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Title

"On the Stage of Life": Exploring the existential resources for the resilience of professional actors.

Abstract for

Poster

Abstract

Today, the acting profession presents a unique landscape characterized by high-pressure environments and demanding processes. The nature of life "With and In Arts" consists of an inherent encounter with specific life-professional challenges. Actors frequently encounter restrictions in the 'proposed circumstances' both on stage and in daily life. These challenges test one's resilience and demand thoughtful inner consent regarding the opportunities they choose in their life.

This poster presentation briefly summarizes an empirical study seeking answers from an existential-analytical perspective on the question: What can help those who have chosen this professional path to be resilient and manage stress effectively "on the Stage of life"?

The study aims to evaluate the mediating role of basic existential abilities (self-distance(SD), self-transcendence(ST), freedom(F), and responsibility(R)) as conceptualized in Alfred Längle's model of existential fulfillment in mitigating the negative impact of stress on the resilience of professional actors. A total of 144 (86 female and 58 male) Bulgarian professional actors and acting students, aged 18 to 85 years (average 33.7 years), were assessed using Existence Scale(ES), Connor–Davidson Resilience Scale(CD-RISC), and Acting-related stress Questionnaire(ARS). The findings show that when abilities for existential self-realization are mobilized, it significantly reduces the negative impact of acting-related stress on actors' resilience.

For the first time, personal abilities for existential fulfillment were examined as mediators in managing the acting-related stress of professional actors and their resilience. Intending to integrate the theoretical framework of Alfred Längle's Existential Analysis into an academic research context, this research provides evidence-based support for applying contemporary existential analysis methods in psychological support for actors and other creative individuals.

Diyana Dobрева-Hristova, PhD is an Assistant Professor of Counseling Psychology at the Institute of Population and Human Studies at the Bulgarian Academy of Sciences. Her dissertation explored the actor's full human functioning from an existential-analytical perspective. Dobрева-Hristova completed the Basic Training Program in Existential Analysis at GLE-International and is now in the Clinical Training Program. Her recent publications include "Actors' Personal Abilities for Dealing with Professional Stressors in an Existential-Analytical Perspective" (DOI:10.7546/PsyRB.2022.25.03.04) and "Impact of Personal Existential Abilities and Existentially Fulfilled Life on psychological well-being in professional actors" (ISSN 2683-0868, May 2022). Her research interests include existential-humanistic approaches to Creativity-sensitive counseling. The latest research she is working on is: "Predictors of Mental Health in an Existential-Analytical Perspective."

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