

The Dynamics of Psychological Resilience Study in Last Two Decades

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Article Info

Article history:

Received Feb, 2025
Revised Feb, 2025
Accepted Feb, 2025

Keywords:

Bibliometric Analysis
Cultural Factors
Mental Health
Psychological Resilience

ABSTRACT

This study employs a bibliometric analysis to explore the evolution of the psychological resilience literature over the past two decades. By systematically examining research articles indexed in Scopus, we identified key themes, authorship patterns, and collaboration networks within the field. Our findings reveal a strong focus on the interconnections between psychological resilience and mental health issues such as depression and anxiety. The analysis highlights the growing importance of cultural factors and the role of global collaboration in shaping research trajectories. The study also notes an increase in interdisciplinary approaches and methodological innovations, enhancing our understanding of resilience across various populations. This bibliometric mapping provides valuable insights into the dynamic nature of resilience research and underscores the expanding scope of this vital psychological construct in addressing global mental health challenges.

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1. INTRODUCTION

Over the last two decades, the study of psychological resilience has evolved significantly, reflecting broader shifts in our understanding of mental health within changing global contexts. Psychological resilience, defined as the capacity to maintain or regain mental health despite experiencing adversity, has become a crucial area of research particularly in the context of increasing rates of mental health disorders worldwide [1]. This growing interest is underpinned by societal shifts including economic uncertainties, global health crises such as the COVID-19 pandemic, and the pervasive impact of climate change, all of which pose new challenges to individual and collective well-being [2].

The theoretical frameworks surrounding resilience have also expanded. Initially conceptualized as a trait-like quality inherent within individuals, resilience is now viewed as a complex interplay of environmental, biological, and personal factors [3]. This multifaceted approach has opened new avenues for examining how resilience can be supported and enhanced through interventions and policies. For instance, studies have begun to explore how resilience operates in diverse populations, including children, the elderly, and those facing chronic health conditions, revealing nuanced insights into how resilience functions across different stages of life and contexts [4].

Methodologically, the past two decades have witnessed a shift from qualitative to more sophisticated mixed

methods approach that combine qualitative insights with quantitative rigor. This methodological plurality has enriched the evidence base, allowing researchers to capture the dynamic and evolving nature of resilience [5]. Furthermore, advancements in neurobiological technologies have provided deeper understandings of the biological underpinnings of resilience, linking psychological theories with biological mechanisms [6]. However, the cultural dimension of resilience remains underexplored. While there has been some attention to how cultural contexts influence resilience strategies, there is a significant gap in comparative studies that examine these dynamics across various cultural settings [7]. Such studies are crucial for developing culturally sensitive approaches to mental health interventions that are capable of effectively supporting resilience in diverse populations. In light of these developments, public and health policy frameworks have increasingly recognized the importance of promoting resilience as a public health goal. Policies are being shaped not only to mitigate the effects of adversity but also to strengthen the resilience of individuals and communities, thereby enhancing overall societal health outcomes [8].

Despite these advancements, there remains a critical gap in understanding the specific mechanisms through which resilience interventions are effective across different contexts and populations. The complexity of resilience as a dynamic and multifactorial construct poses challenges for developing universal interventions that can be effective in diverse settings [9]. Furthermore, there is a need for longitudinal studies that can track the long-term effectiveness of resilience interventions, providing data on sustained outcomes beyond initial improvements. The objective of this study is to systematically analyze the developments in the field of psychological resilience over the past two decades, with a focus on identifying and evaluating the effectiveness of various resilience interventions. By doing so, this research aims to highlight successful strategies and pinpoint areas where further

research is needed, ultimately contributing to the formulation of more effective resilience-building initiatives and policies.

2. LITERATURE REVIEW

2.1 *Evolving Definitions and Theoretical Perspectives*

The concept of psychological resilience has undergone significant shifts in definition and theoretical orientation over the past two decades. Early research primarily depicted resilience as a static trait, suggesting some individuals inherently possess the capacity to bounce back from adversity [10]. However, this perspective has been largely supplanted by more dynamic and ecological models that emphasize resilience as a process or outcome influenced by a constellation of factors at various levels of a person's environment [11]. The shift towards viewing resilience as a complex interplay of individual, community, and societal influences reflects a broader ecological understanding of human development proposed by [11], which argues that human development is deeply embedded in the context of environmental systems.

2.2 *Factors Influencing Resilience*

Research into the factors that contribute to resilience has identified a range of personal, social, and systemic factors that facilitate the ability to cope with adversity. Personal characteristics such as optimism, self-efficacy, and adaptability have consistently been linked to resilience [12]. Social support, whether from family, friends, or broader community networks, also plays a critical role in enhancing resilience by providing emotional, informational, and practical assistance [13]. Systemic factors, including access to education and healthcare, stable governance, and community resources, further influence resilience outcomes by shaping the environment in which individuals and communities operate.

2.3 *Diversity and Cultural Considerations*

Cultural considerations have increasingly become central to resilience research. Studies indicate that resilience manifests differently across cultural contexts, influenced by cultural beliefs, practices, and values that dictate responses to adversity [14]. For example, collectivist societies might emphasize communal support and group cohesion as resilience factors, whereas individualistic societies might focus more on personal autonomy and self-reliance [15]. Understanding these cultural nuances is crucial for developing culturally sensitive interventions that recognize and leverage local strengths and capacities.

2.4 *Interventions and Applications in Diverse Contexts*

On the practical front, resilience research has informed a variety of interventions aimed at bolstering individuals' capacity to cope with adversity. Educational programs that focus on skill development, such as problem-solving, emotion regulation, and stress management, have shown effectiveness in enhancing resilience among children and adolescents [16]. For adults, especially those in high-risk occupations, resilience training programs that incorporate mindfulness, cognitive-behavioral strategies, and lifestyle modifications have demonstrated significant benefits. Despite its advancements, the field of resilience research is not without its critiques. Some scholars argue that an

excessive focus on individual resilience might overlook or inadvertently justify inadequate systemic structures and social inequalities that contribute to adversity. Furthermore, the commercialization of resilience as a concept, particularly in corporate and organizational contexts, raises ethical concerns about the potential for its misapplication in ways that prioritize profitability over genuine mental health support.

3. METHOD

This study employs a bibliometric analysis, focusing exclusively on literature sourced from the Scopus database to examine the evolution and trends within psychological resilience research over the past two decades. Bibliometric analysis allows for a comprehensive quantitative review of the scientific literature, offering insights into publication patterns, authorship trends, and the thematic evolution of this field. The search within Scopus was conducted using targeted keywords such as "psychological resilience", "resilience in psychology", and "resilience studies", restricting results to peer-reviewed articles published between 2000 and 2020. The extracted data included variables such as publication year, author details, citation counts, and the geographic origins of the studies. Utilizing VOSviewer, a tool for constructing and visualizing bibliometric networks, this analysis facilitated the identification of influential authors, key papers, and dominant research themes.

4. RESULT AND DISCUSSION

4.1 Results

a. Keyword Co-Occurrence Network Visualization

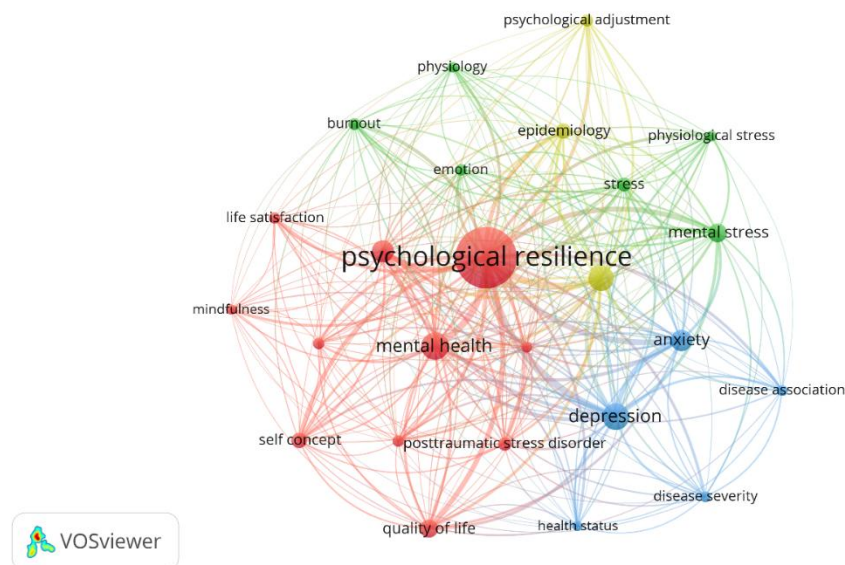


Figure 1. Network Visualization

Source: Data Analysis

The bibliometric network represents a comprehensive mapping of the interconnected research themes within the field of psychological resilience. Central to this network is the large node labeled "psychological resilience," indicating its prominence as the primary focus of research. This node's significant size and central position highlight its role as a key concept around which other research topics revolve, suggesting a robust volume of research and citations associated with studies directly addressing or involving psychological resilience. Surrounding the central node are several other significant nodes, each representing related themes and concepts within the resilience literature. Notably, "mental health" and "depression" are closely connected to psychological resilience, colored in similar shades, indicating strong thematic relationships. These connections imply that a substantial portion of resilience research focuses on how

resilience contributes to mental health outcomes or is affected by mental health conditions like depression. The proximity of these nodes to "psychological resilience" underscores the relevance of resilience in therapeutic and clinical contexts.

Adjacent nodes such as "stress," "anxiety," and "posttraumatic stress disorder" further illustrate the scope of issues typically studied in conjunction with resilience. The links between these nodes and the central resilience node reflect the widespread academic interest in how resilience mechanisms help individuals manage and overcome various forms of stress and anxiety. The presence of "posttraumatic stress disorder" within the network also points to a significant focus on resilience in populations experiencing severe adversities, examining how resilience can mitigate long-term negative outcomes following traumatic events. Other notable nodes like "self-

concept," "mindfulness," and "quality of life" indicate additional dimensions of resilience research. The "self-concept" node suggests investigations into how individuals' perceptions of themselves influence their resilience, while "mindfulness" relates to how practices aimed at enhancing present-moment awareness can support resilient behaviors and attitudes. The "quality of life" node implies a line of inquiry regarding how resilience impacts overall life satisfaction and well-being across different life domains.

Smaller nodes such as "burnout," "emotion," and "life

satisfaction" highlight specialized areas of resilience research that address specific contexts or outcomes. For instance, research on "burnout" explores resilience in professional settings, particularly among high-stress occupations, while "emotion" relates to the emotional regulation strategies central to resilient functioning. The diverse array of nodes and their interconnections within this bibliometric map clearly illustrates the multifaceted nature of resilience research, showcasing its relevance across various psychological, social, and health-related domains.

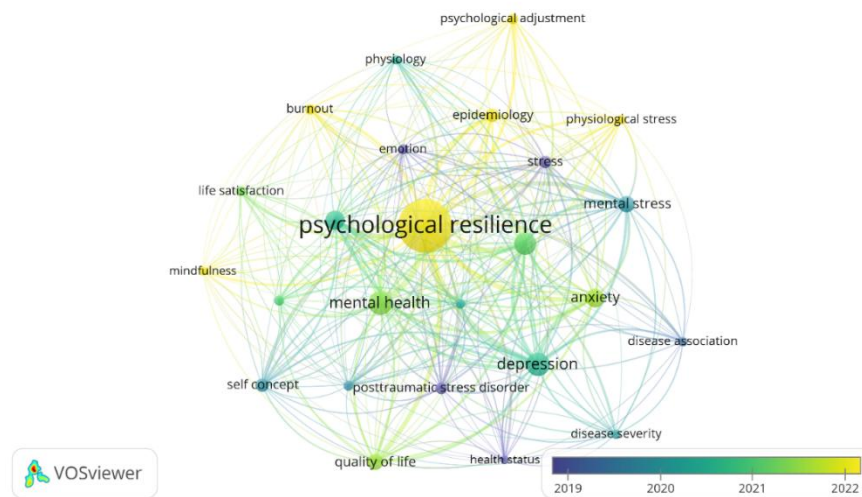


Figure 2. Overlay Visualization
Source: Data Analysis

The bibliometric visualization offers a detailed view of the evolving research landscape surrounding psychological resilience over recent years. The temporal dimension, indicated by the color gradient from blue (2019) to yellow (2022), suggests a dynamic and growing interest in certain areas within the resilience discourse. The prominence of the node "psychological resilience" in yellow, dominating the center of the network, highlights its continued centrality and increasing importance in recent research. This indicates not only a

sustained academic focus but possibly an increase in interdisciplinary interest, reflecting the broader relevance of resilience in various fields of study. Adjacent to the central node, other significant nodes like "mental health," "depression," and "anxiety" appear in varying shades from green to yellow, indicating ongoing and possibly expanding research focus. The shift towards exploring the connections between psychological resilience and mental health conditions, especially under the strains of global challenges such as the COVID-19 pandemic,

suggests a responsive academic dialogue to societal needs. The links between resilience and mental health outcomes signify a crucial area of research where scholars aim to unravel how resilience can mitigate the impacts of psychological disorders and contribute to better mental health practices and policies. Moreover, the spread and interconnections among nodes like "self-concept," "quality of life," and "mindfulness" in lighter shades imply a more recent surge in examining how individual traits and practices

influence resilience. The exploration of mindfulness and its impact on resilience, for instance, could reflect a growing recognition of preventive strategies in mental health, aligning with broader health and well-being trends. These nuanced interrelationships captured in the network underscore the complexity of resilience as a multi-dimensional construct influenced by a range of factors, with significant implications for both individual and community health interventions.

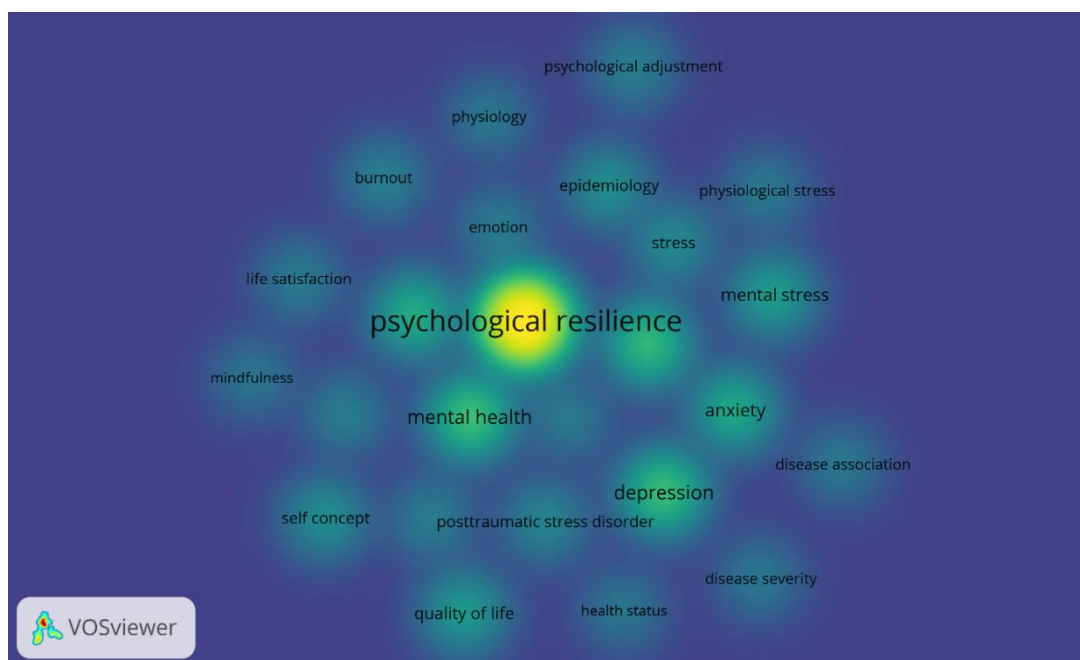


Figure 3. Densities Visualization

Source: Data Analysis

The density visualization provides a compelling graphical representation of the key areas and intensity of research within the field of psychological resilience. The bright concentration of colors around the central node "psychological resilience" indicates a high density of research activity and citations, highlighting it as the core focus area. The gradient from green to yellow around this node suggests an active, evolving body of work that likely encompasses a range of subtopics and related constructs. The intensity and

spread of color reflect the central importance and broad applicational scope of psychological resilience in mental health research. Adjacent to this core are significant nodes such as "mental health," "depression," and "anxiety," illuminated and marked by dense coloring, which underscores their strong association with psychological resilience. These areas attract substantial research focus, indicating ongoing scholarly efforts to explore the intersections between resilience and various mental health outcomes. The presence of these

nodes in close proximity to the central concept suggests that much of the resilience research is directed at understanding how resilience mechanisms can influence and mitigate mental health challenges. Meanwhile, nodes like "mindfulness,"

"self-concept," and "quality of life" also appear prominently, though slightly less intensely colored, indicating robust but slightly less concentrated research activity.

b. Citation Analysis

Table 1. Most Cited Article

Citations	Author and Year	Title
3862	[17]	Psychological resilience
2786	[18]	Psychological resilience and positive emotional granularity: Examining the benefits of positive emotions on coping and health
2451	[19]	Psychological resilience, positive emotions, and successful adaptation to stress in later life.
2334	[20]	Self-compassion and psychological resilience among adolescents and young adults
2233	[21]	What predicts psychological resilience after disaster? The role of demographics, resources, and life stress.
1652	[22]	Academic resilience and its psychological and educational correlates: A construct validity approach
1274	[23]	A grounded theory of psychological resilience in Olympic champions
1224	[24]	Resources for change: The relationships of organizational inducements and psychological resilience to employees' attitudes and behaviors toward organizational ...
1088	[25]	Psychological resilience after disaster: New York City in the aftermath of the September 11th terrorist attack
866	[5]	Psychological resilience during the COVID-19 lockdown

Source: Output Publish or Perish, 2025

c. Co-Authorship Visualization

Network

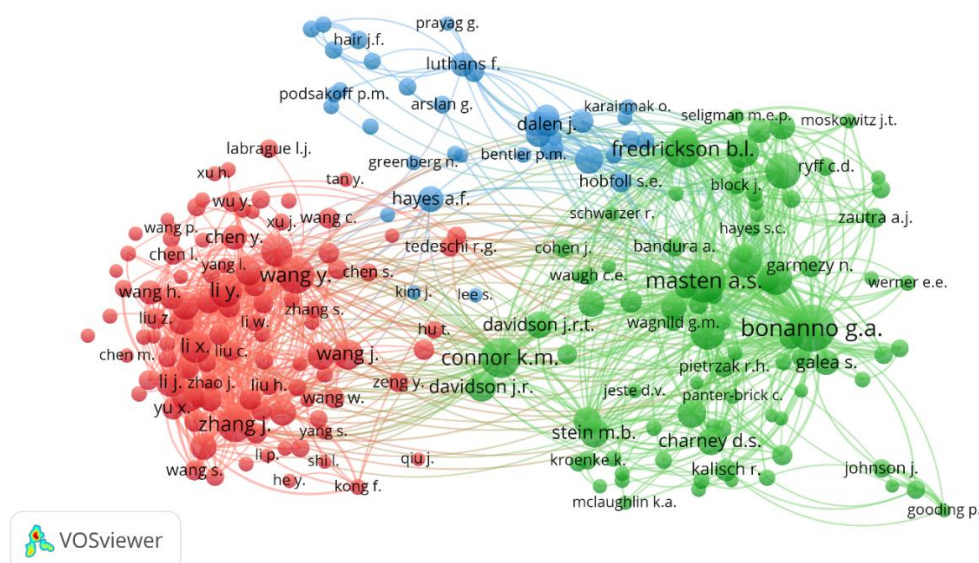


Figure 4. Author Visualization

Source: Data Analysis

The bibliometric network map presents a vibrant representation of the key authors in the field of psychological resilience, highlighting the collaborative networks and primary influencers within this academic community. The clusters are color-coded, with each color representing a different group of researchers who frequently collaborate or whose work is closely related. The red cluster appears most dense and is centrally located, suggesting these authors—highlighted by names like Wang, Zhang, and Liu—are prolific contributors with significant

interconnections, possibly indicating a regional or thematic concentration in their research. The green cluster includes well-known resilience researchers such as Masten A.S. and Bonanno G.A., who are central figures in Western psychological resilience literature, focusing on the developmental and psychological aspects of resilience. The blue cluster, while smaller, includes notable scholars such as Luthans F. and Seligman M.E.P., who are associated with positive psychology and resilience in organizational contexts.

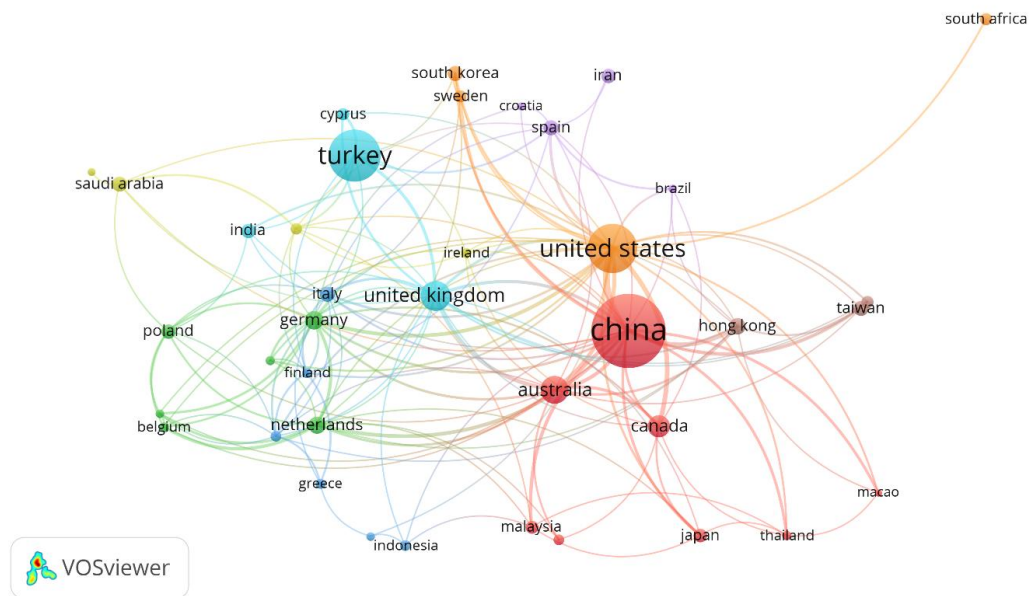


Figure 5. Country Visualization
Source: Data Analysis

The VOSviewer map provides a global overview of the countries actively engaged in research related to psychological resilience, highlighting the significant contributions and collaborations across different regions. The central and largest nodes, represented by China and the United States, indicate these countries as major contributors to the field, with a dense network of connections suggesting extensive collaboration both within and between these nations. Surrounding

these are other prominently featured countries such as the United Kingdom, Australia, and Canada, each connected by multiple lines to other nodes, demonstrating their active participation in international research collaborations. The presence of countries like India, Brazil, and Turkey, although with smaller nodes, indicates the growing interest and contribution to resilience research in more diverse geographical contexts. This map underscores the global nature of psychological resilience

research, showing a dynamic pattern of knowledge production and exchange that crosses traditional geographic and cultural boundaries, facilitating a comprehensive understanding of resilience that incorporates diverse cultural and societal perspectives.

4.2 Discussion

a. Evolving Research Themes and Theoretical Expansions

The central positioning of psychological resilience in the network highlights its enduring relevance and expanding scope within psychological research. The closely associated nodes such as mental health, depression, and anxiety reflect the growing recognition of resilience as a pivotal factor in addressing various mental health issues. This is consistent with the shift towards a more nuanced understanding of resilience not merely as a trait but as a complex, dynamic process influenced by a myriad of factors including biological, psychological, and social elements. The increasing focus on concepts like mindfulness and quality of life in recent years suggests a broadening of the resilience concept to encompass well-being in a holistic sense. This aligns with the global shift towards preventive mental health strategies that emphasize the enhancement of well-being rather than merely combating pathology. The linkage between resilience and positive psychological constructs such as life satisfaction and self-concept underscore an important shift towards positive psychology, where the focus is on cultivating strengths and fostering well-being.

b. Global Collaboration and Contribution

The bibliometric map clearly illustrates extensive international collaboration, with major research nodes in the United States, China, and

Europe. This global network of knowledge exchange is crucial for the development of diverse and robust resilience models that can be applied across different cultural contexts. The significant contributions from non-Western countries like China and Turkey highlight the growing interest in understanding how cultural contexts influence resilience mechanisms. This is particularly important given that resilience may manifest differently across cultures, and effective interventions must be culturally adapted to be effective. Furthermore, the dense network of collaborations indicates that the field benefits significantly from interdisciplinary research, incorporating insights from psychiatry, sociology, neurology, and public health. This interdisciplinary approach is likely driving the development of more comprehensive models of resilience that account for a wide range of influencing factors, from genetic predispositions to socio-economic conditions.

c. Emerging Trends and Methodological Innovations

The analysis points to several emerging trends, such as the integration of advanced statistical and computational methods in resilience research. The use of longitudinal studies and sophisticated modeling techniques helps in understanding the temporal dynamics and causal pathways of resilience. Moreover, the application of novel methodologies like machine learning in analyzing large datasets could potentially uncover patterns and predictors of resilience that were previously unrecognized. The growing emphasis on systemic and environmental factors in resilience research marks a significant advancement in how researchers conceptualize and study this construct. This trend towards a more

systemic understanding may lead to more effective policies and interventions that not only support individuals but also strengthen community and societal resilience.

d. Challenges and Future Directions

Despite the progress made, there are several challenges that the field must address to further advance the understanding of resilience. One major challenge is the need for more culturally diverse research to ensure that resilience models are valid across different cultural settings. The field also faces methodological challenges in terms of ensuring the reliability and validity of resilience measures across diverse populations. Looking ahead, future research should focus on expanding the cultural breadth of resilience studies to include underrepresented populations and non-Western contexts, which would enrich the understanding and applicability of resilience theories globally. Additionally, there is a need for more intervention-based studies that not only elucidate the mechanisms of resilience but also test the effectiveness of specific interventions in enhancing resilience across various populations.

5. CONCLUSION

The bibliometric analysis conducted on the psychological resilience literature over the past two decades underscores the field's robust evolution and the increasingly complex understanding of resilience as a multi-dimensional construct. This study has highlighted significant research themes including the close association between resilience and mental health outcomes, the vital role of cultural context in shaping resilience, and the importance of global collaboration in advancing our understanding of this phenomenon. The research landscape, as revealed through this analysis, suggests a growing emphasis on interdisciplinary approaches and methodological innovations, facilitating a deeper understanding of resilience mechanisms across diverse populations. As we move forward, the field is well-positioned to refine resilience theories and develop culturally adapted interventions, ultimately enhancing individual and collective well-being on a global scale. This study not only maps the historical contours of resilience research but also sets the stage for future inquiries that are culturally inclusive and methodologically robust, aiming at practical applications that span across different sectors of society.

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