

# Interconnection of Women's Psychological Well-Being with Their Personal Characteristics

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**Abstract** — The article discusses the interconnection of women's psychological well-being with their personal characteristics, namely with self-attitude and life-meaning orientations. In the course of the study, reliable differences in the level of the psychological well-being in the different age groups of women were found. Women in the age group of 35 and older have a higher level of psychological well-being on integral scale as well as on scales of tension and sensibility and self-rating of their health. During the research of the self-relation in this age group reliable higher values of self-confidence, self-sequencing and self-guiding were registered, in comparison with the age group of women under 35. The article presents the results of the comparative study of the interconnection of psychological well-being with self-attitude and life-meaning orientations in different age groups of women. Positive relationship of psychological well-being with total positive self-relation, self-respect, self-understanding, life goals, process of life, life result, self-locus control and integral value of the meaningfulness of life was registered in both age groups. Positive relationship of psychological well-being with self-sympathy, self-confidence, self-acceptance, self-interest, life locus control was found in the age group of women under 35.

**Keywords** — *psychological well-being, self-attitude, life-meaning orientations*

## I. INTRODUCTION

The maintaining of psychological well-being and aspiration for the positive functioning is an important motive power of society and of everyone [1–9]. The influence of the objective events on the maintaining of psychological well-being is not very significant; personal characteristics have greater impact on the increasing of well-being. The main role is played by an active personality that not only sets the purposes but works to rich them.

In a stressful situation, personal resources allow estimating it as something the person can cope with. Mainly adaptive coping strategies are used. Personal resources have direct effect

as well as indirect effect (through the external conditions and psychological state of the person) on psychological well-being [10,11].

Such personality traits as resilience, optimism, self-efficacy, self-control, locus of control, basic beliefs, sense of coherence, tolerance to uncertainty, called personal resources, contribute to the interaction with the world, achieve goals, overcome difficulties and acquisition psychological well-being.

The intensity of personal resources affects the level of psychological well-being. The personality is considered as an active subject, influencing its psychological well-being by changing internal and external factors.

The research of psychological well-being and comparative analysis of this phenomenon in men and women reveal a paradox. Women demonstrate higher level of psychological well-being in comparison with men.

However, the women's gender role in modern society, gender stereotypes lead to deep conflicts which reduce the level of actual psychological well-being.

It can be assumed that the subjective factors connected with the level of psychological well-being are the women's perceptions about their role in the profession and in the family. A number of studies have shown that the significance of their job, family, children, husband is a subjective factor for the women with high level of psychological well-being as well as for the women with low level of psychological well-being.

The age differences in the manifestation of the subjective factors remain virtually unexplored. It is still not clear which factors define the age changes in the features of psychological well-being [12].

## II. PROBLEM STATEMENT

The practical task connected with the increasing of the level of women's psychological well-being becomes more and more

actual due to accelerated pace of life in the modern world, their orientation to the career building and growth in the stress level.

Besides it, modern psychological science has instruments able not only to increase adaptation to the life conditions but also contribute to personal growth, self-realization and happier and more meaningful existence of women in the world.

The interest in the study of the problem of personal well-being is also due to appearance of positive psychology, which seeks answers to the questions about subjective nature of happiness, well-being, satisfaction and their sources and factors [13].

At the moment there are different approaches to the study of the psychological well-being in the foreign psychology.

For example, Ryan, Deci consider psychological well-being as a hedonistic and eudemonic perspective. Diener, Ryan distinguish negative and positive affects in the structure of subjective well-being; Flanagan, Burckhardt, Frisch consider subjective satisfaction with various spheres of life.

Ryff, Keyes distinguish components of psychological well-being by crafting definitions. Riff identifies the following components: life goals, positive relations with others, personal growth, environmental management, self-acceptance and autonomy [14-23].

In Russian psychology, the phenomenon of psychological well-being is also actively researched. Shamionov believes that the various components of well-being are not only interconnected with themselves, some of them are mutually integrated, that is, satisfaction with work contains satisfaction with relationships.

Psychological mechanisms of protection can regulate various spheres of life. For example, dissatisfaction in any area can be compensated not only by re-evaluating the situation, but also by redirecting activity to another area where the individual is satisfied.

The uniqueness of subjective well-being lies in the fact that the mechanisms of its formation are not only in the social environment, but also in the inner world of the individual [24-27].

Mainly socio-cultural, social-economic, social-psychological, psychological factors are studied. There is little research of gender and age differences in psychological well-being.

The results of the analysis of publications that consider the phenomenon of psychological well-being allow to state that the topic is actual now. The submitted research is due to the fact that that the topic is not thoroughly studied in particular for women.

### III. RESEARCH QUESTIONS

The empirical research is based on the suggestion that there are reliable differences in the level of the psychological well-being of women of different age groups: women who are 35 and older have reliably higher level of psychological well-being.

Consequently we can identify specific personal determinants of psychological well-being of women in different age groups.

The task of the study is a search for answers for two questions. Do statistically reliable differences in the level of psychological well-being in different age groups exist or not? What are the personal determinants of psychological well-being of women of different age groups?

### IV. PURPOSE OF THE STUDY

Purpose of the study is to examine psychological well-being of women in different age groups (under 35 and older), to reveal potential personal determinants of women's psychological well-being.

### V. RESEARCH METHODS

The results of psychological diagnostics of 50 women were included into the sample. All the participants have higher education or study at the high school. They specialize in humanities. Differences in the marital status, length of work are not considered. The total sample was divided into two groups with 25 persons in each group. The first group consists of women of the first middle age from 22 to 35; the second group includes women of the second middle age from 35 to 55.

For the diagnostic of psychological well-being "Scale of subjective well-being", developed by A. Perrudet-Badoux with co-authors was used in its Russian version by M. V. Sokolova.

The study of self-attitude was carried out with the help of the "Test-questionnaire of self-attitude" by V. V. Stolin and S. R. Panteleev, which allows researching total indicator of self-attitude and factors of self-attitude: self-confidence, self-sympathy, self-interest and expectation about attitude to oneself; also the level of concrete actions towards self.

For the research of personalized meanings which can be found either in the future (goals), or in the present (process) or in the past (result), or in all the three components of life, the test "Life-meaning orientations" by D. A. Leontyev was used. The obtained data underwent to Pearson correlation analysis; comparative analysis was performed according to Student's t-test for independent samples.

### VI. RESULTS

The results obtained with the test of the subjective well-being are summarized in Tables 1, 2 and presented in Fig. 1.

TABLE I. DISTRIBUTION OF TOTAL SUBJECTIVE WELL-BEING IN PERCENT FROM THE NUMBER OF RESPONDENTS

Total indicators of the subjective well-being	First group (%)	Second group (%)
Extremely low (25-33 points)	0	17
Trend to the well-being (34-48 points)	38	45
Middle (49-77 points)	52	38
Trend to the trouble (78-92 points)	10	0
Extremely high (93-100 points)	0	0

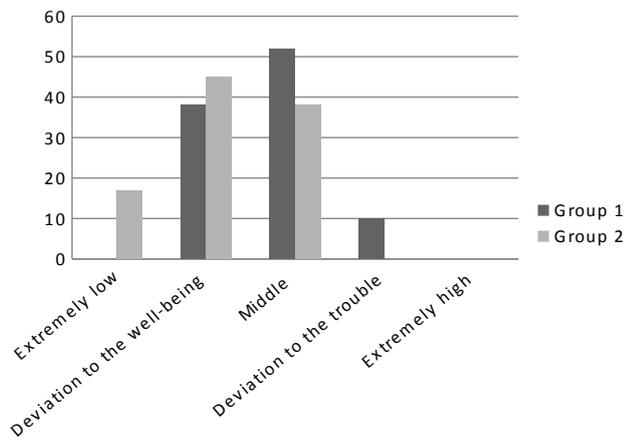


Fig. 1. Distribution of total subjective well-being in percent from the number of respondents

All the respondents (100%) from the second group estimate their psychological well-being as positive. 38 % of women older than 35 have middle indicators of the psychological well-being, 62 % have indicators lower than middle.

Average values and standard deviations of the factors of subjective well-being in the first group of women under 35 and the second group over 35 are presented in Table 2.

The calculation of the significant differences (Student's t-test) allows to state that reliable differences in total psychological well-being exist between group 1 and group 2 ( $t = 2.36$ ;  $sig. = 0.023$ ).

Therefore, the level of psychological well-being is higher for the women in the second group over 35. In addition, there are reliable differences between the groups on the scales of tension and sensibility ( $t = 2.23$ ;  $sig. = 0.027$ ) and on the scale of self-rating of health ( $t = 2.77$ ;  $sig. = 0.008$ ).

Research of the total indicator of the positive self-relation in different age groups did not reveal any reliable differences. The calculation of the significant differences (Student's t-test) shows differences between the groups on the scale "self-confidence" ( $t = 2.25$ ;  $sig. = 0.029$ ) and "self-sequencing, self-guiding" ( $t = 2.30$ ;  $sig. = 0.025$ ). Women of the second group over 35 are more confident in their abilities, more active and independent.

Average values of the indicator of the meaningfulness of life as well as indicators on separate scales of the life-meaning orientations test: life goals, process of life, life result, self-locus control, and life locus control were higher in the second group. However the calculation of the significant differences (Student's t-test) didn't show reliable differences in the groups.

Correlation analysis demonstrates positive interconnections of psychological well-being with total positive self-relation, self-confidence, self-understanding, life goals, process of life, result of life, self-locus control and total indicator of meaningfulness of life.

TABLE II. AVERAGE VALUES AND STANDARD DEVIATIONS OF THE RESULTS OF THE TEST "SUBJECTIVE ESTEEM OF THE PSYCHOLOGICAL WELL-BEING"

Scale	Average value $\pm$ standard deviation, group 1	Average value $\pm$ standard deviation, group 2	Average value $\pm$ standard deviation, all the respondents
Total	56.90 $\pm$ 14.68	47.72 $\pm$ 12.77	51.58 $\pm$ 14.22
Tension and sensibility	11.43 $\pm$ 3.56	9.21 $\pm$ 3.42	10.14 $\pm$ 3.62
Psycho-emotional symptomatic	12.19 $\pm$ 3.92	10.42 $\pm$ 4.07	11.16 $\pm$ 4.07
Change of mood	5.62 $\pm$ 2.33	5.38 $\pm$ 2.09	5.48 $\pm$ 2.17
Significance of the environment	7.86 $\pm$ 3.10	6.48 $\pm$ 2.51	7.06 $\pm$ 2.83
Self-rating of health	8.62 $\pm$ 2.97	6.66 $\pm$ 2.04	7.48 $\pm$ 2.64
Satisfaction from activity	11.19 $\pm$ 3.71	9.59 $\pm$ 3.28	10.26 $\pm$ 3.52

Generally in the second group of women under 35, twice as many correlations of psychological well-being with factors of self-relation and life-meaning orientations were found. That may indicate impact of more personal characteristic on the psychological well-being of the younger women.

## VII. CONCLUSION

The results show that:

- reliable differences in total psychological well-being in different age groups of women exist; the level of psychological well-being is reliably higher in the group elder than 35 years (in the older group);
- factors of the self-relation: self-confidence, self-sequencing and self-guiding, are reliably higher in the second group of women elder than 35 years;
- there are positive relationships of psychological well-being with total positive self-relation, self-respect, self-understanding, life goals, process of life, life result, self-locus control and total indicator of meaningfulness of life.

Therefore, the results obtained during the study may be useful for the development of individual programs of psychological counseling for women to improve their psychological well-being.

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