

# **PARTICULARITIES OF STUDY OF PSYCHOLOGICAL WELL-BEING MANIFESTATIONS OF PERSONALITY**

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*In Happiness And Contemporary Society : Conference Proceedings Volume* (Lviv, March, 20-21, 2020). Lviv: SPOLOM, 2020. P. 278-282.

**ISBN 978-966-919-593-7**

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At present, the problem of psychological well-being becomes more acute, especially given the fact that changes in ideas take place. Analysis of the state of this problem development allows to conclude that the study of socio-psychological factors of the subjective well-being of young people is very relevant. Consequences of the military conflict need to be interpreted in conformity with theoretical terms in the context of determining the possibility of intensification of the process of self-determination of the psychological well-being development. That's why the effective programs for promotion of self-determination of the psychological well-being development, life satisfaction leads to the need to study the impact of building life goals and personality perspectives on this process.

Identification by a person of differences between existing ideas and reality opens to him/her the possibility of changes in life goals, plans and perspectives. Awareness that everyone has own image of the world, makes it possible to realize that it may be inaccurate and distorted in one direction or another. In the meantime, since perception of the world can be changed far easier than the world itself, the realization of this leads the person to the freedom to choose views, life perspectives, ideas and their changes in order to form his/her psychological well-being.

When we understand that different vital barriers arise due to our ideas, it leads to accepting the responsibility for overcoming them and building new life prospects. The question remains poorly studied of determining and differentiating the leading factors that determine the state of subjective psychological well-being, problem of experiencing the psychological well-being, depending on certain life goals and personal perspectives.

Therefore, given the relevance of this problem, the **goal** of our study is to reveal the impact of life goals, perspectives of individual on his/her experience of the psychological well-being.

The **aims** of our study are:

1. Theoretical analysis of the study of the impact of life goals, perspectives on the experience of psychological well-being of individual.
2. To select and try out the psycho diagnostic tools for revealing the components of the well-being feelings of individual: emotions, feelings, experiences, values.

We **assume** that factors influencing the psychological well-being formation can include: reflection (self-awareness) of experiences, comparison of own current state with the image of own expectations, goals, self-organization of own experiences, responsibility for own actions, experiences, self-control, realization of goals in time and time structuring, reflection of time used to achieve goals, on interpersonal relationships, creation of the algorithm for time scheduling based on the hierarchy of meaningful values, social communications, experiences and goals.

The perceptions and beliefs that guide all our actions are brief conclusions of our experience. And just like any other conclusions, they can be limited, distorted and often generalized, causing confusion of an individual. Overcoming confusion and emotional tension is possible under conditions of formation of the individual's perspectives, goals. What was not realized and ignored before, it suddenly acquires a different meaning. Direct expressions of own feelings and desires in dialogue with others tunes the person to realization of the set goals and life prospects. Awareness and realization of these desires, openness in the manifestation of own desires, as well as manifestation of restrained emotions form confidence in relations with others.

This does not mean that it is necessary to get rid of passive forms of anger, aggression. This way of expressing emotions and feelings has been formed in the individual's life experience as the most effective way in certain life circumstances. This method opened up to the individual opportunities to "survive", maintain own mental and physiological integrity. In certain situations, the individual by using this method may receive refuge and salvation from the threat (physical, moral, mental, etc.). It is important for the individual to be aware of circumstances wherein he/she uses hidden, passive forms of expression of own feelings. It is important to activate awareness of the personality of own behavioral reactions and find other options for behavior and interaction with other persons.

Activity of the individual is regarded as manifestation of a certain action towards the environment in order to satisfy one's own needs. Direct manifestation is concise and clearly directed action, expression of emotions wherein the desire or unwillingness is embedded (I want, I do not want, I love, I am angry and so on). The passive form of aggression is an action and expression of experiences which are indirectly hidden but are aimed at meeting the needs of individual. The individual balances between meeting own needs and those of other persons; he/she maintains a balance between internal mechanisms of functioning and requirements of the social environment, socio-psychological space. On one side, the involvement in norms, rules of life of society, and on the other side orientation to own needs, values and goals. Attempts to balance adaptation to the norms, requirements of the social environment, as well as satisfaction of own needs and achievement of goals form the psychological well-being of individual. Just from creation of such balance and possibility of realization of own aspirations depends whether the individual feels happy or not.

Philosophical concepts of the dialogue of man and world, modern theories of dialogue and dialog-polyphonic concept of feelings and emotions [G. Diaconov, 2007 and A.F. Kopiev, 1992] allow to consider the phenomenology of well-being feeling in the context of vital values, meanings of personality, which compile life perspectives and form psychological well-being. Studies of the emotional attitude to own life were carried out [V. Duhnevich, 2002; L. Sohan, 1997; T. Titarenko, 2018]. The attitude to own life is one of leading components of the psychological well-being. In the context of self-actualization of personality, the subjective well-being is considered in the works [L. Serdyuk, 2017; G. Akhmerov, 2017; E. Vakhromov, 2011; I. Vintin, 2006; E. Kalitievskaya, 2006; D. Leontiev, 2006; R. Shamionov, 2006; L. Kulikov, 1997].

The concept of happiness is also considered close to the concept of psychological well-being. The phenomenon of happiness involves positive assessment of own life. Studies of the phenomenon of happiness highlight the issues of the subjective well-being

structure and impact of life goals on subjective well-being, gender characteristics in the experience of subjective well-being. One of the important tasks in the study of well-being consists in identification and differentiation of main factors that affect the state of psychological well-being, as well as systematization and determination of their significance. Individual-typological characteristics of the individual, subjective activity, motivational and needy sphere, as well as environment wherein he/she lives are interrelated factors in the experience of subjective well-being. But the majority of researchers focuses on one of the stated aspects. The aim of our study is to focus on the influence of life goals, perspectives as a subjective determinant of achievement of the psychological well-being of individual.

Generalizing theoretical approaches to the consideration of ontology of the background knowledge of personality [S. Rubinstein, 2002; F. Vasiliuk, 1984; K. Isard, 1999; N. Grot, 1909; I. Ralnikova, 2002], containing the motivational sphere, as well as needy, moral, value, semantic, creative, affective sphere of life, the features of influence of life prospects on the psychological well-being of individual were determined. Any phenomena faced by a person have emotionally sensual meaning, importance and value for him/her. Emotionally affective manifestations are interrelated with other mental mechanisms, components and determinants of feelings that form the psychological well-being of individual and also reflect certain life context of crisis situation. Changes in the emotional-volitional and motivational-semantic spheres affect the well-being feeling of individual. Sensitivity enhancement of personality, changes in life prospects, actualization of personal experiences, emotions, understanding the context of life situation brings the individual closer to reality, changes the vision of what is happening and its consequences.

Awareness and understanding of the perspectives of own behavior and of external factors that influence it, activate the search for new meanings; more realistic expectations and goals appear, the tolerance increases in conflict situations with other persons, as well as search for compromise in relations with others. Precisely this approach that makes it possible to consider the psychological well-being of individual in the context of his/her feelings, values and life prospects. Sensuality is considered as the source of all processes that occur in contact with the outside world. If the sensuality is weakened or lost, then the semantic component of understanding of the surrounding world is not realized, the experience does not occur. The process of individual contact with the environment fades within the framework of structure formed by certain goals and prospects. That's why the task of activating self-determination of the psychological well-being of individual arises, restoring and activating formation of his/her life prospects. This approach enables the individual to build new goals and, thereby, restore the well-being feeling.

The age-related aspect of subjective well-being is determined by particularity of the value-motivational aspect of individual consciousness at the stage of its active formation. Life prospects as manifestation of mental activity begin to be formed at a young age. Stabilization of aspirations, roles and their place in the personality structure occurs at the age of 20-30 years. Selection of methods was just aimed at this particular age. The psychological well-being of individual is studied by us in the context of the problem of social and psychological activity, which is most often considered as a prerequisite for the subjective well-being development. While analyzing theoretical approaches to the study of the problem, two main approaches were identified: the first –

study of internal factors of influence (related to self-consciousness and personality factors); the second – influence of external conditions (study of the mutual influence of subjective well-being and health (E. Dinner), connection between the well-being and material wealth (M. Lyuman, M. Schaid), connection between psychological well-being and adaptation to changes in life (P. Brickman).

Based on the models of subjective well-being presented in the works of E. Dinner, N. Brediern, K. Riff, contemporary views of the subjective well-being were formed as a system consisting of subsystems: cognitive and emotional one. The cognitive subsystem includes a person's conception of own being, while the emotional subsystem is a dominant emotional background related to different aspects of own life. The positive emotional mood, as R. Shamionov notes, can testify the subjective well-being of individual [8, p.146].

The experience of well-being or ill-being can result in a person's aspiration or inclination both to the feeling of satisfaction and of avoidance of the feeling of disappointment, which leads to multidirectional types of behavior. Consequently, the peculiarities of a person's behavior can be both a determinant and consequence of his/her well-being or ill-being experience. The subjective well-being combines perception, evaluation and depends on external and internal determinants as a prerequisite for the subjective well-being development. According to R. Shamionov, the person's perception of various complexes (number of factors) include: interaction with a small society (homeland, relatives, acquaintances, friends); interaction with the general society (political, economic stability of the state); work activities (specialty, profit); life processes (needs, safety, health, ecology); interests (communicative, cognitive, material); intra-personal processes (value orientations, self-evaluation, balance of aspirations and opportunities); complex of states and properties (temperament, personality features); social experience (overcoming frustration, available behavioral patterns) [7].

M. Argyle attributes social factors (friendship, love and marriage, homeland), work and employment (wage level), humor, leisure, profit, social status, age, gender, personal characteristics, religion and national differences, to the factors that influence on positive and negative emotions and personality satisfaction [2]. Psychological signs of the subjective well-being according to G. Puchkova are: subjectivity (subjective well-being as a component of each subject's individual experience); positiveness of measurement (subjective well-being is not only a statement of fact of the negative factors absence. The need for positive indicators; globality of measurement (usually, for adequate assessment of the subjective well-being of individual should be included in the assessment of all aspects of a person's life over a long period of time) [5]. Consequently, the concept of "well-being" is considered as a multifactorial construct that includes interrelated and closely intermixed cultural, social, psychological, physical, economic and spiritual factors.

As one of the methods we have chosen the method of R. Emonns for determining personal aspirations. The study of the phenomenon of personal aspirations will give an opportunity to determine the influence of life prospects of individual in the intersection of both its motivational structure and features of structuring the future and values. The methodology uses a package of personal aspirations evaluation developed by R. Emmons, and the narrative on the topic "What is important to me in life". This makes it possible to diagnose through aspirations personal characteristics of meaningful goals and

personality-specific perspectives. Their comparison with indicators of the psychological well-being, by using the method of the psychological well-being determination, will help to determine certain features of his/her self-determination.

As the experience of well-being is related to the emotional attitude to life, to oneself, to other persons, is reflected in the quality of life assessment and is an integral entity that includes the cognitive component of life satisfaction. Life goals and perspectives reflect the assessment of the current life. The experience of well-being is possible under conditions of the positive emotional background and positive evaluation of reality. Comparison of indicators of the psychological well-being and indicators of personality aspirations will provide characteristics of conditions for activation of the process of psychological well-being self-determination.

**Conclusions.** The basic theories of subjective well-being (N. Bradburn, E. Dinner, K. Riff) are analyzed. The particularities of connection between the concepts of "subjective well-being" and "psychological well-being" are revealed. The basic approaches to determine the components of phenomenon as a multicomponent system are characterized.

The procedure was developed of study and disclosure of the content of social and psychological factors of the subjective well-being and influence of life goals and strategies of their achievement on this process.

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