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the person in the domestic and world psychological science**

Revista Publicando, 5 No 16. (1). 2018, 349-358. ISSN 1390-9304

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Abstract. The work is devoted to a theoretical review of approaches to the study of various aspects of the problem of the psychological well-being of an individual in psychology. This article analyzes the relationship between objective and subjective factors of psychological well-being of the individual, considers approaches to the definition of its model, structure, basic functions, its relationship with the meaning of life and value-semantic entities, the sovereignty of psychological space, economic conditions, professional activity, provides an overview of methods to measure psychological well-being. The analysis of the phenomenon of psychological well-being is based on the existing theoretical developments, and the necessity of studying the relationship and the real relationship between the level of mental well-being and personal resources.

Keywords: psychological well-being, mental health, psychological health.



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Introduction

The definition of the concept of "psychological well-being" is directly related to the purpose of psychological work, its direction and the role of a psychologist in the modern world. At the same time, this topic is itself part of a broader problem field for discussing the quality of life, satisfaction with life, its "higher meanings", etc. Today the issue of understanding the problem of psychological well-being as a socio-psychological phenomenon is especially relevant.

The situation in the world and in our country, in particular, in the political, ideological and economic spheres, is such that a modern person needs to maintain an optimal and productive level of his mental state for adequate existence. The problems of overcoming stress, self-determination and self-realization are becoming more acute. Each person strives to make his life comfortable, satisfying individual needs: personal, professional, material and social.

Currently, the problem of psychological well-being is being actively studied by foreign specialists. Domestic psychologists are only beginning to turn their attention to this area of research, mainly relating to the study of the psychological well-being of families, women, employees of commercial enterprises, as well as people caught in critical situations. But nevertheless, recently one can observe intensive attention on the part of researchers to the problem of psychological well-being and possible ways to achieve it. As a result, it is caused by the need to understand which mechanisms are the basis of psychological well-being, how they participate in the regulation of behavior, how it affects relations with others and in the choice of adequate life strategies.

Methodology

The methodology of this study is considered by the principles of determinism and personal approach. Psychological well-being of the person is determined in interaction with the environment, while the person acts as a representative of society or various social groups, with its characteristic psychological properties. In foreign and domestic psychology, factors of the psychological well-being of the individual were investigated [1-4], its model was proposed [5], structure [6-7], its connections with the meaningfulness of life were discovered [8], with the value-semantic formations [9], the sovereignty of the psychological space [10], economic conditions [11], professional activity [12], pedagogical model of its formation [13].

In foreign literature, psychological well-being is defined as a dynamic characteristic of the individual, which includes subjective and psychological components, and also is associated with



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adaptive (healthy) behavior. The author of the concept of psychological well-being K. Riff [5] analyzes it as a basic subjective construct that reflects the perception and evaluation of his functioning from the point of view of the peak of the potential possibilities of man. Also the concept of "well-being" by Western psychologists I. Dyer and R.D. Larsen is defined in the broadest sense, as a multifactor construct, representing a complex interconnection of cultural, social, psychological, physical, economic and spiritual factors [14]. In particular, M. Seligman's well-being of man is a positive affectivity, combined with activity [4].

However, with all the diversity of research beyond the scope of scientific analysis, many questions remain, related to the study of various aspects of the psychological well-being of the individual.

Main part

Psychological factors of well-being were studied mainly in the context of "environmental influences" (degree of satisfaction of basic needs, the nature of interpersonal relations, etc.) [8, 14-16].

Without any doubt, the social environment, the social context in which a person lives and functions, does not always directly and directly determine his psychological well-being, connected not only with the objectively existing characteristics of the social context (for example, the absence or presence of a family, work, children, etc.), but and with a subjective perception of a social environment by a person as a certain fragment of the "life world", with the peculiarities of significant relationships that a person establishes with the social world surrounding him.

The significance for a person of certain spheres of his life activity (family, work), as well as such "objects" as "spouse", "child", attitude to them, specificity of their notions - all this can be considered as important subjective factors associated with features of psychological well-being.

The semantic meaning of the word "well-being" in the Russian language is calm existence, without failures and shocks, not disturbed by the misfortunes of the affairs of life. The synonym for well-being is happiness, subjectively understood as the achievement of all blessings, contentment, welfare, success, prosperity and opulence. Experts of the World Health Organization have used the term well-being as the main criterion for determining health: "health is not only the absence of disease or physical defects, but also a state of complete physical, mental and social well-being" [17: 8].



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At the same time, experts of this organization noted that it is largely due to self-esteem and sense of social belonging, rather than biological functions of the body and is associated with the realization of physical, spiritual and social potencies of man [3]. In scientific terms, the term "psychological well-being" was introduced by N. Bradburn [2], defining it as a subjective sense of happiness and overall satisfaction with life. Thus, the author did not mean by psychological well-being a number of other widely used concepts such as the power of the ego, self-actualization, self-esteem, autonomy, but also did not deny that these concepts may have areas of mutual intersection [7]. Psychological well-being, according to researchers, could become a universal, generalizing concept in the understanding of a healthy, harmoniously developed personality, and the concept of "psychological ill-being" - an intermediate construct in the dichotomy "health - illness." But the status of this concept has not been fully determined and there is no unity in understanding its content [8].

K. Riff regards psychological well-being as "the fullness of self-realization of a person in specific living conditions and circumstances, finding a" creative synthesis "between the correspondence to the demands of the social environment and the development of one's own individuality" [5: 366].

Thanks to research, it becomes possible to determine the priority areas of development, the most relevant field of activity and the psychological methods by which a person tries to achieve the desired [5].

Generalizing the theoretical positions in the field of psychological health, self-realization, optimal functioning, maturity, development of life, self-determination of personality, K. Riff singled out the main constructs of psychological well-being, created the instrument of their measurement, thus making certainty with respect to the criteria of the psychological well-being of the individual. So, K. Riff's structural model of psychological well-being includes the following parameters: self-acceptance (awareness and acceptance of all aspects of one's personality, positive evaluation of oneself and of all life as a whole); personal growth (the desire to develop, to learn new things, to feel own progress); autonomy (ability to withstand social pressure, independence in evaluating oneself and one's behavior, ability to self-regulation); competence in the management of the environment (the ability to achieve the desired, the ability to overcome difficulties in the implementation of their goals); positive relations with others (ability to establish long-term trust,



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empathy, flexibility in relationships with others); existence of life goals (experience of meaningfulness of one's life, values of the past, present and future) [18].

Psychological well-being is a whole complex of positive experiences and achievements. A subjective sense of happiness is only one of them, along with satisfaction, basic needs and their satisfaction, health, etc. [14, 17, 19]. To determine the level of psychological well-being, an external criteria is necessary.

M. Argyle brings his parameters of psychological well-being: 1) external criteria of "normality" (conformity to the system of values accepted in culture); 2) the concept of satisfaction with life and associated with the standards of respondents regarding their internal standards of "good life"; 3) everyday understanding of happiness as the superiority of positive emotions over negative ones [1].

The most popular, well-known and valid methodology for measuring psychological well-being is the six-factor model of psychological well-being developed by Carol Ryff, as well as her questionnaire on the Ryff's Scales of Psychological Well-Being. She collected in her conception the most relevant theories on the study of psychological well-being, based on the ideas of such representatives of humanistic and existential psychology as G. Allport, A. Maslow, J. Buzhenenthal, K. Rogers, E. Fromm and others [18].

In Russia, such scientists as Kulikov L.V., Muzdybaev K., Sokolova M.V., Shamionov R.M., Bocharova E.E., Bakhareva N.K., Panina E.N. started to study actively the psychological well-being of the individual [19]. Significant is the contribution to the development of the content of the concept of "psychological well-being" of domestic researchers P.P. Fesenko and T.D. Shevelenkova [7]. They distinguish between actual psychological well-being - that is the degree of realization of the main components of positive functioning and ideal psychological well-being - that is the degree of focus on the implementation of components of positive functioning. Actual psychological well-being is defined by them as "an experience characterizing a person's attitude to what he, in his own opinion, is, reflecting the degree of realization in the individual being of the main components of the positive functioning of the personality, the degree of focus on the realization of the components of positive functioning" [7: 102].

This differentiation is important because it determines the time aspect of a person's experience of their well-being or "here-and-now" ills, realized in comparison with a retrospective assessment of their past life experience and an ideal assessment of the desired. In addition, P.P.



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Fesenko and T.D. Shevelenkova introduced the concept of the level of psychological well-being. The low level of actual well-being is due to the prevalence of negative affect, understood by the authors as a feeling of dissatisfaction with one's own life, unhappiness. A high and normative level is characterized by a predominance of positive affect, understood as satisfaction with one's own life, happiness. The measurement of the level of psychological well-being (index) proposed by the authors is a convenient tool, both in terms of comparative analysis, and in terms of the existence of a certain common reference point. The level of psychological well-being is defined by them as "an integral indicator of the degree of a person's orientation toward the realization of the main components of positive functioning, and also the degree of realization of this orientation, subjectively expressed in a sense of happiness, self-satisfaction and one's life" [7: 99].

According to P.P. Fesenko, psychological well-being is a concept reflecting the subjective attitude of the individual to his personality, life and the processes taking place in it, to his needs and the degree of their satisfaction, conditioned by socially accepted and assimilated norms, expressed in the degree of satisfaction; psychological well-being is built on three aspects of the mental phenomenon: cognitive, behavioral and emotional. This is an integral quantity that must be studied, based on both subjective and objective measurement. P.P. Fesenko notes that the profile of psychological well-being varies with age, but such parameters as positive relations with others and self-acceptance remain constant throughout the life cycle [8].

Following Ed. Diener, domestic scientists note that in addition to the level of well-being, it is necessary to study the inner orientation of the personality, motives, values, certain internal guidelines and gradations, by which each individual measures his individual psychological well-being. Subjective well-being is an integral socio-psychological formation that expresses a person's own attitude towards his personality, life and processes, which is of great importance to the individual from the point of view of the acquired normative concepts of the external and internal environment and characterized by a sense of satisfaction [7].

The notion of psychological well-being in the concept of its level model is developed by A.V. Voronina [20]. In her opinion, the concepts of "mental health" and "psychological health" are levels of psychological well-being, which, in turn, reflects the inner integrity of a person, his agreement with himself and is a systemic quality of a person acquired by him in the process of life.



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For N. A. Baturin and co-authors [15] psychological well-being of the individual is a factor of self-regulation of the personality, the result of self-regulation of mental states, the perception of life. Summarizing the above material, we can talk about the tendency to understand the content of the concept of "psychological well-being" as a harmonious personality, its integrity, which depends on the availability of clear goals, the availability of resources to achieve goals, success in implementing their plans, satisfaction with interpersonal relationships, the presence of positive emotions.

O. Idobaeva developed a set of provisions and conclusions that formed a holistic psychological and pedagogical concept of the formation of the psychological well-being of the individual. A generalized model for the formation of the psychological well-being of the individual with regard adolescence and adulthood is developed. For the first time, the nature of the relationship between a number of components of the social situation of development and individual psychological characteristics is described for psychological and pedagogical purposes, the accounting of which is most significant for the prevention and correction of psychological problems in adolescence and adulthood [13].

It is important to consider the structural components of psychological well-being. Currently, there are three main components - physical, psychological and social. This division reflects the approaches of psychologists to the internal structure of the individual: the physical "I", the social "I" and the spiritual "I". Also an important indicator of psychological well-being is satisfaction in various spheres of life, both external and internal - satisfaction with material prosperity and with yourself, activity, relations with others, etc. Such authors as S.L. Arefiev, A.L. Svetsitsky, L.M. Mitin, R.A. Maksimova, O.S. Copin and others drew attention to types of satisfaction [19]. The research of these scientists revealed that satisfaction depends on the state of health, gender, social status, satisfaction of needs, the severity and importance of needs, an overall assessment of comfort, and indicators of professional success.

T.D. Shevelenkov and P.P. Fesenko outlined the main functions of psychological well-being as such: the function of adaptation is a regulative function that consists in the regulation of internal self-relationship, well-being, relationship with the outside world; the function of managing cognitive processes that ensure the adaptation and integration of the individual into society; behavioral function, consisting in the choice of behavioral strategies and dependence on the locus of well-being and personality orientation; a development function that ensures creative movement,



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both towards self-development, and in the direction of providing external conditions for satisfying higher needs and bringing the entire system into equilibrium [7].

R.M. Shamionov proposed the structure of factors that affect the degree of psychological satisfaction and well-being: motivational: achievements, recognition, growth, quality of life; content: the content of life and activities, relationships with others; hygienic: living and working conditions, ecology; Cognitive: knowledge of the world, itself, life and activity, their correlation and evaluation; emotional: the locus between the valences of the relation to oneself, the world, life and activity, the reflection of external evaluation [20, 21].

The concept of psychological well-being is based on the system of personal relations, its determinants come from a complex of psychological and socio-psychological relationships. The very system of internal relations is built on the basis of individual representations of the individual, which form a system consisting of the most important and significant aspects of life. This system includes both external and internal determinants.

Conclusion

At this point in science there are no unequivocally formulated notions of "subjective well-being" and "psychological well-being", so it is difficult to establish a clear difference between them. However, the complementarity of these concepts can turn out to be productive, as well as their mutual inclusion in each other, up to a complete merger, depending on the research objectives. Both methods are not mutually exclusive and cannot be opposed to each other. Rather, they have a dynamic common set of substructures and components, which is formed depending on the research objectives and the breadth or narrowness of its subject matter.

Summary

Therefore, the study of psychological well-being becomes a study based on existing theoretical developments, interrelations and a real correlation of the level of mental well-being and personal resources of a person.

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