

INTERNAL RESOURCES OF PERSONAL PSYCHOLOGICAL WELL-BEING



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Abstract

The issue of the ways to preserve and strengthen an individual's mental health and the effective means of promoting his/her psychological well-being and life satisfaction is a new and promising area of research in modern psychology. The article presents an empirical analysis of personal resources; their development is the basis of an individual's psychological well-being and effective functioning, when he/she can realize his/her potential, overcome life's difficulties effectively and work productively. In this context, the correlations of the components of psychological well-being with self-determination abilities, coping strategies and actual abilities were analysed. The inner orientation, which had the greatest impact on the prognostic model of psychological well-being, correlated with awareness of the meaning of one's own life, understanding of life goals, and the belief in the ability to achieve them. The primary actual capabilities, which determined emotional experiences in relation to oneself and in interpersonal relationships, correlated with almost all examined indicators. The linear regression analysis that was conducted showed that the primary actual capabilities, namely, hope, love, trust, and time are of special importance in an individual's achieving one's positive life priorities.

Keywords: psychological well-being, internal resources, inner orientation, actual capabilities, positive psychotherapy

Introduction

The Modern life is becoming more and more a test of the strength of people's internal resources: the level of their strength and whether it is sufficient to withstand negative external influences and adapt to changing conditions without much damage to mental health and psychological well-being.

The COVID-19 pandemic has caused a serious health crisis worldwide (Ettman et al, 2020, Villani et al., 2021). Symptoms of anxiety and depression are the most common psychological responses to the COVID-19 pandemic (Villani et al., 2021; Alfawaz et al., 2021).

Modern research projects convincingly prove that an individual's internal personal resources can help to counteract the negative psychological consequences of a pandemic and preserve psychological health. In particular, feelings of hope, self-efficacy, and optimism, effectively support the experience of psychological

well-being, amortizing the adverse effects of quarantine and pandemic (Pellerin, & Raufaste, 2020). It was determined that self-efficacy and the existence of goals in life, in addition to well-developed cognitive and affective spheres of personality reduced the risk of disease among health professionals (Krok, Zarzycka, & Telka, et al., 2021). The existence of a sense of the meaning of life, self-compassion, the use of effective coping strategies, positive emotions, strengths of character (ability to empathize, gratitude and hope, courage and endurance) contributed to the emergence and maintenance of positive emotions and optimism (Olf et al., 2021). Psychological capital and the internal locus of control maintained a positive balance of affect (Krampe, Danbolt, Haver, et al., 2021).

Thus, an individual's internal (personal) resources are a buffer that protects him/her from the negative effects of the pandemic. In fact, an individual's inner resources, such as resilience, optimism, wisdom, social support, life goals or meaning in life, spirituality, self-efficacy, effective coping strategies used to overcome stress, etc. are positive psychosocial factors underlying positive mental health (Messias et al., 2020). The term "positive" emphasizes the mobilization of existing human potential, which mediates the trajectory of self-improvement, self-realization, including psychological well-being, happiness, life satisfaction, stress resilience, post-traumatic growth, prevention of psychopathology and so on.

The desire for positive functioning and a sense of well-being is one of the main drivers for personal growth and an important condition for the quality of life, so the problem of its acquisition and support is the subject of numerous psychological studies.

The study on the factors of an individual's psychological well-being is important due to the need to give objective feedback to the social-cultural policy of society and the state. After all, the World Health Organization (WHO) has taken the very concept of well-being as the main criterion for determining health, as it is more determined by self-esteem and a sense of social belonging than biological functions of the body (World Health Organization, 2018). Numerous empirical studies (Bowling, Banister, Sutton, Evans, & Winsdor, 2002; Rigby, & Huebner, 2005) suggested that subjective self-assessment of well-being and health were more important variables than effective economic or socio-demographic factors characterizing the parameters of quality of life. The key factors assessing

psychological well-being include, in particular, the level of adaptation, self-control and self-efficacy, morale, self-esteem perceived as control over life (locus), life expectancy, optimism-pessimism, social values, beliefs, aspirations, etc. (Bowling, Banister, Sutton, Evans, & Winsdor, 2002).

Methodology

The following methods of psychological examination were used in the empirical study: C. Riff's scale of psychological well-being (Shevelenkova, & Fesenko, 2005); Wiesbaden Questionnaire (WIPPF) proposed by N. Peseschkian and X. Deidenbach (Peseschkian, & Deidenbach, 1988; Serdiuk, & Otenko, 2021); Folkman and Lazarus's Ways of Coping Questionnaire (Kryukova, & Kuftyak, 2007); the General Causality Orientations Scale of E. Deci, R. Ryan (Dergacheva, 2002).

The sample consisted of 370 people, including: general school and university students; persons who improved their skills in the method of positive psychotherapy; and working professionals. The respondents' age ranged from 18 to 57 years.

The empirical data obtained were processed with a computer program for statistical data processing SPSS Statistics 21.0.

Results

Our study is based on C. Ryff's concept (1995) of understanding the phenomenon of psychological well-being and its importance for an individual's self-realization. C. Ryff's model is a multifactorial structure of psychological well-being including 6 components as a manifestation of positive psychological functioning: positive attitude to self and one's own past; existing goals and hobbies that give meaning to life; ability to meet the requirements of everyday life; a sense of constant development and self-realization; positive relationships with others, with care and trust; the ability to adhere to one's own beliefs.

We define psychological well-being as an integral indicator for the degree to which a person focuses on the realization of the main components of positive functioning, as well as the degree of actual implementation of these orientating points, which is subjectively expressed in feelings of happiness and satisfaction with oneself and life.

The analysed empirical data showed that all indicators of psychological well-being were above average in the vast majority of the respondents. Frequency analysis of the data showed that 61% of the respondents had above-average values for the scale of "positive relationships with others"; 48% had such values for the scale of "autonomy"; 51% had for the scale of "environmental mastery"; 62% had for the scale of "personal growth"; 59% had for the scale of "goals in life"; and 48% had for the scale of "self-acceptance".

Pearson's correlation analysis for the components of psychological well-being and coping strategies used to overcome stress and presented in Table 1 shows that people with high psychological well-being were characterized by a predominance of "planful problem solving" and coping strategy, which indicated their ability to objectify a situation, forecast the development of its possible options and analyse their necessary internal resources, taking into account previous experience.

Table 1

Pearson's correlation of components of psychological well-being and coping strategies

	Positive relationships	Autonomy	Environmental mastery	Personal growth	Goals in life	Self-acceptance
Confrontation	.05	.14	-.16*	.15	-.06	-.05
Distancing	-.09	-.09	-.17*	-.07	-.19*	-.17*
Self-controlling	-.17*	-.15*	-.15	.02	-.02	-.12
Seeking social support	-.02	-.05	-.18*	.06	.19**	.02
Accepting responsibility	-.13	-.29**	-.36**	-.01	-.05	-.29**
Escape-avoidance	-.27**	-.35**	-.48**	-.09	-.29**	-.36**
Planful problem solving	.25**	.48**	.38**	.39**	.37**	.47**
Positive reappraisal	.27**	.18*	.13	.32**	.26**	.28**

** p<.01; * p<.05

The data in Table 1 show that the respondents with high psychological well-being use effective coping strategies - planful problem-solving and positive reappraisal. Such strategies, due to the analysis of situations and their own resources contribute to the development of an individual, his/her self-improvement, integration of personal resources and behavioural styles, which ensures the preservation of psychological health and well-being in different situations. Obviously, the most ineffective strategy is escape-avoidance, which indicates a lack of understanding of the causal links between one's own actions and current difficulties and, as a result, self-withdrawal (ignoring or denying a problem, fantasizing, etc.).

The study of the inner foundations of an individual's psychological well-being was also carried out on the basis of the criterion of self-determination (Ryan, & Deci, 2017). Self-determination includes motivation that arises from internal sources, but it also includes external motivation if a person identifies him/herself with the value of activities and feels that it is consistent with his sense of self. Such motivation provides self-awareness and self-knowledge, the ability to achieve goals, the ability to solve problems, decision-making, the ability to plan and achieve objectives, self-regulation and self-management skills (Ryan, & Deci, 2017).

Correlations among the components of psychological well-being and indicators of self-determination are presented in table 3.3

Table 2

Pearson's correlation of components of psychological well-being and self-determination

Components of psychological well-being	Causal orientation		
	Internal orientation	External orientation	Impersonal orientation
Positive relationships	.34*	.14	-.22*
Autonomy	.35**	-.15	-.33**
Environmental mastery	.33**	.14	-.21*
Personal growth	.44**	-.17	-.24*
Goals in life	.38*	-.13	-.21*
Self-acceptance	.41**	.01	-.31**

** p<.01; * p<.05

As we can see from Table 2, the components of psychological well-being are related to the internal causal orientation, which reflects the independent and conscious choice of human behaviour. Causal orientation characterizes an individual's ability to feel competent, confident in his/her decisions based on personal motives and the ability to adequately respond to changes in the external environment. Impersonal orientation, which is an indicator of a low level of self-determination, has inverse correlations with all components of personal well-being.

Many studies (Dieffenbach, & Statler, 2012; Lytvynenko, 2016; Nakamura, & Csikszentmihalyi, 2014; Ryan, & Deci, 2017; Serdiuk, Danyliuk, & Chykhantsova, 2019) have shown a close link between the concepts of "self-determination" and "flow", which means a state of complete absorption into an activity, enjoyment of this activity, this state is often described as a feeling of satisfaction from self-realization, increasing self-confidence and the ability to effectively overcome difficulties. In the "flow" state, the pleasure then inherent in the very activity encompasses a person, makes his/her behaviour autotelic (auto - self, telos - goal), i.e. the one that is performed for its own sake. Like the theory of self-determination, the flow theory emphasizes the phenomenology of an individual's intrinsic motivation (Nakamura, & Csikszentmihalyi, 2014).

Thus, intrinsic motivation promotes personal

autonomy, independence from others, stimulates self-motivation of activities and behaviour; and the internal locus of causality (compared to the external one) promotes the tendency to pursue one's own goals and, as a result, achieve them.

Based on regression analysis, we identified the predictors that have the greatest impact on an individual's psychological well-being. Table 3 presents the results of regression analysis performed to predict an individual's psychological well-being.

Table 3

Model	Regression models			Std. error
	R	R ²	Adjusted R ²	
1	.711 ^a	.505	.486	18.11
2	.786 ^b	.618	.595	16.09
3	.828 ^c	.685	.660	14.74

a. Predictors: (const) Internal orientation

b. Predictors: (const) Internal orientation, personal growth

c. Predictors: (const) Internal orientation, personal growth, self-acceptance

e. Dependent variable: psychological well-being

Table 3 reveal that an individual's psychological well-being can be predicted using three models. Thus, based on the third model, which explains 69% of variances, we have found that psychological well-being is influenced mostly by the indicators: inner orientation, personal growth and self-acceptance.

An individual's *internal resources of psychological well-being* can be examined more deeply on the basis of self-assessment of characterological and personal features (secondary actual abilities in relation to own behaviour and primary actual capabilities in relation to oneself), the essence of which is manifested via psychodynamics of the conflict reactions (Peseschkian, & Deidenbach, 1988; Remmers, 1996).

Table 4 presents the correlations between actual capabilities and other personality constructs that characterize the personality aimed at self-realization, life satisfaction and psychological well-being. The results show that contacts, trust, hope, and tenderness contribute to positive relationships, and the over-assessment of punctuality and thrift, on the contrary, has a negative impact. Autonomy and self-determination are facilitated by such abilities as sincerity, time, trust and hope, obedience, justice, etc. Personal growth is supported by politeness, sincerity, diligence, contacts, trust, hope and faith/meaning.

Table 4.

Pearson's correlations of actual abilities with components of positive personality functioning

	Positive relationships	Autonomy	Environmental mastery	Personal growth	Goals in life	Self-acceptance	Psychological well-being
1.1 Orderliness	-.25	-.16	-.08	.18	-.09	-.15	-.14
1.2 Cleanliness	-.26	-.21	-.27	.04	-.09	-.26	-.29
1.3 Punctuality	-.51**	-.25	-.18	-.07	-.19	-.38*	-.32
1.4 Politeness	-.07	-.15	.08	.45**	.19	.16	.18
1.5 Openness	.26	.53**	.26	.57**	.55**	.39*	.48**
1.6 Achievement	.04	-.24	-.07	.46**	.18	.13	.05
1.7 Eliability	.07	.24	.07	.26	.27	.29	.26
1.8 Thrift	-.41*	-.32	-.28	-.17	-.19	-.33*	-.38*
1.9 Obedience	-.06	-.08	.05	.29	-.06	-.06	.04
1.10 Justice	.13	.09	.13	.44**	.33*	.27	.27
1.11 Faithfulness	.07	.05	.09	.29	.25	.19	.18
1.12 Patience	-.07	.07	.18	.16	-.15	.08	.07
1.13 Time	.34	.48**	.37	.49**	.44**	.35*	.37*
1.14 Contacts	.41*	.25	.26	.66**	.58**	.39*	.58**
1.15 Trust	.55**	.38*	.42**	.46**	.49**	.55**	.58**
1.16 Hope	.56**	.43**	.53**	.58**	.69**	.63**	.72**
1.17 Tenderness	.47**	.19	.11	.32*	.39*	.47**	.38*
1.18 Love	.31	.17	.48*	.24	.33*	.36*	.34*
1.19 Faith / meaning	.14	.15	-.14	.59**	.27	.02	.16

In general, we should note the special importance of primary capabilities in an individual's achieving positive life priorities, which correlate with almost all examined indicators. Primary actual abilities determine emotional experiences in relation to oneself and in interpersonal relationships. They are very important behavioural regulators, as they are associated with the psychodynamic category of self-esteem.

The results of regression analysis, presented in table 5, show the actual capabilities that have the greatest impact on the integrated indicator of an individual's psychological well-being.

Table 5

Model	Regression models			
	R	R ²	Adjusted R ²	Std. error
1	.57 ^a	.39	.32	36.44
2	.65 ^b	.44	.39	34.19
3	.68 ^c	.47	.44	33.04
4	.71 ^d	.47	.46	32.35

a. Predictors: (const) Hope

b. Predictors: (const) Hope, Love

c. Predictors: (const) Hope, Love, Trust

d. Predictors: (const) Hope, Love, Trust, Time

f. Dependent variable: Psychological well-being

Table 5 shows that the predictors of psychological well-being with the greatest impact are the following primary capabilities: hope, love, trust and time.

Thus, the ability to realize one's own potential, resilience in stressful situations, life satisfaction and psychological well-being is ensured by the development of primary actual capabilities associated with experiencing self-identity, faith in one's own abilities and trust in others. These data also show possible therapeutic targets and ways to provide psychological assistance in achieving positive life priorities

Conclusion

1. Psychological well-being is a complex and multifaceted personal determinant, strongly dependent on the factors of personal autonomy (internal orientation), self-expression, understanding of one's own nature, disclosure of one's creative potential, purposefulness and positive relationships with others.

2. As an integral personal formation, psychological well-being functions dynamically and is a motivational parameter of personality, depending on the ability to objectify a situation, predict the development of its possible options and analyse one's own internal resources based on previous experience.

3. Internal orientation, which has the greatest influence in the prognostic model of an individual's psychological well-being, is associated with awareness of the meaning of one's own life, understanding of one's own life goals, belief in the ability to achieve them.

4. The most significant barriers preventing the formation of motivation for self-realization is the inability to become a subject of one's own life; underdeveloped abilities of self-understanding, self-knowledge, vague ideas about oneself, stereotypes and attitudes reducing importance of other people, etc. This, in turn, leads to inadequate goal setting; unformed mechanisms of self-development; rejection of oneself, misconceptions about one's own prospects.

The ability to realize one's potential, resilience in stressful situations, life satisfaction and psychological well-being is ensured by the development, first of all, of primary actual capabilities related to experiencing self-identity, belief in one's abilities and trust in others. Thus, actualization of an individual's internal resources promotes his/her psychological well-being; such actualization includes understanding the reserves for

full realization of the ability of self-determination in the present and the possibility of its development in the future.

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