

AN INDIVIDUAL'S PSYCHOLOGICAL WELL-BEING IN THE PARADIGM OF POSITIVE PSYCHOLOGY

YAVORSKA-VETROVA Iryna

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YAVORSKA-VETROVA Iryna

PhD in Psychology, Senior Researcher

G.S.Kostiuk Institute of Psychology NAES Ukraine (Kyiv, Ukraine)

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The problems on happiness, life satisfaction, and psychological well-being are among the most important issues of the modern psychological studies. After all, an individual's desire for positive functioning and well-being is one of the main driving forces of personal growth and an important prerequisite for life quality [6, p. 185]. Happiness and successfulness can be explored based on PERMA's postulates: Pleasure aspects of life, a productive Engagement experiences make stronger an individual's Relationships with others and help him/her find own Meanings in life to learn how to use own power in all areas of life (Achievement) [1]. Since the 1960s, significant contributions to the studies on happiness and well-being were made by N. Bradburn (1969), R. Veenhoven (1984), E. Diener (1984), M. Argyle (1987), S. Lyubomirsky (2008) and other scientists. The modern eudemonic studies in the field of positive psychology link the achievement of happiness with the fulfilment of an individual's inner potential [2, 8]. The implementation of internal benefits (intrinsic motivation, autonomous regulation, mental activities) is associated with an individual's passage onto a higher level of existence, despite all obstacles arisen at a life path; truly full-fledged existence is seen as an opposite to an individual's desire to be "good" in line with any external criteria "[2, p. 13-14].

The works of C.Ryff and her colleagues determines the following components of psychological well-being: autonomy (autonomy in decision-making, responsibility for accepted decisions), self-acceptance (positive attitude to oneself and one's life), positive attitude to others (kindness, trust, empathy), environmental mastery (the ability to respond adequately to daily life challenges), purpose in life (awareness of personal values and meanings), personal growth (sense of self-realization and development) [12]. C.Ryff defines psychological well-being as an integral measure of the main components of an individual's positive functioning, as well as a measure of fulfilment of these components, which is manifested in the experience of satisfaction and happiness.

Exploring an individual's subjective attitude to his/her own life, E. Diener considers the concept of "subjective well-being". The basis of subjective well-being, according to P. Kesebir and E. Diener, is an affective balance that affects all its components: life enjoyment (global personal judgments of about his/her life), satisfaction with important life areas (health, work, marriage, etc.), the predominance of positive emotions and low levels of negative affects [11].

Based on numerous studies, M. Seligman with colleagues has come to the conclusion that the experience of life satisfaction is based on the six virtues characteristic for all peoples: wisdom/knowledge, courage, humanity, justice, temperance, and transcendence [4]. As the Positive Psychology founder notes, an individuals who realizes his/her individual virtues and enjoys true pleasure, lives happily by being engaged in career, family or creativity. [5] The way to achieve psychological well-being, according

to M. Seligman, is to enter into a state of flow, which is characterized by: challenge of a situation (a task must be complex enough and require skills); full clarity of its purpose; concentration; an immediate sense of feedback; complete immersion into work without special effort; a sense of control over the situation; the disappearance of the sense of Self; “stopped” time [5].

The concept of flow was developed by M. Csikszentmihalyi in his theory of optimal experience [7; 9; 10]. According to M. Csikszentmihalyi, flow means an optimum state of intrinsic motivation, when an individual is fully immersed into a performed activity, experiencing a sense of freedom, pleasure, joy, when time flies, and every action, or thought arises from the previous one, an individual's total nature is involved, and he/she apply he/she skills on the verge. That is, flow is an example of an “autotelic activity” caused by intrinsic motivation, which contains a goal in itself [7]. The flow experience promotes psychological growth, disclosure of inner potential and self-creation of a personality.

Psychological well-being as a complex and multidimensional phenomenon is studied within the self-determination theory, in particular, such its factors as personal autonomy, self-expression, creativity, purposefulness, self-determination and self-efficacy. The prognostic model of the predictors supporting psychological well-being shows that the most significant predictors, having the greatest impact, are commitment, acceptance of aggression, self-esteem and the expected attitude of others [3].

The analysed psychological studies show that the fulfilment of personal potential is impossible without an individual's adequate, conscious attitudes to the surrounding world and to him/herself. A certain system of personal attitudes to him/herself, to the world and to the surrounding people is one of the significant indicators of an individual's self-determination, his/her adaptability; it is a resource for the development of life potential. The prospect of further scientific research is to study an individual's system of attitudes as a factor of his/her psychological well-being.

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