

OBJECTIVE DETERMINANTS OF PSYCHOLOGICAL WELL-BEING OF A PERSON

Kargina Natalya Viktorovna

*South Ukrainian pedagogical university named after K. D. Ushynsky, Odessa,
Ukraine*

lavanda_87@ukr.net

The studying of the phenomena of happiness, prosperity, sense of general positive attitude of life has been started approximately in the second half of the last century in researches, implemented in the frameworks of the concept of psychological well-being (N. Bradburn, C. Ryff, E. Diener), and nowadays this direction of science is becoming more active in recent decades due to the development of positive psychology in general. Today the issue of psychological well-being is studied in the works of Kahneman D., Keyes C. L., M. Argyle, S. A. Waterman, M. Seligman, N. Schwarz, p. P. Fesenko, Etc. Shevelenkov, N. In. Bochenska, A. V. Voronin, V. M. Duhnevich, Karskanov S. V., Yu. M. Alexandrov and others.

In the given report we will focus on the analysis of the objective factors of psychological well-being, which considered the totality of the psycho-physical, socio-economic and behavioural components of this phenomenon according to our concept. Conducted empirical research on a very limited sample (39 respondents) confirms that these components have a significant impact on psychological well-being. In particular, psycho-physical, socio-economic and behavioural components showed positive correlations with different levels of significance with indicators of psychological well-being, which were defined in the approbation process of author's method by such psychodiagnostic tools, as «Scale of psychological well-being» (C. Ryff, adaptation T. D. Shevelenkov and T. P. Fesenko), «Index of General psychological well-being» (H. J. Dupuy), the technique, measuring mental well-being – Warwick-Edinburgh Mental Well-being Scale (WEMWBS).

Psychophysical component of psychological well-being is very important for any person, as an important aspect of normal functioning is in good sense of physical health, somatic comfort, which satisfies the individual and physical tone. In addition, an individual in decent physical state of mind works at peak of opportunities, and such a person is easy to cope with stress and mental anxiety. In turn, a sick man suffers not only of infringement of physiological functions, they cause all kinds of psychological changes that negatively influence and lead to somatic and psychological disorders.

Socio-economic component of psychological well-being is an important factor affecting the outlook, psychological person's self-perception. With a low level of psychological well-being with the decline in general activity, decreases the range of social contacts, people often resort to defensive mechanisms not in order to confirm their own negative self-attitude. Protective aggression is manifested to others, which hinders interpersonal relations. At a high level of psychological prosperity of a personality displays creativity in changes of self-attitude, has a comfortable amount of social contacts, self-fulfilling in society.

Behavioural component of psychological well-being is an external manifestation of the human condition. It is expressed in the degree of adequacy of behavior, the ability to communicate. Its structure includes: life position (active, passive, aggressive) and interpersonal relationships, that determine the adequacy of interaction with the external social environment and ability to work effectively. General characteristics of the behaviour of people with low psychological well-being can be characterized as a movement into oblivion. Pessimistic attitude towards life, reduction in behavioral activity leads to a gradual «fading life». With a high level of psychological well-being people are optimistic, cheerful and active, and their behaviour is directed more on personal self-fulfillment. In this aspect psychological well-being will be focused primarily on self-development, self-support, optimistic attitude, maintaining a healthy lifestyle. People with low levels of psychological well-being behavior on the contrary, directed towards oneself and can be expressed in flagella, asceticism, and proneness to risk.

Nowadays, scientific study of psychological well-being is advisable to continue not only in the direction of more deep research of the psycho-physical, socio-economic, behavioural and its components, but also to focus research exploration on the attainment of personal, in-depth components of this phenomenon, characterized as internal, subjective, personal factors of psychological well-being of the person.