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FACTORS CONTRIBUTING TO PSYCHOLOGICAL WELL-BEING

Titov I. H.

Poltava V. G. Korolenko National Pedagogical University
titovpsy@gmail.com

Titova T. Ye.

Poltava V. G. Korolenko National Pedagogical University
titovapsy@gmail.com

Kohut I. V.

Poltava V. G. Korolenko National Pedagogical University
irynakohut15@gmail.com

Lavrinenko V. A.

Poltava V. G. Korolenko National Pedagogical University
lavrinenko.vitaliy@gmail.com

The consequences of the COVID-19 pandemic, the full-scale Russian invasion and the resulting increase of social, political, and economic tension have a powerful and ambiguous effect on everyone including university students, particularly in their psychological well-being. Therefore, the need for an in-depth analysis of the factors for achieving psychological well-being and the development of effective ways to increase its level is becoming more and more obvious.

Interest in well-being as a fundamental human concern has continued to the present day under a variety of methodologies and paradigms. From the literature review, two general perspectives on well-being could be distinguished: *hedonic* and *eudaimonic* approaches [1; 3; 6-9].

Hedonic approach focuses on subjective well-being, which is frequently equated with happiness and is formally defined as more positive affect, less negative affect, and greater life satisfaction [4].

For example, several decades ago, Ed Diener and colleagues operationalized “*subjective well-being*” as high life satisfaction combined with high levels of positive affect and low levels of negative affect [2].

Contrastingly, eudaimonic approach focuses on meaning and self-realization and defines well-being in terms of the degree to which a person is fully functioning. In the framework of this viewpoint well-being has been operationalized either as a set of six dimensions [8], as happiness plus meaningfulness, or as a set of wellness variables

such as self-actualization and vitality [7].

For example, Carol Ryff and colleagues have operationalized “*psychological well-being*” using a six-dimensional framework comprising positive relations, autonomy, environmental mastery, personal growth, purpose in life, and self-acceptance [7; 8].

Whereas previous studies have adopted a range of different perspectives on well-being, scholars recognize the value of both approaches and consider them as important aspects of the overall picture of well-being [5].

Thus, we propose an *integrative definition of psychological well-being as a state of mind in which an individual is able to be fully functioning, optimal experienced and satisfied in life.*

This definition highlights the multidimensional nature of psychological wellbeing, with the presence of affirmative emotions, psychological functioning, and a sense of purpose in life.

Figure 1 summarizes our basic propositions about main psychological factors of well-being we are focused on for the further research.

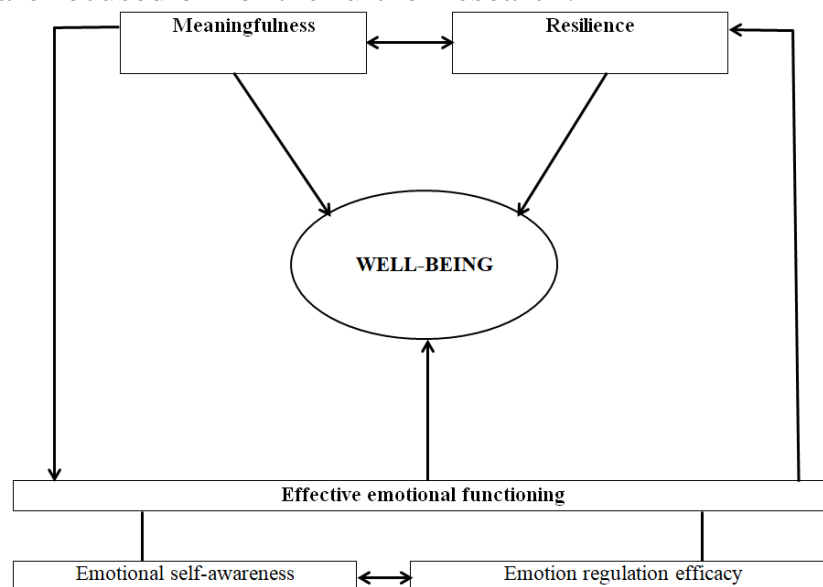


Figure 1. Research Model: Factors of Well-being.

Meaningfulness refers to the extent to which one feels that life has a meaning and purpose [1].

- (1) Being meaningful, person is able to set intrinsically constructive personal goals and to actualize potential to attain them.
- (2) Feeling of purpose in life, or a reason to live, gives person a sense of direction and time perspective (positive acceptance of one’s own past in combination with awareness of the future).
- (3) Having clear purposes determines person’s involvement into life activities and positive social relations; his/her perceiving the very process of his life as interesting, significant, useful, emotionally rich and filled with meaning.

Resilience is defined as the degree to which one considers that there are resources at one’s disposal that are sufficient and appropriate to apply to a given problem.

It is a belief that person has the power to manage and control his/her life, to make decisions freely and implement them (independently or through cooperation with others).

Thus, meaningfulness and resilience are global orientations that express the extent to which one feels life meaningful and purposeful; believes that demands will be met and coped with.

Positive emotional functioning comprises: *emotional self-awareness* – the ability to accurately perceive, understand and accept one’s own emotions and *emotion regulation* – the ability to effectively and constructively manage emotions (e.g., by means of cognitive reappraisal), reaching affect balance that facilitates successful coping with the inherent stressors.

Thus, the current study in an attempt to fill the existing gap, sought to probe the relationship between psychological well-being, meaningfulness, resilience, and positive emotional functioning.

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