

PSYCHOLOGICAL SPECIALS OF HAPPINESS OF AN OLDER PEOPLE

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The concept of "Happiness" is studied very actively in philosophy, psychology, sociology and other sciences. In psychology Happiness was often connected with mental health, depressions and different negative emotions. In psychological literature the concept "Happiness" doesn't have a clear name. Happiness is a multi-level complex psychological formation what is due to internal (physiological) processes and external social, culture and religion conditions and also psychological special person.

A lot of scientists define Happiness differently. For example M. Seligman said that Happiness had connected with positive emotions, spiritual satisfaction of life and a favorite job.

A famous American social psychologist M. Argyle found out that people had determined Happiness as a state when a person enjoys the positive feelings and is successful in his life.

Happiness connection with satisfaction of the needs, for example A. Maslow saw Happiness of human in their self-actualization. The self-actualization person is always calm, sure in self, talented. Such a person doesn't have negative emotions and has a high level of self-esteem and the happy appearance.

B. Bratus stated that Happiness is the positive relation to self and other person. The scientist describes four levels of Happiness:

- the first level: egocentric manner, person is happy independently of other people;
- the second level: happiness connects with level development and prosperity of group in which this person is;
- the third level: Happiness means state of all the people on the world;
- the fourth level: Happiness appears when the person serves God, has spiritual connection with him.

The Happiness as psychological phenomena could be described in point of view of three positions:

- value (goal or result of work);
- positive emotional state;
- satisfaction of life [6].

According to the most of scientists Happiness is a subject of studying as a phenomenon of subjective well-being. Subjective sensations include cognitive and emotional component. Emotional component consists of a high level of different positive emotions and the absence of a high level of negative emotions. The main kind of positive emotional state is joy [5].

M. Seligman emphasized the main aspects of life what is connected with emotions:

- "family circle" – The special of emotions depends from all the members of family, material state, health and level individual and psychological development;
- "objective quality of life" – this is the area which people cannot control;

- “subjective quality of life” – this is the area which people can control: relationship, friendship, a job;
- “individual level” – individual experiences of emotional states.

And speaking of the elderly, this age is characterized a lot of psychological changes, the intellectual and emotional came back in the inner of man, senses are linked connection with assessment and comprehension to last life and the aging process. The elderly see their Happiness in a family, communication, health and positive consider of their last life [2].

The emotional state of the elderly is complex entity. Previous periods of life, ages crisis influence on expression of emotions. Such negative emotions like anxiety, frustration and depression prevail in elderly. The anxiety shows that the old persons perceive the world as threatening. They live under continuous stress. The elderly have a high level of frustration, what negative influences on their behavior, disturb to overcome difficulties. The elderly also have a high level of rigidity. They often have conservative views. They aren't ready to change their behavior, attitude to other people and their style of life [3].

However, not all the elderly have high level negative emotions. A lot of them have active life and positive attitude to their life and aging. These people have high level positive emotions, for example, the emotion of a joy. The high level of positive emotions let the old people to remain active members their Social Community, take care of their self and support other people.

I. Kon pointed at such types of aging:

- 1) these are active and creativity people who live healthy life;
- 2) they are social adapted, psychological sustainable and energy people;
- 3) these people are busy their family, they don't have free time. So they don't have full satisfactory;
- 4) individuals of this group of elderly feel their self sick and take care only their self health.

Active life position and optimistic attitude to aging lengthens of life expectancy of old people. The positive emotions and satisfaction of life are main indications of subject well-being. The components of satisfactory of life consist:

- positive evaluation of yourself and your employment;
- stile life, which is acceptable for this age group;
- subject feeling of Happiness and satisfaction of live;
- activity on level average age [1].

And so, the happy old people have better standard of living than unhappy.

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