

Resilience in Security Crises: Supportive and Resistance Approaches for Employees and Students

Dear Editor

Security crises are defined as sudden or gradual events or conditions that pose serious, multidimensional threats to national, political, economic, and social security. These crises lead to structural instability and diminish the capacity of systems to control and manage affairs effectively. These crises are characterized by high urgency, uncertainty, psychological stress, and the necessity for rapid decision-making, resulting in widespread and complex impacts on organizational and societal functioning.¹

In recent decades, security crises have emerged as one of the foremost global challenges, significantly affecting the mental health and performance of individuals in both occupational and educational settings. Psychological stress induced by insecurity, threats, and crisis conditions can reduce resilience, impair performance, and precipitate mental health disorders. Integrating two key approaches—systematic psychological support programs for employees and resistance training for students—can provide a comprehensive and effective framework to enhance individual and collective resilience in insecure environments.^{1, 2}

Psychological resilience refers to the capacity to adapt and effectively cope with stressors and crises, enabling individuals to rapidly return to baseline functioning and even achieve personal growth. Employees in critical sectors, such as petrochemical industries, refineries, and healthcare centers, who face direct security threats, require systematic psychological support interventions, including counseling, stress management training, and fostering psychological safety in the workplace. Evidence indicates that such interventions reduce the incidence of post-traumatic stress disorder (PTSD), anxiety, and occupational burnout, while improving job satisfaction and team performance.²

Conversely, security crises adversely affect educational systems and students' academic performance. Anxiety and stress stemming from insecurity can diminish learning motivation and disrupt educational processes. Recent studies emphasized that resistance training must evolve beyond traditional coping skills to include culturally adaptive pedagogies and digital resilience tools (e.g., virtual reality [VR] simulations for crisis scenarios), which show 32% higher efficacy in maintaining academic continuity in conflict zones.³

Moreover, psychological resilience is increasingly framed as a dynamic socio-technical system, not merely an individual trait. Post-2022 research demonstrated that integrating workplace psychological safety with real-time biometric monitoring (e.g., wearable stress detectors) and organizational policies can cut PTSD incidence by 41% in high-threat industries.⁴

Critically, transcending sectoral silos requires blockchain-anchored mental health platforms that enable anonymous help-seeking across institutions, as demonstrated in Lancet Digital Health. Simultaneously, multi-agency crisis drills—simulating hybrid threats such as coordinated cyber-physical attacks—must adopt resilience benchmarks, which reduce response latency. Policymakers must rectify historical gaps by mandating resilience audits in organizational accreditation systems (e.g., integrating ISO 22316:2023 standards). Longitudinal data revealed that combining cognitive behavioral therapy (CBT)-based psychological first aid with agile e-learning infrastructures sustained educational outcomes within prolonged conflicts. Investing in these evidence-backed strategies—notably by allocating 5% of institutional budgets to resilience training is non-negotiable for safeguarding mental health and operational continuity against evolving threats.⁵

To enhance resilience among employees and students in Iran against hostile attacks, policymakers should prioritize systematic psychological support and culturally adaptive resistance training. Creating

psychologically safe environments through specialized counseling, stress management, and practical coping skill development—such as virtual reality simulations and group exercises—is essential. Emphasizing national cohesion and social solidarity, proven crucial during recent conflicts, such as the Israel war, strengthens collective resilience and reduces social fragmentation. Investing around 5% of institutional budgets in continuous resilience education and mental health support, alongside expanding digital literacy and cybersecurity preparedness, will safeguard both psychological well-being and operational continuity. Integrating advanced technologies with localized, evidence-based approaches offers a practical, scalable model to empower individuals and institutions in complex security environments, thereby reinforcing Iran's capacity to withstand evolving threats effectively.

Authors' Contribution

V.Gh: Conceptualization, writing, and final approval of the manuscript.

Declaration of AI

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