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Hanna VARINA

Master of Psychology, Assistant Professor at the Department of Psychology,

Bogdan Khmelnytsky Melitopol State Pedagogical University

varina_hanna@mdpu.org.ua

ORCID: 0000-0002-0087-4264

Svitlana SHEVCHENKO

PhD in Psychology, Associate Professor,

Senior Lecturer at the Department of Psychology,

Bogdan Khmelnytsky Melitopol State Pedagogical University

svetlanashev1986@gmail.com

ORCID: 0000-0001-8281-243X

**GENDER ASPECTS OF THE PSYCHOLOGICAL WELL-BEING
OF THE INDIVIDUAL IN THE CONDITIONS OF TRANSFORMATION
AND SOCIAL CHANGE**

Abstract. *The purpose of the article is the analysis of theoretical and methodological approaches to the definition of the categories of «psychological well-being» and «happiness», an empirical study of the gender aspects of the manifestation of a sense of psychological well-being and happiness in adults in the conditions of transformation and social change. The research methodology is based on the principles of the existential-humanistic approach, scientific ideas about the essence and varieties of personal well-being, conceptual provisions about the essence, factors and dynamics of personal well-being. Psychological well-being is considered in the consensus of hedonistic (N. Bradburn), eudaemonistic (E. Deci, R. Ryan, K. Riff) and integrative approaches (A. V. Voronina, Yu. M. Oleksandrov, O. S. Shiryayeva, etc.). Theoretical and methodological aspects are actively developed in the works of domestic authors (O. M. Hrubyak, V. M. Dukhnevych, O. M. Znanetska, S. V. Karskanova, L. Z. Serdyuk, T. M. Tytarenko, etc.) and foreign scientists (M. Argyle, I. Bonnivell, E. Diner, M. Seligman, etc.). The scientific novelty is expanded and supplemented idea of content concept psychological well-being of the individual, his structures and factors, theoretical and methodological approaches to the study of the components of psychological well-being are systematized, gender aspects of living psychological well-being in adulthood are analyzed in the conditions of transformations and social changes. Conclusions. Psychological well-being is the central link to personal potential. Factors that determine the level of psychological well-being include: external (biological, social, material goods), personal (temperament properties, basic personality properties, positive character traits), interpersonal (effective interpersonal interaction, socially significant achievements), subjective– personal factors (dominance of positive affect, satisfaction with life). In the aspect of gender difference, the factors of psychological well-being according to the presented scales indicate that men, unlike women, have a significantly higher indicator of the «environmental management» factor. The 'personal growth' scale found no significant differences in the results between the female and male groups. A high rate of « self-acceptance » among both women and men indicates that respondents of both sexes have a positive attitude towards themselves, recognize and accept their own personal diversity. Both gender groups have the same results for the 'positive relations with others' and 'autonomy' scales. The study group did not have high indicators of happiness, which is a result of stressogenic factors that affect the life of a modern person.*

Key words: *psychological well-being, happiness, gender, self-acceptance, personal growth.*

Ганна ВАРІНА

магістр психології, старший викладач кафедри психології,
Мелітопольський державний педагогічний університет імені Богдана Хмельницького
varina_hanna@mdpu.org.ua
ORCID: 0000-0002-0087-4264

Світлана ШЕВЧЕНКО

кандидат психологічних наук, доцент кафедри психології,
Мелітопольський державний педагогічний університет імені Богдана Хмельницького
svetlanashev1986@gmail.com
ORCID: 0000-0001-8281-243X

ГЕНДЕРНІ АСПЕКТИ ПРОЖИВАННЯ ПСИХОЛОГІЧНОГО БЛАГОПОЛУЧЧЯ ОСОБИСТОСТІ В УМОВАХ ТРАНСФОРМАЦІЇ ТА СОЦІАЛЬНИХ ЗМІН

Анотація. Мета статті полягає в аналізі теоретико-методологічних підходів до визначення категорій психологічного благополуччя та щастя, емпіричному дослідженні гендерних аспектів прояву відчуття психологічного благополуччя та щастя у дорослих осіб в умовах трансформації та соціальних змін. **Методологія** дослідження ґрунтується на принципах екзистенціально-гуманістичного підходу, наукових уявленнях про сутність та різновиди благополуччя особистості, концептуальні положення про сутність, чинники та динаміку благополуччя особистості. Психологічне благополуччя розглядається в консенсусі гедоністичного (Н. Бредбурн), евдемоністичного (Е. Дісі, Р. Раян, К. Рифф) та інтегративного (А. В. Вороніна, Ю. М. Олександров, О. С. Ширяєва та ін.) підходів. Теоретико-методологічні аспекти активно розробляються у працях вітчизняних (О. М. Груб'як, В. М. Духневич, О. М. Знанецька, С. В. Карсканова, Л. З. Сердюк, Т. М. Титаренко та ін.) та зарубіжних (М. Аргайл, І. Бонівелл, Е. Дінер, М. Селігман та ін.) учених. **Наукова новизна** полягає у тому, що розширено та доповнено уявлення щодо змісту поняття психологічного благополуччя особистості, його структури та чинників, систематизовано теоретико-методологічні підходи до дослідження компонентів психологічного благополуччя, проаналізовано гендерні аспекти проживання психологічного благополуччя у дорослому віці в умовах трансформацій та соціальних змін. **Висновки.** Психологічне благополуччя є центральною ланкою особистісного потенціалу. До чинників, які визначають рівень психологічного благополуччя, відносяться: зовнішні (біологічні, соціальні, матеріальні блага), особистісні (властивості темпераменту, базові властивості особистості, позитивні риси характеру), міжособистісні (ефективна міжособистісна взаємодія, соціально значимі досягнення), суб'єктивно-особистісні (домінування позитивного афекту, задоволеність життям) чинники. В аспекті гендерної різниці чинники психологічного благополуччя за представленими шкалами говорять про те, що у чоловіків на відміну від жінок значно вищий показник чинника «керування середовищем». За шкалою «особистісне зростання» великої розбіжності у результатах між жіночою і чоловічою групами не виявлено. Високий показник «самоприйняття» як серед жінок, так і серед чоловіків говорить про те, що респонденти обох статей позитивно ставляться до себе, визнають і приймають власне особистісне різноманіття. За шкалами «позитивні відносини з оточуючими» і «автономія» результати в обох гендерних групах не відрізняються. Серед досліджуваної групи переважають невисокі показники щастя, що зумовлено стресогенними чинниками, які впливають на життя сучасної людини.

Ключові слова: психологічне благополуччя, щастя, гендер, самоприйняття, особистісне зростання.

Formulation of the problem. Psychological well-being is gradually taking the place of one of the most significant categories of modern psychological science, although its achievement in the conditions of the current instability of society and the situation in the country remains quite problematic, but desirable, which is explained by the positive changes that accompany this feeling, among which the growth of a person's faith in self and trust in the world and other people is perhaps the most important thing. The theoretical definition of subjective, psychological, eudaemonistic, and hedonistic well-being is still relevant even today, as a result of attempts to understand this phenome-

non. The individual must balance between satisfying his own needs and the needs of society; it must maintain a balance between the internal mechanisms of functioning and the conditions of the socio-psychological space. Satisfaction with life as a whole or its individual aspects is interconnected with emotional attitude to life, to oneself, to others and is reflected in assessments of the quality of life. Psychological well-being is generally characterized by experiences and states that are inherent to healthy individuals. Not by chance the concept of «welfare» is used Including organization protect condition, like new criterion for determination in which case the future is this no only difference nee-

dle or physical defects, and condition full physical, linguistic and social blessing Accordingly, in the conditions of transformation and social changes, pandemic conditions and war, the question of determining the factors and gender characteristics of the subjective feeling of psychological well-being by an individual arises quite acutely.

Analysis of sources and recent research. Psychological well-being is formed thanks to the positive aspects of the functioning of the individual and shows the individual's experience of such aspects of his own existence as: autonomy, competence in relations with the environment, the ability for personal growth, experiencing the meaning of life and self-acceptance. Psychological well-being is related to the existential experiences of a person in relation to his own life and is based on a person's comparison of himself and his life with subjective standards, norms and ideals. Today, it is possible to combine all approaches to understanding psychological well-being into multiple groups on a conditional basis.

The first group of psychologists includes those from other countries who differentiate between hedonistic and eudaemonistic teachings. The concepts of N. Bradburn and E. Diener are part of Hedonistic theories [6]. These concepts define psychological well-being as being balanced between positive and negative emotions through the concept of 'satisfaction-dissatisfaction'. N. Bradburn created an idea about the structure of psychological well-being, which, from his point of view, represents a balance achieved by the constant interaction of two types of affects – positive and negative [4]. The events of everyday life, which bring joy or disappointment, are reflected in our consciousness, accumulated in the form of a correspondingly colored affect. The things that disappoint us and the things that worry us accumulate in the form of negative affect, the same events of everyday life that bring us happiness and joy contribute to the increase of the positive aspect. Psychological well-being is reflected in the difference between positive and negative emotions, which reflect the overall feeling of satisfaction or dissatisfaction with life. In his works, E. Diener introduced the concept of subjective well-being [7]. The indicator of subjective well-being is composed of three main components: satisfaction, pleasant emotions, and unpleasant emotions. The purpose of subjective well-being is not just

to serve as an indicator of how much a person is immersed in depression or anxiety, but also it should demonstrate how much one person is happier than another, that is, the author equates subjective well-being with the experience of happiness [10].

The eudaemonistic approach states that a person's completeness in specific life circumstances is the main indicator of well-being. This approach is endorsed by those who believe that not all pleasures increase a person's subjective well-being. According to scientists, human relationships for the sake of the possibility of acquiring happiness also form the so-called eudaemonistic attitudes: hedonistic, ascetic, active, contemplative [2]. These attitudes are the psychological material that to a certain extent characterizes where, in which area of objective activity a person seeks self-realization, as well as with the help of which psychological means he tries to do this.

The second group includes views on psychological well-being based on the study of the problem of positive personality functioning, which is based on the views of A. Maslow, K. Rogers, G. Allport, K.-H. Jung, E. Erikson, Sh. Buhler, M. Yahody, D. Birrena [1]. Carol Riff summarized and singled out six components of the phenomenon of psychological well-being: self-acceptance (self-acceptance), maintaining positive relationships with others, autonomy, managing the environment, having a purpose in life, personal growth (development of individual self-improvement) [8].

Views on the phenomenon of psychological well-being based on the psychological preservation of functions are part of the third group. Individual differences in psychological well-being are explained by genetic factors, and this group is founded on that idea. This is the approach of R.M. Ryan, E.L. Deasy, K. Fredericka. R.M. Ryan and E.L. Desi believe that the connection between physical health and psychological well-being is obvious [5]. Functional limitations are often caused by the disease, which affects and reduces opportunities for life satisfaction. R.M. Ryan and K. Frederick determined that subjective vitality is an indicator of psychological well-being. Their conclusion was that subjective well-being is correlated not only with levels of psychological well-being, such as autonomy and positive relationships with the environment, but also with physical symptoms [9].

The fourth group includes the approaches of P.P. Fesenko and T.D. Shevelenkova, who consider psychological well-being as a holistic experience, which manifests itself in a subjective feeling of happiness, satisfaction with oneself and one's life, and is also related to basic human needs and values [3].

Psychological well-being as a holistic subjective experience is of great importance for an individual, as it is related to basic human needs and values, as well as concepts such as: happiness, happy life, satisfaction with life and self-satisfaction.

The purpose of the article is to analyze the gender aspects of living psychological well-being of the individual in adulthood.

Presenting main material. Empirical research was conducted by interviewing respondents using a created Google form, which included questions from the psychological well-being scale of K. Riff (adapted by T.D. Shevelenkova, P.P. Fesenko) and the «Updated Oxford Happiness Questionnaire» test. 36 adults, citizens of Ukraine, aged 22 to 57, took part in the study. Taking into account the gender aspect of the research and the identification of differences in indicators of factors of psychological well-being of the individual depending on gender, the number of respondents was proportionally divided into an equal number, which was 18 men and 18 women. Since the survey was conducted anonymously, attention is paid to such factors as gender and age of the subject in the results of the study. Peculiarities of psychological well-being at different stages of ontogenesis were determined using the «Scale of psychological well-being» method by K. Riff (adaptation by T.D. Shevelenkova, P.P. Fesenko). During the conducted research, at the initial stage, psychological well-being was analyzed according to 6 factors: positive relations with others, autonomy, environmental management, personal growth, goals in life, self-acceptance. The research subjects, namely: 18 men and 18 women in two categories: youth – age from 22 to 35 years and seniors – age from 35 to 57 years, were offered 84 statements with which the research subjects had to agree or disagree. The questionnaire's statements cover both positive (direct) and negative (reverse) aspects of psychological well-being. The number that best reflects the degree of agreement or disagreement with each statement was circled based on this.

Displayed during the process of interpreting the scores are the results of the respondents:

«*positive relations with others*» scale: low values were found in 8 women and 8 men, which was 44%. The lack of close and trusting relationships indicates this. The corresponding group of respondents experiences difficulties in showing warmth, openness and concern for other people; experiencing one's own isolation and frustration and reluctance to make compromises in order to maintain important connections with others. The corresponding scale showed high indicators for 10 women and 10 men, representing 56%. The interviewees who were corresponding would have a smooth, pleasant, and trusting relationship with others. Demonstrate a desire to care for others, the ability to empathize, love and closeness, and the ability to compromise in relationships.

«*autonomy*» scale: 7 women and 7 men, which is 39%, showed a low level of autonomy development, which is manifested in increased dependence on social expectations and evaluations of other people. Respondents focus on the opinion of other people when making important decisions, tend to show conformity, are unable to resist social pressure in thoughts and actions.

A high level of autonomy was found in 11 women and 11 men, which is 61%. The corresponding group of respondents tends to show independence, demonstrates the ability to resist social pressure in their thoughts and actions, has the skills to regulate their own behavior and evaluate themselves based on their own standards.

«*management*» scale by the environment»: 8 women (44%) and 4 men (22%) had a low level. The respondents in this category are unable to cope with daily tasks, feel unable to modify or enhance their living conditions, and exhibit a lack of control over their surroundings. 10 women (56%) and 14 (78%) men had a high level on this scale. They tend to show a sense of confidence and competence in managing everyday affairs, demonstrate the ability to effectively use various life circumstances and the ability to choose and create conditions that satisfy personal needs and values.

«*personal scale growth*»: 7 female (39%) and 5 male (28%) participants showed a low level of personal growth. These respondents experience a state of personal stagnation, lack of a sense of personal progress over time, boredom and lack of interest in life, a sense of inability to learn new skills. 11 women (61%) and 13 men (72%) showed a high level of personal growth. This category of

interviewees shows a sense of continuous self-development, a tendency to analyze their own personal growth and a sense of self-improvement over time. Respondents demonstrate a desire to realize their inner potential.

«*goals in life*» scale: 5 women (28%) and 1 man (6%) had a low level on this scale. The respondents expressed a lack of goals and a sense of meaninglessness in their lives. It is common for them to think that the present and past are not significant. Their life is incomplete without a clear system of beliefs that add purpose. A high level was found in 13 women (72%) and 17 men (94%). These respondents have clear and structured goals in life and a sense of meaning in life. They feel that the present and the past are meaningful. The system of personally significant beliefs that provide meaningful life vectors and goals is what distinguishes this category of interviewees.

«*self-acceptance*» scale: 4 women (22%) and 2 men (11%) showed a low level of self-acceptance, which manifests itself in dissatisfaction with oneself, disappointment in one's past, concern about some features of one's own personality, rejection of oneself. These respondents strive to be different, not what they really are. A high level of self-acceptance was found in 14 women (78%) and 16 men (89%). The interviewees have a positive assessment of the past and demonstrate a positive attitude towards themselves, recognition and acceptance of all their personal diversity, which includes both their own good and bad qualities.

In the process of carrying out the questionnaire test «Updated Oxford Happiness Questionnaire», which contains 29 groups of statements, the subjects were asked to choose one option out of four options from each group of statements related to personal happiness. The option that, in their opinion, best describes their inner feelings recently and at the time of the survey. As a result of this research, we found that:

- none of the 36 respondents has a low level of happiness;
- 3 women and 4 men have a reduced level of happiness indicator;
- 10 women and 7 men have an average level of happiness indicator;
- 5 women and 7 men have an increased level of the happiness indicator;
- no one has a high level of happiness.

That is, 17% of women have a low level of the indicator, 55% have an average level, and 28% have a high level of the happiness indicator (Fig. 1).

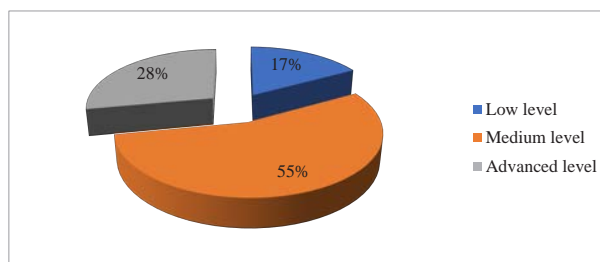


Fig. 1. Features of the manifestation of a feeling of happiness in a group of women (n=18)

Regarding men: 22% have a low level of the indicator, 39% have an average level and 39% have an increased level of the happiness indicator (Fig. 2).

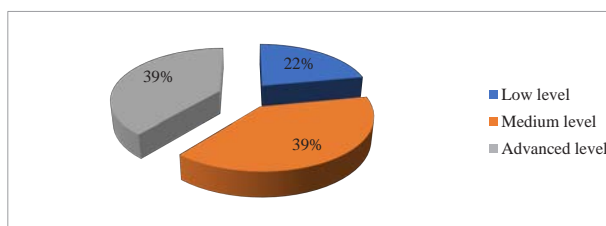


Fig. 2. Features of the manifestation of the feeling of happiness in the group of men (n=18)

A low or high indicator was not observed by any of the interviewed women and men. No interviewee can state that they are completely unhappy, just as no one was found to be completely happy among the researched.

In summary, we can cover the following. In terms of the gender difference, the factors of psychological well-being according to the presented scales indicate that men, unlike women, have a significantly higher indicator of the «environmental management» factor, it is more than 20% (78% of men with a high indicator and only 22% with a low one). Instead, women were approximately equally distributed within this scale (44% – low and 56% – high). In managing everyday affairs, men have more confidence and competence. Able to effectively use various life circumstances. They have the ability to select and create conditions that meet their personal needs and values. Also, on the «goals in life» scale, almost 25% more men, unlike women, have a high level and only 6% of men have a low level. They have goals in life and a sense of meaning in life, they demonstrate a sense that the present and the past are meaningful. They are also characterized by beliefs that give purpose to life. In women, these indicators were distributed in the ratio of 28% with a low level and 72% with

a high level, respectively. These data indicate that less than a third of women have little meaning in the present and the past, lack of goals in life, and the existing feeling of life being devoid of meaning, lack of beliefs that add goals to life.

According to the «personal growth» scale, there is no significant difference in results between the female and male groups, the results vary within 12%, but almost 40% of women experience personal stagnation, feel the lack of personal progress over time, as well as boredom and lack of interest in life, inability to learn new skills. Then, when the same indicator is lower for men by 12%. However, a higher percentage of respondents who feel a sense of continuous self-development, monitor their own personal growth and self-improvement, and realize their potential is much higher (72% of men and 61% of women).

A high rate of «self-acceptance», both among women (78%) and among men (89%), indicates that respondents of both sexes have a positive attitude towards themselves, recognize and accept their own personal diversity, which includes their own both good and bad qualities and positively evaluate their past. Although, we saw that women are more critical in their self-perception, unlike men.

The results for both gender groups are the same according to the 'positive relations with others' and 'autonomy' scales. We believe that there is no significant difference between these factors of an individual's psychological well-being from a gender perspective.

Regarding the second research method, the results determined the absence of extreme levels of happiness indicators – low and high. In general, among the studied group, not high indicators of happiness prevail. Thus, 55% of women have an average level of the indicator, and only 28% have an elevated level. At the same time, 40% of men have an average and almost 40% have an increased level of the happiness index.

Conclusions. The formation of psychological well-being encompasses guidance on how to overcome difficulties that arise in different parts of our lives. Psychological well-being is the central link of personal potential. The most subtle indica-

tor of transitional states from health to illness is experienced psychological comfort, which is an important indicator of health dynamics. The concept of 'quality of life' is a common definition of psychological well-being, which is a subjective experience of satisfaction with personal life. The correlation between it and the individual's satisfaction, self-realization, psychological health, and well-being is significant.

Factors that determine the level of psychological well-being include: external (biological, social, material goods), personal (temperament properties, basic personality properties, positive character traits), interpersonal (effective interpersonal interaction, socially significant achievements), subjective-personal factors (dominance of positive affect, satisfaction with life). Well-being depends on the presence of clear goals, successful implementation of activity and behavior plans, availability of resources and conditions for achieving goals. Unhappiness appears in a situation of frustration, monotony of executive behavior and other similar conditions. Well-being is created by pleasant interpersonal relationships, the opportunity to communicate and receive positive emotions from it, to satisfy the need for emotional warmth. Social isolation (deprivation), tension in significant interpersonal relationships destroys well-being. To conclude, it is important to note that a theoretical analysis of the scientific works of both domestic and foreign scientists and authors was conducted. An empirical study has been carried out using some of the methods and techniques for studying psychological factors that affect the well-being of individuals. As a result of the work, we came to the conclusion that the level of psychological well-being is determined by the presence of rational and irrational attitudes, the choice of appropriate strategies of behavior and the manifestation of protective mechanisms of the psyche. The promising direction of our work is the development and implementation of a training program aimed at correcting attitudes, finding the development of internal resources, forming a positive attitude towards oneself and others, stimulating the process of self-discovery and actualizing the inner potential of the individual. The result can be an increase in psychological well-being and improvement in mental health.

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