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The formation of subjective well-being of person

INTRODUCTION

With drastic transformational changes and reorganization of all spheres of life that are taking place in contemporary society, the relevance of socio-psychological research on the issue of personality's well-being is increasing [Киреева, 2013; Чернета, 2015; Bejinaru & Baesu, 2013, pp. 127–134; Bejinaru, 2016, pp. 515–534.]. It is explained by the necessity to find the basis for maintaining internal equilibrium under such conditions, what components it is based on, its role in behavioral regulation and to distinguish methods of psychological aid in solving the problem of supporting personality subjective well-being [Абульханова, 2011; Чебикин, Павлова, 2009; Bejinaru, 2017, pp. 251–271; Bejinaru, Băeșu, 2015]. One of the most significant spheres of life is a family, where marital relations are central: they create psychological space of personal lifeworld, determine the quality of family life [Титаренко, 1998.; Maksymenko, 2015; Prelipcean, Bejinaru, 2016, pp. 469–492; Wosiek, 2017]. Marital well-being provides the feeling of personality subjective satisfaction with marital realations and is the basis for psychological comfort and positive psycho-emotional feeling, therefore, the issue of socio-psychological factors of subjective well-being in marriage is worth investigating.

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Over the last years, some aspects of personality psychological well-being has become the subject of psychological research: the structure of personality psychological well-being (E. Diner); the influence of life goals on subjective well-being (R. Emmons); gender differences in experiencing subjective well-being (R. Inglehart); peculiarities of subjective well-being and its relation to emotional intelligence (I. Horbal, M. Yeleiko); functions of personal aspirations in experiencing subjective well-being by a young person (H. Puchkova). As for the works investigating marital well-being, we can mention the ones devoted to psychological compatibility of a married couple and emotional adaptation during the first years of family life (M. Obozov, A. Sultanova, T. Trapeznikova, P. Yakobson et al.); factors affecting satisfaction with marriage among men and women, the character of communication between them (Yu. Aloshina, L. Homzan, O. Kaminska, N. Khloponina, et al.); the influence of value orientations and marital mindset of partners on interaction (V. Bocheliuk, T. Hovorun, H. Dubchak, L. Moroz, I. Khitrina et al.); identification of a personality in marriage as a condition for marital well-being (Yu. Dmytruk); the process of building marital relations and specific character of personality marital choice (O. Kliapets). However, socio-psychological factors determining subjective well-being in marriage have not been the subject of a special socio-psychological investigation. The aim of the paper is the analysis of the influence of socio-psychological factors on the formation of subjective well-being of a married person. The central task of the paper is to identify the structural components of subjective well-being of a married person, its functions and levels of manifestation.

METHODOLOGY

The research was carried out with the use of the following methods: questionnaire "Identifying the Specificity of Relations and Conditions for Interaction in Marriage by Yu. Dmytruk; psychodiagnostic techniques: test "Checklist of Satisfaction with Marriage (CSM) by V. Stolin, T. Romanova, H. Butenko; integrated technique «Diagnostics of Personality Self-Fulfilment in a Family» (on the operational level, the level of values and role sets) modified by Yu. Dmytruk; semantical differential method by Ch. Osgud; «Oxford Happiness Questionnaire» (M. Argyle); techniques for diagnosing socio-psychological adaptation (SPA) (K. Rogers, R. Diamond adapted by O. Osnytskyi) and value orientations (M. Rokych); the scales of subjective well-being (G. Perrudet-Badoux adapted by M. Sokolova), social desirability (D. Crown, D. Marlow adapted by Yu. Khanin) and affective balance (N. Bredburn); questionnaires «Estimation of Correspondence between Family Values and Role Expectations in Marriage» (H. Volkova) and «Interpersonal Family Conflict» (IFC) by V. Levkovych, O. Zuskova.

DISCUSSION

The empirical study was conducted among 178 surveyed aged from 28 to 45 years who were married (89 married couples). The sample was composed according to the following criteria: «marital experience» (1–15 years), belonging to a certain social group (education, profession, financial situation, social reputation), parental status (number of children) etc. The sample participants were married couples, in which both partners agreed to take part in the research. At the first stage of the empirical study, the sample was differentiated in terms of the subjective well-being in marriage. The techniques were selected according to the criteria of subjective well-being that had been distinguished at the theoretical level (family successful performance of its socio-psychological functions, satisfaction with marriage and the opportunity for self-fulfillment in marriage). The analysis of the questionnaire, checklist of satisfaction with marriage and integrated technique of diagnostics of personality self-fulfillment in a family (at the operational level and the level of values and role sets) with the use of frequency analysis has made it possible to divide the sample into two groups. The respondents whose marriage was subjectively successful (40.4%) composed the first group characterized by the following indicators: 32–47 points (according to CSM), ≥ 0.47 points at the level of values and ≥ 4 points at the level of abilities (according to Yu. Dmytruk), which corresponds to the medium and high level of their subjective well-being and satisfaction with marriage. The second group consisted of the respondents whose marriage was unsuccessful (59.6%) and was characterized by the following parameters: 17–36 points, ≤ 0.47 points and ≤ 4 points according to the corresponding techniques, which indicates subjective ill-being and the low level of satisfaction with marriage.

It has been found that the quality of marital relations is assessed by means of subjective feelings of satisfaction with marriage that are sometimes different in a married couple. Wives from both groups feel less satisfied with marriage compared to their spouses regardless of well-being level in marriage. It demonstrates the fact that men feel more comfortable with their marital relations than women. At the second stage, in order to distinguish socio-psychological factors of subjective well-being of a married person, the indicators of its major structural components functioning (cognitive, value and motivational, emotional and behavioral) in the distinguished groups, in particular according to gender distribution. In order to study cognitive component, the respondents vision of subjective well-being in marriage. As long as the image of subjective well-being has its categorical structure in the individual consciousness, it was identified by means of the semantical differential method that makes it possible to distinguish the following factors: rating, activity, strength, ordering, complexity, and comfort. As descriptors of subjective well-being, we distinguished the statements that were different in psychological content: family well-being, love, health, success, balance, satisfaction, confidence, tenderness, financial independence, harmony, etc. In this case,

quantitative correlations of these associations in the first group ($M_o=10.4$) were significantly higher than in the second one ($M_o=4.2$).

The results obtained by means of factor analysis made it possible to compare the categorical structure of the concept «subjective well-being» in both groups. In the first group, this parameter was characteristic by higher rating, activity, strength, and complexity than in the second one ($\varphi=2.05$; $p\leq 0.02$), where high rate of the factors of rating and complexity is combined with low rates of strength and activity factors, which demonstrates slight regulatory impact of the views about wellbeing with its high rating and cognitive complexity.

Analysis of the indicators demonstrating the respondents' assessment of satisfaction with present life, past and future, as well as authenticity and state of health (according to the scales of M. Argyle techniques) has shown that the mean group rate of these parameters in the second group was statistically lower ($p\leq 0.05$). The evaluation of value and motivational component of subjective well-being has demonstrated that high rates according to all the scales of this technique in the first group indicate orientation at creative plans and engagement into the process of their implementation. Low rates in the second group demonstrate passive acceptance of life circumstances, which leads to discomfort, general dissatisfaction, and fatalism concerning marriage prospects ($\varphi=1.71$; $p\leq 0.04$). It has been found that in the system of a married couple values there are both similarities and gender differences in their choice. For both men and women satisfaction with marriage is associated with the following values: happy family life (6.67 points; $\sigma=1.59$), love (6.23 points; $\sigma=2.26$), absence of financial difficulties (6.45 points; $\sigma=1.02$), life wisdom (6.12 points; $\sigma=2.08$), shared leisure (7.43 points; $\sigma=1.56$), demonstration of responsibility (7.31 points; $\sigma=1.22$). Gender differences were manifested in the fact that men considered the following values to be more important: independence (6.54 points; $\sigma=1.21$), self-control (5.58 points; $\sigma=3.07$), courage in defending one opinion and views (6.61 points; $\sigma=2.44$), inflexible will (6.15 points; $\sigma=3.62$), open-mindedness (5.29 points; $\sigma=2.98$). Women considered other values to be important: orderliness, neatness and ability to keep one's things tidy (5.56 points; $\sigma=2.86$), good manners (5.07 points; $\sigma=2.88$), erudition (as breadth of knowledge and high general culture) (6.16 points; $\sigma=2.89$), honesty (5.77 points; $\sigma=2.26$), sensitivity and care (5.19 points; $\sigma=2.32$). We have identified the correlation between the indicators of conformity of a married couple values and their role-based adequateness in various spheres of family values.

Conformity of a married couple value sphere involves achieving cognitive similarity as well as conformity of their role behavior. The results of dispersive analysis demonstrated the influence of conformity of a married couple values in the sexual sphere, household and social activity on satisfaction with marriage. Gender differences were manifested in the fact that men showed more need for sexual and household relationships, while women needed personal identification with their husbands ($p\leq 0.05$). There is a more expressed differentiation in the functioning of indicators of the emotional and behavioral component in both groups of the surveyed. The

high level of subjective well-being is associated with the domination of positive emotional states, refusal of evaluating one's intrinsic merits according to formal achievements or others' estimations, high tolerance to frustration (let oneself and others make mistakes), which indicates regulatory function of the emotional and behavioral component in the first group ($\varphi=1.52$; $p\leq 0.06$). Great significance of social environment, which was important for the members of the second group ($\varphi = 1.66$; $p\leq 0.04$), reduces the level of self-esteem, self-respect, and prevents demonstrations of authenticity as an important mechanism of subjective well-being of a married person. We have found that there is correlation between the high level of personality subjective well-being in marriage and demonstration of socio-psychological adaptation that was revealed in the first group ($\varphi=2.14$; $p\leq 0.01$).

The indicators of the respondents subjective well-being were such psychological makers as "internality", "self-acceptance" and "acceptance of others", which are frequently mentioned by married couples. In addition, "internality" dominates in women, and "self-acceptance" and "acceptance of others" dominates among men ($p\leq 0.01$). Married couples from the first group are statistically different in terms of adaptation, emotional comfort, low values of escapism, and stress accumulation ($\varphi=2.03$; $p\leq 0.02$). The results of dispersive analysis demonstrated the impact of the respondents evaluation of the level of conflict proneness and emotional comfort on their satisfaction with marriage. The indicators of satisfaction with marriage and the level of conflict proneness in these spheres of marital interaction form one integrated index of subjective well-being, whose psychological content involves, first of all, person's emotional attitude towards his/her own marriage. As for the influence of the respondents evaluation of conflict proneness in the spheres of spouses communication and communication culture (according to IFC) on subjective well-being of a married person, the results obtained confirm the fact that communication difficulties remain one of the main causes of conflicts between spouses in a contemporary family.

The data of objective techniques were supplemented by the data of the questionnaire intended for identifying the impact of socio-economic and demographic characteristics of the groups under study on experiencing subjective well-being in marriage. There were no significant differences between families with and without children in terms of the indicators of family role interaction, evaluation of conflict proneness level, peculiarities of family communication, and satisfaction with marriage. Therefore, subjective well-being does not depend directly on parental status. The author has also found that living conditions are considered as an objective factor that affects a married couple subjective evaluation of satisfaction with their everyday life and experiencing subjective well-being in marriage. Satisfaction with financial situation in a family, order in family household create conditions for the high level of satisfaction with marriage and personality experiencing subjective well-being in general. In terms of gender differences, we have identified that men with higher level of education find emotional support of their wives more significant. Women from the families where spouses have the same

educational level or wife educational level is higher give priority to the solidarity of a married couple value orientations. There were some differences in experiencing subjective well-being depending on the period of being married. According to the questionnaire, within prospective adaptation period (1–5 years of living as a couple), participants of the first group consider moral and psychological relationships to be the principal factor of well-being. At the same time, participants of the same group with more experience of living as a couple consider their well-being to be dependent on family and parental relationships. Understanding, care and respect were important for all the couples. To conduct factor analysis aimed at comparing the factors affecting subjective well-being of a married person using the visual method, we analysis the data of diametrically opposed manifestations of the indicators of subjective well-being components in both groups.

General analysis of the factor matrix made it possible to identify the descriptors (“adaptation vector”, “personal growth vector”, “vector of psychological well-being in marriage”, “vector of marital and role interaction”) that enabled us to distinguish socio-psychological factors of personality well-being in marriage: socio-psychological adaptation and tolerance, satisfaction with marriage; conformity of the level of family values significance in emotional, sexual, household, parental spheres and social activity sphere; orientation at and opportunities, self-improvement and personal achievements combined with dominating family values; determination and conformity of role expectations and role intentions; similar visions of role behavior; low level of conflict proneness in family interaction (marital support, emotional comfort, communication culture).

CONCLUSION

Thus, personality subjective well-being in marriage is multifunctional integral socio-psychological formation that includes cognitive (specification and extension of knowledge about oneself, views of subjective wellbeing in marriage, personal assessment of reality, attitude to oneself and the spouse), value and motivational of positive attitude to oneself, reasonable estimate of one capabilities and capacity in family life as well as personal growth in marriage, identification of prospects for one future in it and implementation of life goals), emotional and behavioral (the level of emotional perception of spouses’ interaction, the degree of satisfaction with marriage and control over its circumstances, social demand) components. Principal functions of subjective well-being are regulatory, forecasting, and developmental one. The levels of manifestation of personality subjective well-being in marriage (material, personal, social, physical, psychological) correspond to value orientation types and personality motivational structure and are enunciated depending on the present life situation in marriage. The authors have identified socio-psychological factors of personality subjective well-being in marriage: socio-psychological adaptation and

tolerance; similar value orientations with the partner and happy marital relations; satisfaction with marriage; conformity of the level of family values significance in emotional, sexual, household, parental spheres, the sphere of personal identification and social activity; opportunity, self-improvement and personal achievements combined with dominating family values; determination and conformity of role expectations and role intentions; similar views of role behavior; low level of conflict proneness in family interaction (marital support, emotional comfort, communication culture). The study of the peculiarities of experiencing subjective well-being among married people of different ages and according to gender differences as well as at different stages of family life cycle requires further consideration.

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Summary

The paper is aimed at identifying the influence of socio-psychological factors on the formation of subjective well-being of the person. The following methods were used: questionnaire, psycho-diagnostic techniques for investigating satisfaction with marriage, personal self-fulfillment in the family (on the operational level and the level of values and role sets), socio-psychological adaptation, conformity of family values and role expectations. The data about the content, structural components (cognitive, value and motivational, emotional and behavioral) and functions (regulatory, prognostic, developmental) of subjective well-being of person have been presented. Socio-psychological factors of subjective well-being of the person have been specified.

Keywords: personality, well-being, socio-psychological factors, subjective well-being.

Tworzenie subiektywnego samopoczucia jednostki

Streszczenie

Przedmiotem analiz w artykule jest problem subiektywnego samopoczucia jednostki w zakresie zmian transformacyjnych we wszystkich dziedzinach współczesnego życia. Badanie ma na celu analizę wpływu czynników społecznych i psychologicznych na powstawanie subiektywnego samopoczucia jednostki w małżeństwie. Głównym zadaniem badań naukowych jest określenie elementów konstrukcyjnych subiektywnego samopoczucia danej osoby w małżeństwie, jego funkcje i poziomy ekspresji. Badanie zostało oparte na kwestionariuszach, psychodiagnostycznych metodach badania satysfakcji małżeńskiej, osobistego spełnienia w rodzinie (na poziomie operacyjnym i na poziomie wartości, postaw i roli), adaptacji społecznej i psychologicznej, wartości rodzinnych, spójności i oczekiwań względem ról w małżeństwie.

Wykazano, że dobrostan subiektywny jednostki w małżeństwie – wielofunkcyjnej integralnej formacji społecznej i psychologicznej, w swojej strukturze obejmuje ocenę poznawczą, motywacji, wartości emocjonalne i elementy behawioralne. Ustalono, że głównymi funkcjami dobrostanu subiektywnego są funkcje regulacyjne, prognostyczne i rozwojowe.

Wyróżniono czynniki społeczno-psychologiczne dobrostanu subiektywnego indywidualnej osoby: społeczną i psychologiczną adaptację i tolerancję; wartość orientacji jednostki i dobrobyt partnera w małżeństwie; zadowolenie z małżeństwa; stopień spójności znaczenia wartości rodzinnych w emocjonalnych, intymnych i seksualnych, domowych, rodzicielskich i edukacyjnych polach, pola tożsamości osobistej i społecznej aktywności; możliwość samodoskonalenia i dokonań osobistych, w połączeniu z dominacją wartości rodzinnych; pewność i rolę spójności oczekiwań i wyobrażeń, rolę molestowania; rolę zbieżności zachowań; niski poziom konfliktu w interakcji małżonków (wsparcie i komfort emocjonalny, kultura, komunikacja). Jako główny cel dalszych badań określono właściwości doświadczenia dobrostanu subiektywnego w małżeństwie na różnych etapach cyklu życia rodziny.

Słowa kluczowe: osobowość, opieka społeczna, czynniki społeczne i psychologiczne, dobrostan subiektywny.

JEL: D91, I31, J12, Z10