Psychological well-being as a factor of personal social security

1. Problem definition

In recent decades, instability of economic institutions, financial constraints, unfavourable demographic situation, lowering of life levels and quality have actualized scientific and public interest to personal social security as a prerequisite for progressive development of the contemporary society.

Personal social security is a complex system of measures from the state, aimed at maintaining of decent living standards for its citizens and taking care about those groups that are not able to assure them themselves. Thus, social security is, after all, solicitous attitude of the state to its main wealth – people.

Social security in the broadest sense means protection of a person, social groups, communities against threats that can distort their vital interests, rights, freedoms. The most important direction of personal social security achieving is forming of own personal potential, creating of conditions for its revealing and a feeling of personal psychological well-being.

Importance of the issue of personal psychological well-being in psychology, as in other sciences, is related to the practical necessity to determine factors of inner balance and personal development contributing to adequate social behaviour and self-realization, and social security.

The research object is personal psychological well-being as a holistic phenomenon.

The research subject is personal psychological well-being as a factor of social security.

The research purpose is to identify inner resources of personal psychological well-being that can promote personal social security.
2. Literature review

A significant amount of works is devoted to research on this (Воронина, 2002; Фесенко, 2005; Ryff, 1998; Serdiuk, 2011; Панина, 2006 et al.). A number of concepts having meanings close to personal "psychological well-being" is associated to it: "mental health", "a normal and abnormal personality", "positive lifestyle", "emotional comfort", "quality of life", "a self-actualised personality", "life satisfaction" and others.

These concepts are often related to such a category as "mental health". Describing the mental health criteria, researchers assign a major role to mental equilibrium and related harmony of mind and adaptive capacities, ability to change behaviour appropriately according to changes in the environment and to organize it in accordance with accepted ethical norms, sense of affection and responsibility towards relatives, ability to implement life plans.

R.M. Ryan and E.L. Deci believe that the link between physical health and psychological well-being is evident (Deci & Ryan 2000). Diseases often cause functional limitations that reduce opportunities for life satisfaction. Subjective life hardness correlates not only with the psychological well-being indicators such as autonomy and positive relationships with others, but also with physical symptoms.

The theoretical basis for understanding of the psychological well-being phenomenon and its importance for self-realization was laid by the works (Ryff 1998 and others); they study personal subjective well-being that include the ideas of happiness, life satisfaction, positive emotions, psychological health and stability of mind, etc.

Researchers of personal subjective well-being take as a point of departure mainly the fundamental principle that such well-being is estimated solely by a person from the position of his/her values and objectives. Since the values and objectives are always individual, there is not any universal structure of well-being and it cannot exist, and the only possible decision is to study factors influencing the feelings of happiness and satisfaction.

Mental health indicators can be fixed mainly by an external observer, such an approach can become an objective assessment of person’s psyche on the base of predefined criteria, which are sometimes different; but psychological well-being exists first of all in subject’s mind and is defined as existential experience by a person of his/her attitudes to his/her life and associated with everyday concepts like happiness, happy life, etc. Also, the "subjective well-being" term is present the scientific literature, which is synonymous with psychological well-being (Панина 2006).
One of the researchers of the psychological well-being (Шамионов 2004), defines it as a concept that expresses person’s own attitude to his/her personality, his/her life and it is the process that is important in terms of mastering of normative ideas about the external and internal environment and is characterized by a feeling of satisfaction. The psychological well-being consists of two major components: prevalence of positive emotions over negative ones and positive assessment of own life. Thus, it is possible to highlight two components of the psychological well-being: cognitive (assessment of various aspects of life) and emotional (dominant emotional attitude to these aspects). This division is relatively holistic from the point of view of understanding of component relationships (Панина 2006).

Understanding of the psychological well-being structure was expanded by the value of future prospects and personal aspirations, making them a component of the psychological well-being structure (Serdiuk 2011).

The concept of “satisfaction” is close to psychological well-being; its various aspects are discussed in psychological studies: as an element of happiness, job satisfaction, life satisfaction, but holistic understanding of satisfaction has not yet been achieved. Psychological or subjective well-being is traditionally considered in the context of "quality of life", which has still rather vague understanding.

Basing on integration of the various theories related to well-being, K. Ryff proposes a generalized model of psychological well-being that includes six components: person’s positive attitude to him/herself and his/her past life (self-acceptance); availability of goals and passions that give meanings to his/her life (purpose in life); ability to meet daily life requirements (environmental mastery); feeling of constant development and self-actualization (personal growth); relationships with others, permeated with care and confidence (positive relationships with others); ability to comply with own beliefs (autonomy) (Ryff 1998).

Theoretical concepts of subjective well-being are created basically in the context of the existential-phenomenological approach, but there are also original and independent models of subjective well-being, particularly in the works of (Воронина 2002; Фесенко 2005).

According to the model of A.V. Voronina, psychological well-being is defined as a systemic personal quality that is acquired in the process of life on the base of psychophysiological function preservation, it is manifested in perception of meaningful fullness and value of life in general, as a means for achieving of internal, socially ori-
entled goals and is a condition for implementation of potential abilities (Воронина 2002).

Analyzing various approaches to the psychological well-being concept, P.P. Fesenko proposes to understand this construct as a rather complex feeling of satisfaction with person’s own life, reflecting both current and potential aspects of personal life. The work (Фесенко 2005) shows that the structures of current and ideal psychological well-being are significantly different. The next components are the most important in the structure of the current psychological well-being: "personal growth", "positive relationships with others," "life goals". The ideal psychological well-being is associated mainly with self-acceptance, the ability to establish and maintain warm trusting relationships with others, presence of life goals and the ability to implement them effectively.

Thus, psychological well-being can be defined as an integral indicator of person’s orientation onto implementation of the main components of positive functioning, as well as a degree of implementation of this orientation, which is reflected in the subjective feeling of happiness, satisfaction with him/herself and his/her life.

As an integral personal formation, psychological well-being functions in dynamic and therefore is a motivational indicator of a person, its manifestation depends on reality, structure, integrity (consistency of the past, present and future) of person’s attitudes and his/her life prospects, including his/her goals, plans, values and desires. Based on this, a person is presented in his/her personality in all his/her unity as an integrity that unites socio-biological, socio-psychological and social qualities.

3. Research results

Our study, which was focused on identification of the personal potential of psychological well-being, was carried out with university students because training of future professionals is one of the decisive factors that determine social effectiveness of the society, forms its intellectual potential, creates its professional elite, ensures continuity of national development without which a modern country cannot exist and be developed. However, a feeling of psychological well-being plays a huge role for successful mastering by students of their chosen professions, for their learning motivation. A feeling of psychological well-being consists of many components; they include learning conditions, relationships in a team, a personal status, a financial situation, confidence in the future, positive motivation for future careers.
112 students of universities in Kiev participated in our research. The obtained results of the research are based on the concept of a personality as a holistic system of social, socio-biological, socio-psychological, socio-philosophical qualities that characterize his/her as a subject and an object of social relationships.

The next psychological techniques were used: the Purpose in Life Test (J. Crumbaugh and L. Maholik, adaptation by D.A. Leontiev (Леонтьев 1992)); the Hardiness Survey (S.R. Muddy, adapted by D.A. Leontiev, A.I. Rascasova (Леонтьев & Рассказова 2006)), the Ryff Scales of Psychological Well-Being (a modified version of T.D. Shevelenkova, P.P. Fesenko (Фесенко 2005)). Processing of the empirical results was carried out using a computer program for statistical data processing SPSS Statistics 21.0.

Indicators of students’ psychological well-being (with the Ryff Scales of Psychological Well-Being) are shown in Fig. 1. Psychological well-being is understood not only as person’s mental and physical health, but also as actualization by a person of him/herself, his/her potentials and capabilities, including professional self-fulfilment throughout his/her careers.

**Fig. 1. The indicators of psychological well-being for the students**

A characteristic feature of the obtained results is that all indicators of psychological well-being are above average levels for the majority of the surveyed students. Above average values are shown by 61% of the students for the "Positive relations with
others" scale; by 48% for the "Autonomy" scale; by 51% or the "Environmental mastery" scale; by 62% for the "Personal growth" scale; by 59% for the "Purpose in life" scale; by 48% for the "Self-acceptance" scale. However, the above data shows that the respondent are characterized by low values of "Autonomy", "Environmental mastery" and "Self-acceptance" that is the reason why many of the respondents have psychological well-being indicators below average.

The performed correlation analysis shows that the indicators of psychological well-being are related with indicators of life purpose orientations (goals in life, life process, life achievements) and especially personal life hardiness.

Hardiness components are important for maintaining of health, optimal level of efficiency and activity in stressful living conditions.

For the examined sample, above average values are shown by about 40% of the surveyed students for the "Commitment" scale; by 45% for the "Control" scale; and by 30% for the "Challenge" scale. Given the data, it should be noted that most of the respondents, unfortunately, do no belief that they can enjoy their own activities and often have a feeling of helplessness.

However, namely, person’s human belief that everything that happens to him/her supports his/her development through knowledge and experience promotes his/her readiness to act, even in absence of guaranteed success, through active learning from experience and its subsequent use.

Table 1. The correlation analysis of the psychological well-being indicators with indicators of purpose orientations and life hardiness

<table>
<thead>
<tr>
<th></th>
<th>Positive relations with others</th>
<th>Autonomy</th>
<th>Environmental mastery</th>
<th>Personal growth</th>
<th>Purpose in life</th>
<th>Self-acceptance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Goals in life</td>
<td>.076</td>
<td>.178</td>
<td>.102</td>
<td>.086</td>
<td>.277**</td>
<td>.398**</td>
</tr>
<tr>
<td>Life process</td>
<td>.308</td>
<td>.167</td>
<td>.167</td>
<td>.194</td>
<td>.244</td>
<td>.339**</td>
</tr>
<tr>
<td>Life achievements</td>
<td>.361</td>
<td>.113</td>
<td>.351</td>
<td>.165</td>
<td>.362</td>
<td>.490**</td>
</tr>
<tr>
<td>Locus of control-self</td>
<td>.141</td>
<td>.127</td>
<td>.007</td>
<td>-.001</td>
<td>.152</td>
<td>.314**</td>
</tr>
<tr>
<td>Locus of control – life</td>
<td>-.043</td>
<td>-.133</td>
<td>-.126</td>
<td>-.222</td>
<td>-.130</td>
<td>.083</td>
</tr>
<tr>
<td>Overall indicator of life meaningfulness</td>
<td>.172</td>
<td>.186</td>
<td>.166</td>
<td>.142</td>
<td>.249</td>
<td>.420**</td>
</tr>
<tr>
<td>Commitment</td>
<td>.306</td>
<td>.222</td>
<td>.245</td>
<td>.201</td>
<td>.244</td>
<td>.442**</td>
</tr>
<tr>
<td>Control</td>
<td>.085</td>
<td>.261</td>
<td>.198</td>
<td>.130</td>
<td>.165</td>
<td>.356**</td>
</tr>
<tr>
<td>Challenge</td>
<td>.311</td>
<td>.211</td>
<td>.276</td>
<td>.423**</td>
<td>.354</td>
<td>.468**</td>
</tr>
</tbody>
</table>

**. Correlation is significant on the level of 0.01 (2-tailed).
*. Correlation is significant on the level of 0.05 (2-tailed).
Source: own elaboration.
So, the surveyed students can be described generally as those who have trusting relationships with others, understand that human relationships are based on mutual actions; they are quite autonomous and independent, able to regulate their own behaviour, to create conditions and circumstances necessary to meet their personal needs and to achieve their goals; they are eager for personal growth and aware of goals for their future. However, many of the surveyed are unsure of their ability to achieve their goals.

The “personal autonomy” construct is quite important, which means an ability to self-determine own positions and is associated with one of the highest personal characteristics – spirituality (Gabanska, 1995). In other words, personal autonomy is understood as an "inner core", an interiorized form of external regulation, which became self-regulation and transformed into a qualitatively new form.

As it can be seen from the data of Figure 1, personal autonomy has the lowest value in the structure of psychological well-being. Since personal autonomy is associated with formation of "positive" image of a person (Seligman & Csikszentmihalyi, 2000), it manifestations highlight the aspects of mental health and personal growth, so it can become one way to describe a full blown personality who is able to determine and regulate own life.

4. Conclusions
A. Importance of the researched problem is related to the need of socio-economic and psychological apprehension of a real state of personal social security, estimation of conditions for its provision and analysis of its role and place for strengthening of social security of a person and the society during economic transformation of our country.

B. Personal social security means conditions that support opportunities for comprehensive expanded creation of a personality, development of his/her vitality, labour and spiritual abilities due to forming of an appropriate level of personal potential and quality of social relations in the society.

C. We understand personal potential as inner resources gained as a result of understanding by a person of relations between his/her past, present and future from the perspective of implementation of his/her capabilities and achievement of his/her life prospects. It means reserve for full participation in the present, the ability to implement and develop worthily his/her vitality, labour and spiritual abilities in the future.
D. Personal social security provision means solving the problem of expanded creation of personal potential as interconnected, interdependent and interrelated solicitude of a person and the society in the process of socialization and personal development. Such approach allows the society to implement an important goal – assurance of real opportunities for implementation and expanded creation of personal potential of each person for benefits of themselves and the society.

E. The most important condition for effective social development is the principle of active self-realization of own social potential by each person for satisfying of their needs and demands of the society. Social assistance and support from the state and the society are needed and justified only insofar as they do not induce social apathy and consumerism of certain subjects, but rather stimulates their labour and socio-political activity, creativity.

References

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Abstract
Psychological well-being as a factor of personal social security
The article discusses the phenomenon of personal psychological well-being as an integral formation that is expressed in a degree of person’s orientation to implementation of the main components of his/her positive functioning, as well as in a degree of actualization of such an orientation that is perceived subjectively as satisfaction with him/herself and his/her life, which, in turn, is a personal internal resource and the most important factor of his/her social security.
Instability and complexity of socio-economic conditions of personal development poses a threat for his/her social security as a prerequisite for full development of his/her vital forces, labour and intellectual abilities, professional and personal self-realization.
Keywords: personal social security, psychological well-being, personal inner resources, personal potential.

Аннотация
Психологическое благополучие как фактор социальной безопасности личности
В статье рассматривается феномен личностного психологического благополучия в качестве неотъемлемого формирования, что выражается в степени ориентации человека в реализации основных компонентов его положительного функционирования, а также в степени актуализации такой ориентации, что воспринимается объективностью как удовлетворенность жизнью, которая, в свою очередь, представляет собой личностный внутренний ресурс и самый важный фактор социальной безопасности личности.
Нестабильность и сложность социально-экономических условий развития личности создает угрозу для социальной безопасности в качестве предварительного условия для полноценного развития жизненных сил, трудовых и интеллектуальных способностей, профессиональной и личностной самореализации.
Ключевые слова: социальная безопасность личности, психологическое благополучие, личностные внутренние ресурсы, личностный потенциал.