców	69	61,6%
Marital status		
single	30	26,8%
informal relationship	8	7,1%
married	54	48,2%
divorced	4	3,6%
widower/widow	16	14,3%
Education		
primary/lower secondary education	4	3,6%
vocational education	12	10,7%
secondary education	42	37,5%
higher education	54	48,2%
Occupational status		
active worker	82	73,2%
pensioner	17	15,2%
household/agricultural	12	10,7%
unemployed	1	0,9%
Financial status		
very good	16	14,3%
good	40	35,7%
average	48	42,9%
Bad	8	7,1%

Most participants (73.2%) were economically active ($n = 82$), 15.2% respondents ($n = 17$) were retired or receiving disability pensions, while 10.7% ($n = 12$) reported working in the household or agricultural sector.

Participants' self-assessment of their financial situation shows most of them rated their financial situation as good (35.7%) and very good (14.3%). A large part of them (42.9%) consider their socio-economic status on average level ($n = 48$) (see Table 1).

RESULTS

Table 2 presents descriptive statistics for all measured variables. The mean score for valuation crisis was indicating moderate levels. This suggests that the sample experienced some degree of disruption in their value system, though with relatively low variability around the mean. Regarding personality dimensions measured by the EPQ-R, the highest scores on neuroticism ($M = 18.46$, $SD = 3.57$), followed by the lie scale ($M = 18.15$, $SD = 2.48$) and extraversion ($M = 17.26$, $SD = 2.43$) were observed. Psychoticism scores were notably lower ($M = 16.39$, $SD = 1.63$), with the smallest standard deviation among personality variables, suggesting relatively homogeneous levels of this trait across the sample. The addiction tendency subscale showed a mean of 23.88 ($SD = 1.91$), while crime tendency averaged 21.84 ($SD = 2.31$).

The IVE questionnaire results indicated that impulsiveness had the highest mean score ($M = 29.85$, $SD = 2.46$), followed by empathy ($M = 26.47$, $SD = 2.90$) and risk-taking tendency ($M = 23.96$, $SD = 2.71$). The relatively similar standard deviations across these measures suggest comparable variability in emotional and behavioral regulation patterns within the sample.

Life orientation, measured by the LOT-R, showed a mean score of 15.79 ($SD = 3.35$), indicating moderate levels of optimism among participants. The standard deviation was among the highest in the study, suggesting considerable individual differences in optimistic versus pessimistic life orientation.

The pattern of means and standard deviations suggests that the sample demonstrated moderate levels of emotional instability (as indicated by neuroticism scores), combined with relatively high impulsiveness and empathy levels. These characteristics may be particularly relevant for understanding individual responses to sudden social and civilizational phenomena, as they represent key emotional and behavioral regulation mechanisms that could influence how individuals process and cope with values-related conflicts during crisis situations.

Tabla 2 *Descriptive statistics analysis*

Descriptive statistics			
	M	SD	N
Psychoticism (EPQ-R)	16,39	1,63	112
Extraversion (EPQ-R)	17,26	2,43	112
Neurotics (EPQ-R)	18,46	3,57	112
Lying (EPQ-R)	18,15	2,48	112
Tendency for addiction (EPQ-R)	23,88	1,91	112
Tendency to commit crime (EPQ-R)	21,84	2,31	112
Impulsiveness (IVE)	29,85	2,46	112
Willingness to take risks (IVE)	23,9554	2,71	112
Empathy (IVE)	26,4732	2,90	112
Life orientation (LOT-R)	15,7946	3,35	112

Source: Prepared on the basis of the author's original research.

CORRELATION RESULTS

The results of the KKW scale measuring difficulty in organizing the value system into a hierarchy show statistically significant positive correlations with subscales of the EPQ-R Personality Questionnaire and the Impulsiveness Questionnaire. Specifically, a positive relationship was observed with the lie scale (EPQ-R) ($r = 0.238$; $p = 0.012$), addiction tendency ($r = 0.198$; $p = 0.037$), and impulsiveness ($r = 0.463$; $p < 0.001$).

The KKW scale describing the sense of values confusion correlates statistically significantly in an inversely proportional manner with psychoticism (EPQ-R) ($r = -0.521$; $p < 0.001$) and empathy (IVE) ($r = -0.244$; $p = 0.009$). Simultaneously, a positive correlation is observed with risk level (IVE) ($r = 0.261$; $p = 0.005$) and with the Life Orientation Test LOT-R score, measuring optimism level ($r = 0.338$; $p < 0.001$).

The *values disorganization* scale (KKW) correlates positively with extraversion (EPQ-R) ($r = 0.315$; $p = 0.001$) and empathy (IVE) ($r = 0.432$; $p < 0.001$). Simultaneously, it shows inversely proportional, statistically significant relationships with neuroticism (EPQ-R) ($r = -0.218$; $p = 0.021$), addiction tendency ($r = -0.339$; $p < 0.001$), crime tendency ($r = -0.275$; $p = 0.003$), impulsiveness ($r = -0.379$; $p < 0.001$), and optimism (LOT-R) ($r = -0.427$; $p < 0.001$).

The scale of sense of unrealized values shows statistically significant, inversely proportional correlations with psychoticism ($r = -0.189$; $p = 0.046$), extraversion ($r = -0.268$; $p = 0.004$), addiction tendency ($r = -0.404$; $p < 0.001$), and impulsiveness ($r = -0.339$; $p < 0.001$).

The overall KKW score correlates inversely proportionally with psychoticism ($r = -0.275$; $p = 0.003$) and with addiction tendency ($r = -0.321$; $p = 0.001$).

Table 3. Analysis of the correlations among the studied variables

		Correlations				
		Scale H difficulty in organising the value system into a hierarchy	Scale Z a sense of values confusion	Scale D disorganisation of valuation	Scale R a sense of unrealized values	Crisis of values - overall result
Psychoticism	r Pearsona	0,118	-0,521**	-0,082	-0,189*	-0,275**
	p	0,215	0,000	0,389	0,046	0,003
	N	112	112	112	112	112
Extraversion	r Pearsona	-0,129	-0,052	0,315**	-0,268**	0,018
	p	0,174	0,588	0,001	0,004	0,849
	N	112	112	112	112	112
Neuroticism	r Pearsona	0,139	0,078	-0,218*	-0,070	-0,051
	p	0,143	0,416	0,021	0,461	0,593
	N	112	112	112	112	112
Lying	r Pearsona	0,238*	0,085	0,021	-0,051	0,177
	p	0,012	0,373	0,827	0,591	0,062
	N	112	112	112	112	112
Tendency for addiction	r Pearsona	0,198*	-0,178	-0,339**	-0,404**	-0,321**
	p	0,037	0,060	0,000	0,000	0,001
	N	112	112	112	112	112
Tendency to commit crime	r Pearsona	0,181	-0,108	-0,275**	-0,138	-0,168
	p	0,056	0,255	0,003	0,147	0,077
	N	112	112	112	112	112
Impulsiveness	r Pearsona	0,463**	0,153	-0,379**	-0,339**	-0,022
	p	0,000	0,108	0,000	0,000	0,819
	N	112	112	112	112	112
Willingness to take risks	r Pearsona	-0,047	0,261**	-0,043	0,166	0,113
	p	0,624	0,005	0,650	0,080	0,234
	N	112	112	112	112	112
Empathy	r Pearsona	-0,128	-0,244**	0,432**	0,043	0,118
	p	0,179	0,009	0,000	0,655	0,216
	N	112	112	112	112	112
Optimism	r Pearsona	0,110	0,338**	-0,427**	-0,183	-0,132
	p	0,247	0,000	0,000	0,053	0,164
	N	112	112	112	112	112

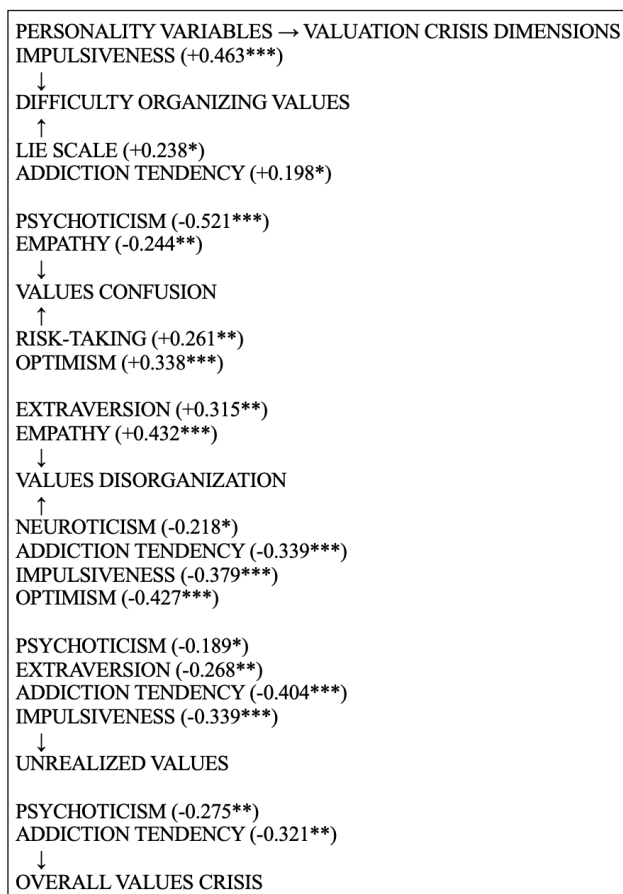
** Correlation significant at the 0.01 level (two-tailed).

* Correlation significant at the 0.05 level (two-tailed).

Source: Prepared on the basis of the authors' original research.

Figure 1 presents a visual summary of the significant relationships between personality-temperamental variables and valuation crisis dimensions. The diagram illustrates the complexity and differentiated nature of these associations, highlighting how different personality traits relate to specific aspects of value system disruption.

Figure 1. *Summary of Significant Correlations Between Personality Variables and Valuation Crisis Dimensions*



*** $p < 0.001$; ** $p < 0.01$; * $p < 0.05$. Positive signs (+) indicate positive correlations; negative signs (-) indicate negative correlations.

DISCUSSION

The present pilot study examined the relationship between emotional functioning and valuation crisis during periods of significant social and civilizational upheaval, particularly in the context of recent global events such as the COVID-19 pandemic and ongoing military conflicts. The findings provide important insights into how personality-temperamental variables correlate with individuals' experiences of value system disruption during unexpected societal changes.

The results demonstrate significant associations between value crisis dimensions and relatively stable personality traits, supporting the notion that individual differences in emotional functioning serve as important moderators of adaptation to social disruption. These findings align with previous research on personality and coping during crisis situations (Connor-Smith & Flachsbart, 2007; Carver & Connor-Smith, 2010).

The strongest correlation observed between impulsivity and difficulty organizing values into a hierarchy suggests that individuals with higher impulsivity experience greater challenges in maintaining coherent value systems during crisis periods. This finding is consistent with research on impulsivity and decision-making under stress (Dickman, 2000; Zermatten & Van der Linden, 2008), which indicates that impulsive individuals may struggle with the cognitive demands of value reorganization when confronted with rapidly changing circumstances.

The negative correlations between psychoticism and both values confusion and general value crisis represent a particularly intriguing finding. This pattern suggests that individuals with higher levels of psychoticism may experience less disruption to their value systems during social upheaval. This counterintuitive result may reflect the emotional detachment and reduced social conformity associated with psychoticism (Eysenck & Eysenck, 1985), which could serve as protective factors against value system disruption during collective crises. This finding extends previous research on psychoticism and stress responses (Eysenck, 1992), suggesting that while psychoticism is often associated with psychological difficulties, it may confer certain advantages during periods of social instability by reducing susceptibility to collective anxiety and values confusion.

The complex pattern of associations between extraversion and value crisis dimensions reveals the multifaceted nature of extraverted personality functioning during crisis periods. The positive correlation with value disorganization alongside negative correlation with feelings of unfulfilled values suggests that extraverted individuals may experience internal values confusion while maintaining engagement with value-related activities and goals. This pattern aligns with research on extraversion and stress responses (Suls & Martin, 2005), which indicates that extraverted individuals tend to maintain behavioral activation and social engagement even during difficult circumstances, potentially leading to continued value-related behavior despite internal confusion about value priorities.

The dual role of optimism in value crisis experiences represents one of the most complex findings of the study. The positive correlation with values confusion coupled with negative correlation with value disorganization suggests that optimistic individuals may experience cognitive uncertainty about their values while maintaining overall value system coherence. This finding contributes to the growing literature on optimism and coping (Carver et al., 2010; Scheier & Carver, 2018), suggesting that optimism's protective effects may be domain-specific rather than uniformly beneficial. The maintenance of value system organization despite experiencing value confusion may reflect optimistic individuals' tendency to preserve meaning-making structures even while questioning specific value content.

The pattern of correlations involving empathy—negative with value confusion but positive with value disorganization—reveals the complex role of empathic sensitivity in value crisis experiences. This finding suggests that empathic individuals may maintain clarity about their values while experiencing difficulty organizing them coherently, possibly due to competing demands from multiple value domains activated by empathic concern for others. This result extends research on empathy and stress responses (Batson et al., 2007; Hoffman, 2000), indicating that empathic individuals' heightened sensitivity to others' suffering during collective crises may create particular challenges for value system organization while preserving value clarity.

The consistent negative correlations between addiction propensity and multiple dimensions of value crisis (disorganization, unrealized values, and general crisis) suggest that individuals with higher addiction

propensity may experience less severe value disruption during social upheaval. This unexpected finding may reflect the tendency of addiction-prone individuals to maintain focus on immediate, concrete goals and rewards, potentially providing stability during periods of broader social uncertainty. This result contributes to understanding addiction vulnerability in the context of social stress (Koob & Le Moal, 2008; Sinha, 2008), suggesting that while addiction propensity represents a risk factor in many contexts, it may confer certain protective effects against value system disruption during collective crises.

The findings reveal that the relationship between cognitive processes (such as valuing) and emotional processes (based on temperamental-personality foundations) represents a significant adaptive mechanism in crisis situations. This supports theories of emotion-cognition integration in stress responses (Lazarus & Folkman, 1984; Gross, 2014) and suggests that value crisis experiences reflect complex interactions between personality-based emotional tendencies and cognitive demands of meaning-making during social disruption.

The differential roles of various emotional functioning aspects in value crisis experiences have important implications for psychological interventions. The particular significance of impulsivity for value system disorganization suggests that interventions targeting impulse control and deliberative decision-making may be especially beneficial for individuals experiencing value confusion during social upheaval.

The results indicate the necessity of considering differentiated personality patterns in designing psychological interventions supporting adaptation to unexpected social and civilizational phenomena. Interventions should be tailored to address specific personality-based vulnerabilities and strengths, rather than applying uniform approaches across all individuals. For highly impulsive individuals, interventions might focus on structured value clarification exercises and decision-making skills training. For individuals high in empathy, interventions might address the challenge of balancing competing value demands while maintaining value system coherence. For optimistic individuals, interventions might focus on managing value uncertainty while preserving positive meaning-making tendencies.

LIMITATIONS AND FUTURE RESEARCH DIRECTIONS

The pilot nature of this study necessitates cautious interpretation of findings. The sample size of 112 participants, while adequate for initial exploration, limits the generalizability of results. The use of convenience sampling may have introduced selection bias, as participants who volunteered for the study might differ systematically from the general population in terms of interest in psychological issues or current psychological functioning. Future research should employ larger, more diverse samples recruited through probability sampling methods to confirm these patterns and examine potential moderating factors such as age, socioeconomic status, cultural background, and direct exposure to crisis events.

The cross-sectional design limits conclusions about causal relationships between personality variables and value crisis experiences. Longitudinal studies tracking individuals through different phases of social upheaval would provide valuable insights into the temporal dynamics of these relationships and identify potential intervention points. Such designs would allow researchers to examine whether personality traits predict subsequent value crisis experiences or whether value crises influence personality expression over time.

Future research should also examine the specific mechanisms through which personality variables influence value crisis experiences. Process-oriented studies using daily diary methods or ecological momentary assessment could illuminate how personality-based emotional tendencies interact with ongoing stressors to influence value system functioning. Additionally, qualitative research exploring individuals' subjective experiences of value crises in relation to their personality characteristics would provide richer contextual understanding.

BROADER THEORETICAL IMPLICATIONS

The findings contribute to broader theoretical understanding of human adaptation to collective trauma and social change. The demonstrated links between personality-temperamental variables and value crisis experiences support integrative models of stress and coping that emphasize the importance of individual differences in collective stress responses (Bonanno, 2004; Norris et al., 2002).

The results also contribute to understanding of value systems as dynamic, personality-influenced cognitive-emotional structures rather than static cognitive frameworks. This perspective aligns with recent developments in values research emphasizing the motivational and emotional aspects of value systems (Schwartz et al., 2012; Parks-Leduc et al., 2015).

CONCLUSION

This pilot study provides initial evidence for significant relationships between personality-temperamental aspects of emotional functioning and value crisis experiences during unexpected social and civilizational phenomena. The findings reveal complex, differentiated patterns of association that highlight the importance of individual differences in adaptation to collective stress.

The results suggest that different aspects of emotional functioning play distinct roles in value crisis experiences, with impulsivity emerging as particularly significant for value system disorganization, while optimism and empathy serve modulating functions across different dimensions of value crisis. These findings have important implications for understanding psychological adaptation to social upheaval and designing targeted interventions to support individuals during periods of collective uncertainty.

Future research should continue to explore these relationships using more robust methodological approaches and examine the mechanisms through which personality variables influence value system functioning during social crisis. The development of personality-informed intervention approaches may significantly enhance psychological support for individuals navigating unexpected social and civilizational changes.

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