

## **Psychological Well-being of Personality and Behavioral Resources**

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Nowadays the issue of psychological well-being of personality is widely discussed by the scientific community. In the war conditions, epidemiological, socio-political challenges, this problem has important practical interest in the context of the searching for resources of psychological well-being. The active search of ways to protect and increase the level of well-being takes place in various directions, including studying of the characteristics of people's behavior for overcoming problems.

This publication summarizes of the researching results, led by the author, in order to determine the age and gender characteristics of psychological well-being and its connection with coping-strategies and experience of spiritual practices.

The methodological and theoretical foundations of the research was the model of psychological well-being of K. Riff, the theory of mental health of M. Yagoda, the concepts of positive psychological functioning of the individual (N. Bradburn, A. Waterman, E. Diner, M. Seligman), as well as the theories of "psychologically healthy personality", which later became the basis for further research on the phenomenon of psychological well-being (A. Maslow, K. Rogers, E. Fromm, K.G.Jung).

Research methods: theoretical – analysis of scientific literature; empirical – questionnaire "Scales of psychological well-being" by K. Riff, methods of R. Lazarus for determining coping mechanisms and ways to overcome difficulties, questionnaire of the experience of spiritual practices; statistical – Kruskal-Wallis criterion and Mann-Whitney U-criterion for independent samples, r-Pearson correlation coefficient for determining the relationship between data.

By generalization of various psychological views, it is possible to characterize the phenomenon of psychological well-being as a reflection of the objective and subjective, which is expressed in the individual's ideas about happy and prosperous life. A stable condition of psychological well-being presumes that

personality has enough physical, psychological and social resources to deal with certain life problems. If resources are not enough, the level of well-being will tend to decrease.

In situations where there are some difficulties, personality actualizes special strategy of action – "coping", which leads to successful or unsuccessful adaptation and solution of the problem. The concept of coping includes various forms of personality activity, it covers almost all forms of human interaction with tasks, that need to be solved, avoided, taken under their own control or mitigated.

Spiritual practices are positively influencing on protection of psychological well-being. They are aimed on improving of physical and mental state, balancing emotional and sensual manifestations, capturing oneself and one's mind, self-development and self-improvement, a positive attitude towards oneself and other people, the world around us, etc. The spiritual practice of meditation, in terms of technique, is an exercise that develops a person's ability to recognize and control their mental, emotional and sensual inner activity.

An empirical study of the psychological well-being of the individual was attended by 164 respondents (residents of Ukraine), including 84 females and 80 males. By age – 44 respondents of early adulthood (20-35 years), 80 middle adulthood (36-55 years) and 40 late adulthood (60-65 years). The study was conducted before the full-scale Russian invasion of Ukraine.

The research showed that in the age dynamics of psychological well-being from early to middle adulthood, there are sex differences: women's level of psychological well-being increases, and men's – decreases; These changes are small, but statistically are significant. From middle to late adulthood there is a significant decrease in the level of psychological well-being, regardless of gender.

In the structure of psychological well-being with age there are changes:

- in the early adulthood, the most pronounced indicators of personal growth, goals in life, for women – even positive relationships with others, for men – self-acceptance;

- in the middle adulthood, indicators of environmental management, personal growth, goals in life prevail. In women, the possibilities of environmental management and self-acceptance increase the most, and in men, self-acceptance decreases along with personal growth and meaning in life, while all indicators are expressed at the same level;

- in the late adulthood, indicators of self-acceptance and positive relationships predominate, while there were no statistically significant sex differences.

The analysis of the connection between the psychological well-being of the individual and coping strategies showed that in middle adulthood:

- positive relationships, the ability to manage the environment and personal growth are associated with such coping strategies as self-control, the search for social support, the acceptance of responsibility;

- negative relationships with the environment, lack of personal growth, lack of goals in life in the structure of psychological well-being are interrelated with coping strategies of confrontation and avoidance.

In late adulthood:

- for those who use coping strategies of confrontation and avoidance, the level of life goals and positive relationships with the environment decreases;  
- maintaining positive relationships with the environment is associated with coping strategies "Search for social support", "Planning problem solving", "Positive reevaluation";

- environmental management is associated with the "Self-control" coping strategy.

Analysis of the connections between indicators of well-being and the experience of spiritual practices showed:

- for men, the difference in well-being increases with age depending on meditation and yoga classes – those who systematically use these practices have much higher well-being rates than those who do not use; they practically do not decrease with age;

- for women, the difference in well-being depending on meditation and yoga classes decreases with age, although well-being rates are higher in those who use them at a statistically significant level.

- in general, there is a direct moderate relationship between the presence of experience of spiritual practices and the level of indicators of psychological well-being at a statistically significant level at any age. Throughout the sample, the average value of the general index of psychological well-being and its components in people with experience of spiritual practices is greater than in people who have no experience of spiritual practices.

Thus, the psychological well-being of the studied Ukrainians has sex and age differences: the maximum level of psychological well-being in men is observed in early adulthood, and in women – in the middle, while changes occur in its structure. The psychological well-being of the individual depends on his behavior at all age stages: the search for social support, the planning of problem solving, positive reassessment, self-control and spiritual practices increase the level of well-being at any age and contribute to its preservation in late adulthood.

### **Bibliography**

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