Student youth representation of psychological well-being: results of content analysis of works

Received: April 08, 2020    Accepted: May 22, 2020


UDC 159.923

Abstract
The purpose of the article is to identify certain semantic features of lexical units. According to the respondents, they could be equivalent to the concepts of “psychological well-being” and “psychologically wealthy person”. The following methods were used in the study: theoretical analysis of research on the problem of psychological well-being of the personality; method of content analysis of literary works.
Introduction
The changes taking place at the beginning of the 21st century in the world and in our country in the sphere of economy, politics and geopolitics, in the social sphere, have led to such features of modern human life, which greatly affect the experience of psychological well-being. Innovative way of development of psychological well-being and all other spheres of society life a new information and telecommunication technologies, increasing globalization trends, demands for mobility of workers, dramatically increasing pace of life, necessity of increasing of labor productivity, dramatically increasing number of different natural and human-made disasters, geopolitical and social confrontations, peculiarities of modern life significantly affect the quality of life and psychological well-being.

Conclusions

The results of the analysis of the works and the results of writing the work, it was found that the most used equivalents are: vitality, which was chosen by 71.14% of respondents, “life satisfaction” (67.07%), “happiness” (66.12%), “trust” and “freedom” were chosen by 64.00%, “value of life” (62.15%), “self-sufficiency” (61.00%), “time” and “self-comprehension” (60.7%), “spirituality” (60.2%), “satisfactory mental and physical condition of a person” (59.13%), “comprehension of the world” and “material well-being” (58.8%), “social stability” (58.1%), “justice” (57.9%), “meaningfulness of a life” and “courage” (56.40%), “will”, “self-efficacy” and “vitality” (56.20%), “optimism”, “emotional stability” and “positive attitude to the surrounding reality” (56.00%), etc. Data of the conversations shows that the concepts of psychological well-being are ambiguous, as it has been indicated by the large number of equivalent categories. As a result of the conversation and the results of writing the work, it was found that the most used equivalents are: “vitality”, which was chosen by 71.14%, “life satisfaction” (67.07%), “happiness” (66.12%), “trust” and “freedom” were chosen by 64.00%, “value of life” (62.15%), “self-sufficiency” (61.00%), “time” and “self-comprehension” (60.7%), “spirituality” (60.2%), “satisfactory mental and physical condition of a person” (59.13%), “comprehension of the world” and “material well-being” (58.8%), “social stability” (58.1%), “justice” (57.9%), “meaningfulness of a life” and “courage” (56.40%), “will”, “self-efficacy” and “vitality” (56.20%), “optimism”, “emotional stability” and “positive attitude to the surrounding reality” (56.00%), etc. Data of the conversations shows that the concepts of psychological well-being are ambiguous, as it has been indicated by the large number of equivalent categories.

Keywords: well-being, psychological well-being, personality, content analysis, works-self-reports.

Results. The components of a person’s psychological well-being are determined. As a result of the conversation and the results of writing the work, it was found that the most used equivalents are: “vitality”, which was chosen by 71.14%, “life satisfaction” (67.07%), “happiness” (66.12%), “trust” and “freedom” were chosen by 64.00%, “value of life” (62.15%), “self-sufficiency” (61.00%), “time” and “self-comprehension” (60.7%), “spirituality” (60.2%), “satisfactory mental and physical condition of a person” (59.13%), “comprehension of the world” and “material well-being” (58.8%), “social stability” (58.1%), “justice” (57.9%), “meaningfulness of a life” and “courage” (56.40%), “will”, “self-efficacy” and “vitality” (56.20%), “optimism”, “emotional stability” and “positive attitude to the surrounding reality” (56.00%), etc. Data of the conversations shows that the concepts of psychological well-being are ambiguous, as it has been indicated by the large number of equivalent categories.

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The results made it possible to identify personality traits that are hypothetically related to the psychological well-being of the personality. Quantitative distribution of units of analysis showed the selection of traits that are characteristic of a psychologically wealthy person, such as: life satisfaction, trust, freedom, value of life, self-sufficiency, time, self-understanding, spirituality. The results made it possible to identify personality traits that are hypothetically related to the psychological well-being of the personality. Quantitative distribution of units of analysis showed the selection of traits that are characteristic of a psychologically wealthy person, such as: life satisfaction, trust, freedom, value of life, self-sufficiency, time, self-understanding, spirituality.
of the world and domestic media, as well as various more private factors. They make на factors make increasing demands on modern Ukrainians affecting their level of psychological well-being. This has led to increased interest of domestic psychologists to the problem of psychological well-being and unhappiness.

In Western psychology, the concept of "well-being" (literal translation means "good" and "being") implies a broad, but dynamic enough for the individual system of social connections, which involves interpersonal relationships filled with positive experiences.

Today, Ukrainian scientists research psychological well-being in a such context as: post-traumatic life (T. M. Tytarenko); axiological measurement through the prism of quality of life (Z. P. Virna); specifics of well-being of the participants of the anti-terrorist operation (I. V. Vashchenko, A. B. Kovalenko); social needs (T. V. Danilchenko); problems of poverty as lifestyle (L. M. Korobka); the relationship between religious activity and well-being (N. M. Savelyuk); factors of psychological well-being of atheists (I. I. Yagiayev); model of psychological well-being (B. E. Pahol); the relationship of psychological well-being and mental health (K. O. Sanko), features of teachers' psychological well-being (I. M. Galyan), functions of psychological well-being (L. Z. Serdyuk), features of psychological well-being of youth (O. M. Gryniv) and so on.

It should be noted that in Romance languages "well-being" is also characterized by words denoting "good" – "bien(e), bon(o), bene" (for example, in Spanish it is "bienestar", in Esperanto – "bonfarto", in French – "bien-etre", in Italian – "benessere").

In a number of Slavic languages (for example, in Bulgarian – "блатство"; in Serbian – "благостанье"; in Czech – "blahobytu", in Croatian – "blagostanje"), the ancient semantics of the Slavic "material good" or "earthly goods" are preserved. The same meaning has another word – "good" (property, things), which is also present in the concept of "well-being" in other Slavic languages (for example, in Belarusian – "дабрабіт", in Polish – "dobresamopoczucie"). It is consistent with the concept of "well-being" used in Western European terminology. Observations show that the traditional concept of well-being for most people was based on an assessment
of the state of mind of the people (in a very deep tradition) or, at a later time, associated with material possessions. Generally, it should probably be assumed that such a cardinal scatter of the coordinates of well-being is associated solely with the existing and approved in society system of values, expressed in one or another lexical unit, and rethought and supplemented meaningfully in later periods (including semantic, motivational, institutional determinants). Already in the Proto-Slavic period, "good" is included in the semantics of "happiness" through a rather long chain of concepts. As a result, material good is transformed to some extent into a spiritual value: "wealth" – "property" – "good (well) thing" – "good" – "happiness" (Zilova, 2010: 106-112).

Scientist Zilova analyzes the ethno-specificity of the concept of "well-being" in Russian, British and American linguistic cultures. Based on the etymological analysis of "well-being", the scientist concluded that the word is borrowed from the Ancient Slavic language and is duplicated from Greek "eutychia" which is interpreted as "eu" – "good" and "tychia" – "fate". The scientist points out that the concept of "well-being" is quite straightforward and is explained as a successful result, health, well-being, happiness, financial security, a quiet state of life (Zilova, 2010: 106-112).

Observation of the functioning in language and metamorphoses of the concepts of "well-being", which contain the basis of "good-", "bliss-" allows us to point out a direct connection with such ideas about the state of well-being, which can be expressed by the words "good" (or synonymous with "good"), "happiness", "peace", "luck". In this case, "luck" is explained as "a happy, desirable result, a happy coincidence". The person can describe the experience of a current state with the words "fate", "case", with the help of neutral lexical units, as well as those containing both negative and positive emotional vectors: "coincidence", "event", "unhappiness", "lucky", "happened", "has fallen to fate", "luck has fallen", "happiness has fallen", etc. (Encyclopedic Dictionary, 2005).

Theoretical substantiation of the problem. Studying the concept of "well-being" gives grounds to place emphasis not only on the subjective assessment of the personality and a life, but also on aspects of positive functioning of the personality.
Personality, aware of a current or potential state, brings out a peculiar subjective idea of the level of a social and therefore psychological well-being. Personality is able to influence this level, supporting it, choosing health-saving ways of existence in society and the environment. This promotes physical, mental health, by reducing the degree of negative experiences arising from the overcoming of objective difficulties or evaluated as such, accompanying human life events. As a rule, subjective evaluations are expressed by tokens that contain evaluative characteristics of the different degrees of compliance of the experienced state with the subjective idea of the desired ones. The current state of psychological well-being in the evaluation of each personality will differ in the level of his or her assessment. The level of assessment can also be influenced by experience, the opinion of a significant environment, social attitudes, the system of values imposed by the environment and cultivated by society, value hierarchies that affect conscious and unconscious resource attitudes. As the above psychosemantic analysis of the concept of “well-being” showed, the criteria of psychological well-being can be “well-being” itself, as well as “happiness”, “luck”, “joy” and so on. In this case, “happiness”, in terms of the internal form of the word, should express the highest degree of well-being experienced (Diener, 1998).

Today, there are several aspects and components of psychological well-being that can be diagnosed methodically, both with non-specific and specially developed tools. The research and diagnosis of other aspects and features of psychological well-being are related to the problems of finding or developing specific and adapting non-specific methods and techniques. Due to the multidimensional consideration of theoretical materials, it has become possible to explore certain aspects of psychological well-being: emotional maturity of the individual, dependence–independence, personal aspirations, vitality of the person, sense of life orientation, self-efficacy, etc.

Ukrainian psychologists today study certain aspects of psychological well-being. In particular, the following aspects are studied: the connection of the self-concept with psychological well-being (O. M. Znanetskaya); the ratio of self-regulation and psychological well-being (Yu. M. Alexandrov); впала" , "щастя впала" тощо (Энциклопедический словарь, 2005).

Teoretichne обґрунтування проблеми. Вивчення поняття "благополуччя" дає підставу розставити акценти не лише на суб'єктивній оцінці індивідів та свого життя, а й на аспектах позитивного функціонування особистості. Особистість, усвідомлюючи свій актуальний або потенційний стан, виводять своєрідне суб'єктивне уявлення про рівень свого соціального, а отже – психологічного, благополуччя, здатна впливати на цей рівень, підтримуючи його, вибираючи здоров’язберігаючі спосіб існування в соціумі та навколишньому середовищі, що сприяють її фізичному, психічному здоров’ю, знижуючи ступінь негативних переживань, що виникають внаслідок подолання об’єктивних труднощів або оцінюваних як такі, супутніх життя людини подій. Як правило, суб'єктивні оцінки виражаються лексемами, що містять оціночні характеристики різних ступенів відповідності пережите того стану суб'єктивним уявленням про бажані станах. Актуальний стан психологічного благополуччя в оцінці кожного індивіда буде відрізнятися рівнем його оцінки, в тому числі на рівень оцінки може вплинути минулий досвід, думка значущого оточення, соціальні установки, нав’язувана оточенням та культивована соціумом система цінностей, ціннісні ієрархії, що впливають на свідомі та несвідомі ресурсні установки. Як показав проведений вище психосемантичний аналіз концепту "благополуччя", в якості критеріїв психологічного благополуччя можуть висупати і власне "благополуччя", а також "щастя", "удача", "радість" тощо. При цьому "щастя", з точки зору внутрішньої форми слова, має виражати найвищий ступінь пережитого благополуччя (Diener, 1998).

Сьогодні можна виділити декілька аспектів та складових елементів психологічного благополуччя, можливість діагностики яких забезпечене методично, як неспеціфічним, так і спеціально розробленим інструментарієм. Вивчення та діагностика інших сторон та особливостей психологічного благополуччя пов’язані з проблемами пошуку або розробки специфічних та адаптацією неспеціфічних методів та методик. Завдяки багатоаспектному розгляді теоретичних матеріалів, з’явилася можливість дослідити певні аспекти психологічного благо-
well-being as a psychological reward for social activity (I. I. Semkiv); the influence of life aspirations of the personality on satisfaction with own life (T. M. Tytarenko); axiological dimension of individual well-being through the prism of quality of life (Z. P. Virna); psychological well-being of participants of the anti-terrorist operation (I. V. Vashchenko); factors of psychological well-being of atheists (I. I. Yagiayev); well-being in the context of social needs and social comparison (T. V. Danilchenko); the relationship of psychological well-being with self-affirmation (V. V. Grishko), psychological well-being of people with diabetes (G. E. Yakh), etc.

In the context of the study of psychological well-being features of particular interest are the implemented research methods such as conversation and content analysis. The quantitative and qualitative method of document study (praximetric) is determined by the objectivity of the conclusions and the rigor of the procedure, it involves quantitative word processing and interpretation (Personality Psychology, 2003). Scientists J. B. Mannheim and R. K. Rich distinguished the content and structural types of "content analysis" (Mannheim, Rich, 1997), according to the substantive representation of the text, E. Tarshys singled out the nonquantitative and quantitative analysis (Sociological Dictionary, 2005) and L. White and R. Clark – frequency and probabilistic analysis (White, Clark, 1983: 123).

The purpose of the research is to identify certain semantic features of lexical units that, according to the respondents, could be equivalent to the concepts of "psychological well-being". It should be noted that students were able to provide an unlimited number of definitions on the same concept. Units of content-analysis were adjectives or nouns that semantically expressed a certain state, process, or personal property that could describe a psychologically wealthy person.

Methodology
The following methods were used in the research:
- theoretical analysis of research on the problem of psychological well-being of the personality;
- a method of content analysis of works-self-reports.

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For this purpose, a number of open statements were pre-selected, which the respondents chose independently, thoroughly considering. It has been revealed how the personality perceives and experiences own psychological well-being, which is the basis of life resources, and what makes a person psychologically wealth and so on.

Conversation and content analysis of the works were used to search for the features of psychological well-being. It has been revealed a way in which a person perceives and experiences own psychological well-being, the basis of person’s well-being, mental, physical health, thanks to which personality feels psychologically wealthy. Respondents were asked to describe what exactly the components of their psychological well-being are. An important condition of this stage was the writing of a work-reflection, the analysis of which revealed certain semantic features of lexical units, which can be regarded as equivalents of psychological well-being of the personality.

Subsequently, an interview was conducted with respondents to find out what exactly prompted them to achieve psychological well-being and why they achieved it. An unlimited number of definitions were given, there were no time constraints. During the interview with the researchers, it was found that the components of psychological well-being are distinguished by their complexity, capacity and versatility.

Participants
53 respondents, students aged 17 to 20, participated in this study.

Results and discussion
Consideration of the phenomenon of psychological well-being shows that today there is no unity in its definition; the definition of its components remains a debatable issue. However, it is worth noting that, according to modern American researchers, psychological well-being is a broader category, which includes the criteria of psychological, social and physical functioning of the personality (E. Diner, J. Saputa, E. Sakh) (Diener, 1998). In foreign sources, psychological well-being is regarded as a dynamic property of the personality, which includes subjective psychological components, as well as associated with adaptive (healthy) behavior (N. Bradburn, R. Biswas-Diener, E. Diener) (Diener, Biswas-Diener, 2002).

певний стан, процес або особистісну властивість, що могли описати психологічно благополучну людину.

Методологія та методи. У дослідженні було застосовано наступні методи:
- теоретичний аналіз досліджень з проблеми психологічного благополуччя особистості;
- метод контент-аналізу творів-само­звітів.

Для цього попередньо відібрано низку відкритих тверджень, які респонденти обирали самостійно, грунтовно обмірковуючи. Виявлялося, як саме сприймає та переживає людина власне психологічне благополуччя, що лежить в основі її ресурсів, завдяки чому особистість відчуває себе психологічно благополучною тощо. У цьому дослідженні приймали участь 53 респонденти, студенти віком від 17 до 20 років.

Для пошуку особливостей психологічного благополуччя застосовано бесіду та контент-аналіз творів. Встановлено як саме сприймає і переживає особистість своє психологічне благополуччя, що лежить в основі її благополуччя та психічного й фізичного здоров’я, завдяки чому вона відчуває себе психологічно благополучною тощо. Респондентам опитування запропоновано описати, що саме є компонентами їхнього психологічного благополуччя. Важливою умовою цього етапу дослідження було наведення твору-роздуму, розбір якого дав змогу виявити певні семантичні особливості лексичних одиниць, які можна розглядати як еквіваленти психологічного благополуччя людини.

Результати та дискусії
Розгляд феномену психологічного благополуччя показує, що на сьогодні немає єдності
The model of psychological well-being gives a more holistic and differentiated characterization of well-being than the model of subjective well-being, because it is an extension of the eudemonist Aristotelian philosophical tradition. According to it the desire to discover own potential is defined as the ultimate goal of the individual. Compared to subjective well-being, which focuses primarily on subjectivity, psychological well-being reflects a person's ability to lead a meaningful life and to cope with life's problems. Analyzing the data of scientific theory, it can be noted that the main path of a person to psychological well-being lies, first of all, through successful social accommodation. It is an adaptation to real life conditions and circumstances, requests of the social environment. The leading components of such adaptation are positive thinking and social behavior, which provide a general level of feeling and experience of one's own psychological well-being (N. Bradburn, R. Biswas-Diener, E. Diener). (Diener, Biswas-Diener, 2002). Thus, psychological well-being is a basic experience that determines the quality of life of a person (Bradburn, 1969).

The personality lives and changes constantly, and its components of psychological well-being undergo changes. Analyzing the components of the psychological well-being of the personality, we turn to the position of W. Frankl, who states that if a person knows "why", then he or she can withstand any "how" that is the basis of a psychological well-being. Those who have meaning and purpose in life are more successful in overcoming life circumstances, while remaining psychologically wealthy and healthy, attracting their own vital resources. These resources increase resistance to adverse circumstances. On the contrary, "existential vacuum" increases the vulnerability of a person, depriving her or his life of a vector and value, so it negatively affects a psychological well-being (Frankl, 2000).

It should also be noted that individuals who have scarce resources and are at a disadvantage in order to conserve their already scarce resources will be more likely to take a defensive stance in the face of stressful circumstances, choosing passive coping strategies, illusively believing that their psychological well-being will not be affected (Frankl, 2000).

Analyzing the tokens received from the respondents during the interview and that characterize the psychological well-being of the person, it is also worth mentioning у його дефініції, дискусійним питанням також залишається визначення його складових. Проте варто зазначити, що на думку сучасних американських дослідників, психологічне благополуччя є більш широкою категорією, яка включає критерії психологічного, соціального та фізичного функціонування особистості (Е. Дінер, Дж. Сапута, Е. Сах) (Diener, 1998). У зарубіжних джерелах психологічне благополуччя розглядають як динамічну властивість особистості, яка включає суб’єктивні психологічні складові, а також пов’язана з адаптивною (здоровою) поведінкою (Н. Бредбурн, Р. Бісвас-Діенер, Е. Діенер) (Diener, Biswas-Diener, 2002).

Модель психологічного благополуччя дає більшу цілісну та диференційовану характеристику благополуччя, ніж модель суб’єктивного благополуччя, адже вона є розширенням евдемоністичної аристотелівської філософської традиції, згідно з якою як заключну мету існування особистості визначено її прагнення виявити свій потенціал. Порівнюючи із суб’єктивним благополуччям, яке робить акцент в першу чергу на суб’єктивності, психологічне благополуччя відображає здатність людини вести значуще життя та вміти справлятися з життєвими проблемами. Аналізуючи дані наукової теорії, можна відзначити, що головний шлях людини до психологічного благополуччя лежить, щонайперше, через успішну соціальну акомодацію – адаптацію до реальних життєвих умов та обставин, запитів соціального оточення. Провідними ж компонентами такої адаптації виступають позитивне мислення та соціальна поведінка, що й забезпечує загальний рівень відчуття та переживання власного психологічного благополуччя (Н. Бредбурн, Р. Бісвас-Діенер, Е. Діенер) (Diener, Biswas-Diener, 2002). Отже, психологічне благополуччя є базовим переживанням, яке визначає якість життя людини (Н. Бредбурн) (Bradburn, 1969).

Особистість живе та постійно змінюється, зазнає змін і її компоненти психологічного благополуччя. Аналізуючи компоненти психологічного благополуччя особистості, звернемося до позиції В. Франкля, який говорити про те, що, якщо людина знає "навіщо", то вона може витримувати будь-яке "як", що і є основою її психологічного благополуччя. Ті, хто
G. Allport’s opinion: "... too often we overlook a rich source of data, namely, what the subject knows about himself". The scientist generally considered it necessary to study the truth of the statement of the majority of the participants in the study. He noted that a psychologist who wants to study the personal dynamics of people should first ask their opinion about themselves, their features, and the answers should be considered as truthful information, even if the subject is "a small child, psychotic, or personality prone to self-defense behavior" (Psychology of personality, 2003: 188).

Thus, the use of self-assessment in the diagnosis of psychological well-being is quite convincing. I. Boniwell’s statement is also apt: “We believe that within each of us lives the Power that is our peculiar resource, the Power capable of lovingly pointing us to the path to true well-being, the Power that man in the process of introspection can find in itself” (Boniwell, 2005: 69).

For the convenience of analysis, the obtained data were divided into the following groups and 5 bar charts (see Figs. 1–5).

Fig. 1. Emotional state
Notes: X – percentage expression; n = 53.

Fig. 2. Personal qualities
Notes: X – percentage expression; n = 53.
As a result of the interview and the results of writing the work, it is revealed that the most used equivalent is “vitality”, which has been chosen by 71.14%, “life satisfaction” (67.07%), “happiness” (66.12%), “trust” and “freedom” (64%), “value of life” (62.15%), “self-sufficiency” (61%), “time” and “self-understanding” (60.7%), “spirituality” (60.2%), “satisfactory mental and physical state of man” (59.13%), “understanding of the world”, “material well-being” (58.8%), “social viability meaningfulness of life value of life satisfaction freedom value of life understanding of the world material well-being social stability time life satisfaction freedom value of life understanding of the world around material well-being meaningfulness of life

Fig. 3. Attitude to yourself
Рис. 3. Відношення до себе

Fig. 4. Vitality
Рис. 4. Життєстійкість

Fig. 5. Life satisfaction
Рис. 5. Задоволеність життям
stability” (58.1%), “justice” (57.9%), “meaningfulness in life” and “boldness” (56.4%), “will”, “self-efficacy” and “vitality” (56.2%), “optimism”, “emotional stability” and “positive attitude to the environment” (56%), etc. These interviews indicate that the concept of human psychological well-being is ambiguous, as indicated by the large number of equivalent categories.

Content-analysis of the works was also used to identify components of psychological well-being. The type of content analysis is documentary, because the parameters of the written work are analyzed as messages (semantic loading, information compactness, capacity and informative content). The following tasks were put forward for content analysis of the works: research of character-psychological and psychological features of the respondents; identifying appropriate equivalent tokens to describe the components of a psychologically wealthy personality; processing and refinement of data obtained by other tests. Therefore, the content analysis procedure was determined by the stages of selection of units of analysis, grouping and ordering of semantic data; the result of frequency distributions; identification of relationships between respondents’ answers; interpretation of the obtained results (Mannheim, Rich, 1997: 277-285).

In content analysis focus is on identifying equivalent units that somehow express the notion of a “psychologically wealthy person”. Data from the quantitative analysis of the content-analysis result show that the concept of “psychological well-being” is quite broad, as indicated by numerous equivalent categories. As a result, it has been revealed that in the works the most used equivalent of the “component of psychological well-being” is “life satisfaction”, which was chosen by 64.12% of respondents. The tokens “trust” and “value of life” were distinguished by 60.4%, “courage” and “vitality” by 61.1%, tokens “independence”, “meaningfulness of life”, “optimism” was chosen by 58.9%. The smallest choice was attributed to the characteristics of “credibility” and “negative past” (9%). This stage ended with a generalization, a combination of theoretical and empirical results and the development on this basis of a description of the components of the personality psychological well-being.

**Conclusions**

Interview and content analysis of the works were used to determine the features of psychological well-being. During the interview with the respondents, it was found that psychological well-being is distinguished by its complexity, capacity and versatility. As a result of the interview and the results of the writing works, 60.40%, “сміливість” та “життєстійкість” – 61,10%, лексеми “незалежність”, “осмисленість життя”, “оптимізм” – 58,90%. Найменший вібір закріпився за характеристиками “довірливість” та “негативне минуле” – 9,00%. Даний етап закінчився узагальненням, поєднанням теоретичних та емпіричних результатів, і розробкою на цій основі опису складової психологічного благополуччя особистості.

**Висновки**

Для пошуку особливостей психологічного благополуччя використовувалась бесіда та контент-аналіз творів. Під час бесіди з респондентами було встановлено, що психологічне благополуччя вирізняються своєю складністю, ємністю та багатогранністю. У результаті проведеної бесіди та за результатами написання твору виявлено, що найбільш використаним еквівалентом є життєстійкість, задоволеність життям, щастя, довіра, свобода, цінність життя, самодостатність, час, саморозуміння, духовність. Результати контент-аналізу творів надали змогу визначити риси особистості, що гіпотетично пов’язані з психологічним благополуччям особистості.

Визначено складові психологічного благополуччя людини. До найбільш впливових компонентів, на думку опитуваних, відносяться задоволеність життям, довіра, цінність життя, сміливість, життєстійкість, незалежність, осмисленість життя та оптимізм, що складають основу психологічного благополуччя особистості.

Найменш впливовими компонентами, що впливають на психологічне благополуччя, на думку опитуваних, є довірливість та негативне минуле.

Перспектива подальших досліджень полягатиме у вивченні індивідуально-типологічних особливостей психологічного благополуччя особистості, а саме, дослідження своєрідності психологічного благополуччя у комбінації його якісних характеристик, їх кількісного виразу, ступеня домінування тощо.

**Список використаних джерел**

Boniwell I. Beyond time management: How the latest research on time perspective and perceived time us can assist clients with time-related concerns. Interna-
it is revealed that the most used equivalents are life sustainability, life satisfaction, happiness, trust, freedom, value of life, self-sufficiency, time, self-understanding, spirituality. The results of the content analysis of the works made it possible to identify personality traits that are hypothetically related to the psychological well-being of the personality.

The components of a person's psychological well-being are determined. According to the respondents, the most influential factors include life satisfaction, trust, value of life, courage, vitality, independence, sense of life and optimism, which are the basis of the psychological well-being of the personality.

The least influential factors affecting psychological well-being, according to the respondents, are credibility and negative past experience.

The prospect of further research will be to study the individual-typological features of the psychological well-being of the personality, namely, the study of the peculiarity of psychological well-being in the combination of its qualitative characteristics, their quantitative expression, the degree of dominance, etc.

References


