



PECULIARITIES OF PSYCHOLOGICAL SAFETY

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ABSTRACT

With the acceleration of urbanization in developing countries, resources related to maintenance and environmental protection are becoming increasingly scarce, and the negative side effects caused by scientific and technological progress have also significantly increased the pressure on urban residents. The psychological safety of urban residents has recently undergone significant changes. This article presents psychological safety in the sphere of life of urban residents. By considering psychological indicators, this article complements our knowledge of environmental indicators, such as perceptions of the risk of environmental pollution and climate change, and social indicators, such as belonging to cities and perception of the risk of technology, which confirm the negative side effects of technological development.

Keywords

psychological security, urban residents, meta-analysis, self-psychological safety

Introduction

With the acceleration of economic development and urbanization in developing countries, there have been profound changes in aspects such as the economic system, social structure and values. These changes have changed people's original way of thinking and even their way of life. The inherent demands on people in terms of quality of life and environmental safety are rapidly being imposed on developed countries. In addition, research increasingly shows that air pollution, soil, climate change, and so on affect not only people's physical health [3, 5], but also indirectly or directly harm people's mental health [10, 19]. The continuous development of technologies such as the Internet and artificial intelligence has a significant positive impact on remote relationships and increased productivity, but can also lead to negative consequences such as unwanted disclosure of personal information, Internet addiction and social anxiety [15]. Few



researchers have systematically studied the negative side effects of technological progress, and even fewer have included these effects in psychology.

Psychological safety, as a crucial factor in mental health, was a matter of widespread concern. Maslow defined psychological security as “a sense of confidence, security, and freedom that separates from fear and anxiety, and especially from a sense of satisfaction of one's needs now (and in the future)”.

From a scientific point of view, the psychological safety of urban residents mainly consists of fear of crime, public safety or social welfare, most of which are directly related to social factors such as public safety, food safety and medical supervision. However, the feeling of insecurity is formed by everyday experience and is often more related to the experience of living in a high-risk society than only with criminal incidents [11]. Consequently, the psychological safety of urban residents is a complex multidimensional structure. Analyzing and summarizing the literature, the psychological safety of urban residents can be divided into three categories: psychological, social and environmental. Most studies have focused on the influence of individual psychological and social factors [20], while insufficient attention has been paid to the influence of environmental factors. The traditional structural measurement cannot adapt to actual needs, and there is currently no scale corresponding to reality.

Theoretical review

Kong and Ahn [6] defined psychological security in accordance with Maslow's views as a premonition that may arise from dangers or risks in the physiology or psychology of an individual, as well as a sense of strength and impotence of an individual in dealing with dangers or risks, mainly associated with a sense of security. certainty and manageability.

Hart et al. [14] believe that psychological insecurity refers to everyone's concern about potential harm and threat. Obviously, a sense of psychological security is a subjective judgment about whether an individual's environment is deterministic and controlled, as well as a state of consciousness based on his own personality traits.

According to the analyzed literature, the characteristics of psychological safety can be summarized as follows: the first, psychological safety is an emotional experience perceived by an individual. This emotional experience is derived from external stimuli and is determined by both the intensity of the stimulus and the psychological qualities of the individual. The second, the expression of psychological security is mainly the confidence, control and premonition of risk felt by the individual. The third, psychological safety affects physical and mental health. People with higher psychological security will experience more confidence and freedom, while people with lower psychological security are more prone to



anxiety or fear and even depression. Differences in the personal and environmental perceptions of individuals determine the level of an individual's trust in the outside world, he is egocentric and based on an objective environment. People then further evaluate and decide whether the outside world is safe, and this is usually related to the degree of recognition from the outside world or the degree of willingness to contribute to it.

The connotations of individual psychological safety vary depending on environmental conditions, for example, individual psychological safety in the workplace. Carmeli and Gittell [4] effectively combined personal ideas in the social and work spheres and believed that psychological safety refers to people's views on their social environment and work environment, as well as their perceived reactions to risky behavior in the workplace. Combining the ideas of individuals about themselves, society and the urban environment, we tried to introduce psychological safety into the background of urban life and defined the psychological safety of urban residents as a risk assessment by people living in cities regarding their own urban living conditions, based on past experience or intuition.

Confidence in control is one of the important and widely used dimensions of psychological safety. Loss of control not only changes an individual's perception, beliefs, and behavior, but also affects their physical and mental health. At the same time, people in the city also express different types of interpersonal needs in their social lives. Demir [7], Edmondson and Ley[9] found that there is a significant correlation between interpersonal relationships and a sense of security. Safe and supportive social relationships are not only beneficial for individuals [16], but also contribute to prosocial behavior. Negative interpersonal events can cause people to feel anxious and other similar emotions, while positive interpersonal experiences effectively reduce attachment anxiety. People with a higher level of interpersonal trust and interpersonal security perceive negative events less and thus have a higher sense of psychological security.

External objective factors also affect the psychological safety of residents. In addition to the economic development of the city, the key factors determining the departure of local residents and the long-term residence of foreigners are the familiarity of people with the urban environment and the degree of recognition of the urban atmosphere. This emotional element is known as urban identity, a unique indicator of psychological security in an urban context. The individual's need for belonging is conditioned by the desire for security. The need for a sense of belonging stems from the desire for security. Factors such as equity protection, housing status and social integration weaken the sense of belonging and urban identity of non-indigenous people who work and live in the city, which will lead to



their relatively isolated social relationships, cultural activities and political participation, thereby affecting the social and cultural life of the city. economic development. Economic factors also determine to a certain extent the psychological safety of urban residents [22], which affects professional stability and occupational risk. In addition, a large number of studies have shown that fear of crime in terms of social security factors increases people's psychological pressure [1] and has a negative impact on their sense of security and well-being.

In recent years, due to natural disasters and environmental pollution, people often feel a sense of loss of control. Advertising and education on energy conservation, emission reduction, and environmentally friendly and low-carbon technologies have made more people aware of the relevance of environmental issues. Doherty and Clayton [8] found that climate change threatens people's emotional health, causing them to worry or feel insecure about future risks. Smoke affects the psychological and physical health of people who live in polluted areas.

The perception of risk due to smog even leads to an outflow of talent to smog-polluted areas. Sekulova and Van den Berg [21] argue that natural disasters, which can be considered as large-scale traumatic events, not only lead to significant material losses, but can also seriously worsen psychological health. The problem of combating climate change and environmental pollution is becoming increasingly urgent, and a series of social surveys is needed to improve the ability of psychologists and governments to cope with the corresponding consequences of this.

Zhang [5] divided the residents' sense of security into psychological security, social security, economic security, state security and environmental security. However, Zhang did not take into account the impact of climate change risk perception, technological risk perception, city affiliation and other factors.

Gunn et al. [13] found that interpersonal stress reduces people's sense of security. People who cannot trust others and who avoid others as much as possible in interpersonal communication cannot perceive themselves well and tend to make negative comments about themselves, thereby affecting their psychological safety [6]. Steptoe et al. believe that a low sense of control is associated with depressive symptoms. People with a reduced sense of control often feel that their lives are out of control or in disarray, or that they cannot cope with unexpected life problems; consequently, they are always in a state of insecurity.

To date, environmental pollution and climate change as environmental factors have rarely been taken into account when developing a scale of psychological safety of urban residents. Some researchers, such as Jacquemin, Lucchini, etc. It is claimed that exposure to pollution stimulates nerves in the brain, thus causing negative emotions such as anxiety, anxiety, tension and aggression. Prolonged



experience of negative emotions increases people's feelings of dissatisfaction and alertness and affects their sense of security. Although there is still disagreement in public opinion about whether global climate change exists and whether it can threaten human life [23], the perception of the risk of extremely cold and hot weather, sea level rise and food losses caused by climate change are real threats to people's psychological safety. If a person has experienced natural disasters such as tsunamis, earthquakes, floods or tornadoes, this leads to trauma that is difficult to heal from the point of view of individual psychology [24]. People who have experienced trauma exhibit severe stress reactions over a long period of time. They are extremely sensitive to external threats and may have long-term mental disorders that seriously affect their psychological safety.

Social and environmental safety includes two factors: social security and the perception of social risk. Social security includes belonging to the city and occupational safety. The perception of social risk includes the perception of medical, pension, food and technological risks. The factor of belonging to the city is a reflection of psychological security in the urban context. A sense of urban identity increases residents' satisfaction with life and forms positive psychological expectations [25]. The economic factor is a guarantee of individual safety, and the basic economic security of urban residents is based on having a stable profession. Moreover, Bodi et al. [2], Gille et al. [12] believe that medical supervision, pension resources, food safety and other problems cause negative emotions in urban residents, such as anxiety. Consequently, belonging to the city, professional status and social factors can directly affect the psychological safety of urban residents.

It should also be noted that the negative side effects caused by the development of technology also affect human mental health. This can be considered as a new development in the field of psychological security structures for urban residents. Most of the research has focused on the benefits of technological progress, such as overall improvements in productivity and quality of life. Internet technologies are widely used all over the world and can connect people over long distances and improve interpersonal communication such as cross-border communication. However, rapid technology updates make older people or people with low adaptability afraid of being abandoned by time, and their ignorance of the Internet leads to their fear of being cheated and robbed. Young people are more familiar with the online environment, but they spend too much time chatting on the Internet and thus neglect the real world. Moody [17] concluded that the massive use of Internet technologies has led some people to become lonely and socially isolated in the real world. Some researchers believe that single people use the Internet more in order to smooth out negative moods and get emotional support [18]. People who are too immersed in the semi-virtual world of



the Internet expend a large amount of emotional energy, which leads to emotional exhaustion and interpersonal alienation in the real world. Excessive feelings of loneliness and alienation reduce the psychological security of an individual [26].

Conclusion

We would like to note that the psychological safety of urban residents is an assessment of risk by people living in cities in relation to their own condition and urban living conditions, based on past experience or intuition. These dimensions include, the first, self-psychological safety, that is, the individual's expectations for the safety of a future life based on past life experiences, and his positive experience of maintaining a favorable position in his own situation through the process of interpersonal interaction. Secondly, social environmental safety, reflecting the psychological attachment of residents and identity with the city in which they live, as well as their comprehensive perception of risk in relation to their social environment, urban atmosphere and professional status. Thirdly, natural environmental safety, that is, the perception of risk by urban residents in relation to their urban natural habitat.

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