

TRAITS AND PROPERTIES OF PERSONALITIES PRESENTED TO EXPERIENCE DIFFERENT DEGREES OF PSYCHOLOGICAL WELL-BEING

РИСИ ТА ВЛАСТИВОСТІ ОСОБИСТОСТЕЙ, ЯКІ ПЕРЕЖИВАЮТЬ РІЗНОГО СТУПЕНЯ ПСИХОЛОГІЧНЕ БЛАГОПОЛУЧЧЯ

The article reveals the possibilities of studying such a complex and multifaceted phenomenon as psychological well-being and examining its main properties. This phenomenon entered scientific circulation in the second half of the last century and today is of particular importance for the domestic psychological science. Psychological well-being is considered as a complex mental education that manifests itself in the experience of meaningful fulfillment and value of life, a feeling of satisfaction with life and oneself, the achievement of actual motives and needs of the individual in the perspective of a socially significant goal, and a positive assessment of one's own existence. Well-being depends, first of all, on the presence of clear goals, value orientations, successful implementation of activity plans and human behavior, availability of resources and conditions for achieving life goals despite existing obstacles.

Psychological well-being consists of ten components: psychophysical, socio-economic, ethno-cultural, existential, worldview, value, emotional, behavioral, cognitive and volitional. A 16-factor personality questionnaire (16 – PF, R. Cattell, form C) was used to diagnose individual psychological characteristics of a person, which is based on specific characteristics of temperament and personal qualities.

As a result of the correlation analysis, significant relationships between indicators of psychological well-being and personality factors were revealed. It was found that indicators of psychological well-being correlate at a high level of significance ($p \leq 0.01$; $p \leq 0.05$) with the following personality factors: affectothymia (A+), intelligence (B+), emotional stability (C+), consciousness (G+), courage (H+), softness (I+), tendency to guilt (O+), adequate self-esteem (MD+), radicalism (Q1+), self-control, strong will (Q3+), intensity (Q4+), extraversion (QI+). There are also negative correlations with the following personality factors: suspiciousness (L+), naivety (N-), anxiety (QII-) and sensuality (QIII-). That is, we can assume that all these factors are inherent in a person's psychological well-being. Attention is focused on the identified personal characteristics of an individual that contribute to the formation of psychological well-being of the individual.

Key words: well-being, psychological well-being, indicators of psychological well-being, personality, personality traits.

У статті досліджуються можливості дослідження такого складного та багатогранного феномену, як психологічне бла-

гополуччя, та розглядаються його основні властивості. Це явище увійшло в науковий обіг у другій половині минулого століття і має особливе значення для вітчизняної психологічної науки. Психологічне благополуччя розглядається як складне психічне утворення, яке виявляється у переживанні значущої повноти і цінності життя, почуття задоволеності життям і собою, досягнення актуальних мотивів і потреб особистості в ракурсі соціально значущої мети, і позитивна оцінка власного існування. Благополуччя залежить, перш за все, від наявності чітких цілей, ціннісних орієнтацій, успішної реалізації планів діяльності та поведінки людини, наявності ресурсів і умов для досягнення життєвих цілей, незважаючи на наявні перешкоди.

Психологічне благополуччя складається з десяти компонентів: психофізичного, соціально-економічного, етнокультурного, екзистенціального, світоглядного, ціннісного, емоційного, поведінкового, когнітивного та вольового. Для діагностики індивідуально-психологічних властивостей особистості використовувався 16-факторний особистісний опитувальник (16-PF, Р. Кеттелл, форма С), який базується на специфічних особливостях темпераменту та рисах особистості.

Кореляційний аналіз виявив значні зв'язки між психологічним благополуччям і факторами особистості. Встановлено, що показники психологічного благополуччя на високому рівні значущості ($p \leq 0,01$; $p \leq 0,05$) корелюють з такими особистісними факторами: афектотимія (А+), інтелект (В+), емоційна стійкість (С+), свідомість (G+), сміливість (Н+), м'якість (I+), схильність до почуття провини (O+), адекватна самооцінка (MD+), радикалізм (Q1+), самоконтроль, сильна воля (Q3+), напруженість (Q4+), екстраверсія (QI+). Також є негативні кореляції з такими факторами особистості: підозрілість (L+), наївність (N-), тривожність (QII-), чутливість (QIII-). Тобто можна припустити, що всі ці фактори притаманні психологічному благополуччю людини. Основна увага приділяється виявленню особистісних характеристик особистості, що сприяють розвитку психологічного благополуччя особистості.

Ключові слова: благополуччя, психологічне благополуччя, показники психологічного благополуччя, особистість, риси особистості.

UDC 159.923:364.14:303.723

DOI <https://doi.org/10.32782/2663-5208.2024.66.28>

Kargina N.V.

Candidate of Psychological Sciences

Melnichuk I.V.

Candidate of Psychological Sciences, Associate Professor at the Department of Psychiatry, Medical and Special Psychology

The state institution "South Ukrainian National Pedagogical University named after K. D. Ushynsky"

Statement of the problem. For modern Ukrainian psychological science, the study of the peculiarities of the psychological well-being of the individual, its increase and harmonization in the conditions of rapid socio-economic changes taking place in the national society in recent years is a rather urgent and acute problem. Increasingly, the high dynamics of social processes dictates

the need to study the factors that underlie the internal balance of the individual, the emotional and evaluative relationships that form the basis of well-being, as well as their relationship with the mechanisms of behavior regulation. The balance of emotions, the psychological well-being of the individual, the experience of satisfaction with various relationships become the most important

psychological phenomena, the study of which comes to the fore. The problem of psychological well-being of the individual begins to occupy a central place not only in social psychology, but also in other branches of science. Psychological well-being is addressed when studying various problem areas: processes of adaptation, socialization, self-actualization, issues of economic efficiency, socio-economic development of society, health care, and many others.

The phenomenon of well-being began to be studied by Western scientists in the mid-60s of the 20th century, but for domestic psychology, the relevance of this issue was observed only at the end of the 90s – the first half of the 21st century. The theoretical basis for understanding the concept we are studying was laid by the American scientist N. Bradburn, his book entitled «The Structure of Psychological Well-Being» was published in 1969. In the works of the author [4], the above-mentioned phenomenon is considered primarily as a feeling of happiness or unhappiness, the scientist also introduces the concept of an affective component of psychological well-being. The researcher's views were widely recognized in scientific circles and have a significant influence even today.

An overview of the state of scientific development on the specified issue shows the following picture: the psychological well-being of various categories has been studied. In particular, according to: social status – migrants (Z. Kh. Lepshokova), internally displaced persons (V.V. Hrytsenko); professional affiliation – military (A.O. Shadrin); civil aviation pilots (V.V. Zlagodyh); employees of internal affairs bodies (N.A. Horbach, Yu.G. Panyukova, O.M. Panina); teachers (I.V. Zausenko); psychologists (V.M. Dukhnevych, L.B. Kozmina); athletes (D.V. Kuzmin); professional musicians (V.Yu. Kutyepova-Bredun); social workers (T.V. Mazur); medical workers (L.I. Augustova); civil servants (M.Yu. Boyarkin, O.A. Dolgopolova, D.M. Zinov'eva); managers (N.E. Vodopyanova); by age characteristics – schoolchildren (A.V. Voronina); teenagers (G.V. Litvinova, S.O. Semyonova); high school students (S.A. Vodyaha); students (O.Yu. Grigorenko, A.A. Sotnikov); children's (L.F. Shestopalova); early adulthood (E.I. Kologryvova) and old age in general (Y.B. Dubovyk). There are extensive studies of various types of well-being: physical (L.V. Kulikov); sexual (A. V. Chalov); subjective (R.M. Shamionov, G. L. Puchkova, G. O. Lebedeva, L.V. Kulikov, I.A. Zhidaryan, I.S. Horbal, A.V. Kurova, N. Bradburn, E. Diener, R. Ryan, D. Kahneman, E. Suh, R. Emmons, P. Costa); emotional (O.V. Hordova, I.V. Skrypichnykova, O.G. Kalina); mental (M. Jachoda, S. V. Borysova, A.O. Vasylenko); spiritual (V. Justin, L. Angela, D. Brothers, C. Dalbert, M. Lerner, N.M. Savelyuk,

D.O. Leontiev); social (D. Raphael); economic (A.A. Baranova, V.O. Khashchenko, T.M. Uzdenov); material (O.V. Sereda); family (O. A. Taradanov); professional (D.M. Zinov'eva); personal (M.O. Baturin, S.O. Bashkatov, N.V. Gafarova); factors of psychological well-being (N. Bradburn, M. Argyale, M. Seligman, D. Carol, M. Norman, C. Ryff, A. Patricio, I.A. Jid Aryan, L.V. Kulikov); relationships with health (G. Morgan, M. Ryan); with the experience of a terrorist threat (N. V. Tarabrina, Yu.V. Bykhov and others); Machiavellianism (A.M. Bolshakova); stress resistance (T.L. This hatch); emotional intelligence (M.M. Shpak, E.L. Nosenko); creativity (L.F. Burlachuk); coping strategies (S.A. Korzun, V.R. Safonova); tolerance (N.K. Bahareva); Internet addiction (O.P. Belinska, R.V. Yershova, T.M. Semina, V.A. Rozanov); cross-cultural studies (H. Frost, K. Minyard), there are also a few works on the ontogenetic aspects of this phenomenon (Y.M. Buterko, M.Yu. Raspaeva, O.G. Troshikhina), etc.

However, despite the polysemy of psychological well-being presented in science, the identification and research of the main individual and personal determinants of this phenomenon are still missing in domestic science. Summarizing these literary sources allows us to consider psychological well-being as the coherence of mental processes and functions, a sense of integrity, and internal balance. As a holistic subjective experience, psychological well-being is important for every person who experiences it, because it is related to basic values, such as happiness, a happy life, optimism, etc. Psychological well-being is a basic experience and has a subjective nature and is expressed in a person's awareness of the value of his existence. Well-being depends, first of all, on the presence of clear goals, value orientations, an established worldview, existential orientation, successful implementation of activity plans and human behavior, availability of resources and conditions for achieving life goals despite existing obstacles. So, a rather wide conceptual range of interpretations in the works of various authors directed the empirical part of our work to the search for personality properties that arrange various manifestations of its psychological well-being.

The purpose of the article is to present the results of an empirical study of the spectrum of psychological properties of people with high and low levels of psychological well-being.

Presentation of the main material. As a result of the theoretical analysis of the scientific literature on this issue, we note that a person's experience of psychological well-being consists in a subject's positive attitude towards fragments of the world and various aspects of his own future, with a set worldview, with the predominance of positive emotions of varying intensity over negative ones and is accompanied by an experience of the

actual significance of his own of the future [1]. We, in turn, rely on the works of E. Diener [5], in relation to which the study of psychological well-being of a person should take into account not only the level of well-being itself, but also take into account the internal individual coordinate system with which the individual correlates his own psychological well-being.

The theoretical and methodological analysis showed that a lot of information about psychological phenomena, which belong to the manifestations of psychological well-being of a person and are closely related to it, is contained in the personality factors identified by R. Kettel. However, it is worth noting that there are currently not enough empirical studies of the relationship between psychological well-being and personality factors, which only increases the research interest in this issue. That is why R. Cattell's 16-factor questionnaire (form C) was used to study certain personal characteristics with psychological well-being and its derivatives. So, let's note that psychological well-being combines perception, cognitive evaluation and depends on external and internal determinants. The basis for a person's experience of prosperity or adversity is the demonstration of inner experiences in behavior and activity. Accordingly, psychological well-being is not only the result of the influence of certain events in life, but can also influence the development of events, if their active expression is possible. The result of experiencing prosperity or adversity as an individual can be the desire or inclination of a person both to feel satisfied with life and to avoid feeling dissatisfied, which leads to completely different vector types of human behavior, in turn, the characteristics of a person's behavior can be both a determinant and a consequence her experience of psychological well-being or unhappiness in particular.

At this stage of our research, we are solving the task of studying correlations between indicators of psychological well-being and personality factors (according to R. Kettel). For this purpose, we used the following psychodiagnostic methods: the author's questionnaire «Test-questionnaire for the diagnosis of psychological well-being of the individual» and the «16-factor personality questionnaire» (R. Kettel) [3]. The study was conducted on the basis of various universities in Odessa, the sample consisted of 408 people. The age of the subjects was from 16 to 24 years. In the light of the above, correlations between indicators of psychological well-being and personality factors according to R. Kettel were analyzed. Mathematical and statistical processing was carried out using the computer program SPSS 21.00 for Windows. Obtaining data was carried out using quantitative (correlation) and qualitative (methods of «aces» and «profiles») data analyses. The data of the

correlation analysis are presented in Table 1. It should be noted that the negative relationships of indicators of psychological well-being with certain personality factors (according to R. Kettel) indicate their relationship with the negative pole of the specified factors. Therefore, below in the text, we will not indicate the presence of negative relationships, but indicate the negative pole of those factors that are negatively associated with certain indicators of psychological well-being. Note that in each age period, psychological well-being has its own specific characteristics. During adulthood, psychological well-being focuses on the future, in middle adulthood on the present, and in late adulthood on the integration of retrospective, current, and prospective human experiences.

Analysis of relationships between indicators of psychological well-being and the spectrum of personality traits, reflected in the factor structure according to R. Kettel, showed the following correlations (mostly at the 1% level). Positive relationships of psychological well-being have been established with such personality factors as: affectothymia (A +), intelligence (B+), emotional stability (C+), consciousness (G +), courage (H +), gentleness (I +), tendency to feel guilty (O+), adequate self-esteem (M D +), radicalism (Q 1+), self-control, strong will (Q 3+), tension (Q 4+), extraversion (QI+). There are also negative correlations with the following personality factors: suspiciousness (L +), naivety (N –), anxiety (QII –) and sensuality (Q III–).

However, as we can see from Table 1, not all factors demonstrated correlations with scales of psychological well-being. The following factors did not show any correlations with the scales of our methodology: E (dominance – submissiveness), F carefreeness – concern), M (dreaminess – practicality) and Q 2 (self-sufficiency – dependence on the group). Thus, we will assume that the absence of correlations with the above-mentioned personal traits confirms that psychological well-being at the level of structural parameters cannot be combined with a clear expression of dominance, self-sufficiency, tension and independence. Regarding the consideration of such a factor as, in particular, Q 2 (self-sufficiency – dependence on the group), we note the following that self-sufficiency is considered rather narrowly – only as the antipode of lack of independence, dependence, attachment to the group. Self-sufficient people are characterized by the independence of decisions, the achievement of their implementation, responsibility, they do not count on public opinion, etc. [2, p. 80]. Therefore, this factor did not demonstrate correlations with any scale of psychological well-being. That is why, for sure, it is not advisable to consider all these indicators in terms of the component

organization of the phenomenon we have studied.

So, for now, let's focus on a more detailed consideration of correlations between the levels of psychological well-being of the author's methodology and the parameters of personal traits (see Table 1).

Analysis of relationships between indicators of psychological well-being and the spectrum of personality traits reflected in the factor structure according to R. Cattell showed the following correlations (mostly at the 1% level).

No correlations were found with such factors as: E (dominance – E (-) submissiveness), F (calmness; F (-) – concern) M (dreaminess, M (-) – practicality), Q 2 (self-sufficiency, Q2 (-) – dependence on the group), QIV (QIV (+) – independence, QIV (-) – submissiveness).

Positive relations of psychological well-being have been established with such personality factors as: affectothymia (A+), intelligence (B+), emotional stability (C+), consciousness (G+), courage (H+), gentleness (I+), tendency to guilt (O+), adequate self-esteem (MD+), radicalism (Q1+), self-control, strong will (Q3+), tension (Q4+), extraversion (QI+). There are also negative correlations with the following personality factors:

suspiciousness (L+), naivety (N-), anxiety (QII-) and cortical liveliness (QIII-).

It was determined that the 1st scale (psychophysical) shows positive connections with affectothymia, (A+), intelligence (B+), emotional stability (C+), courage (H+), self-esteem (MD+), extraversion (QI+) at the level of 1%; consciousness (G+), radicalism (Q1+) at the level of 5%. Negative relations were established: with anxiety (QII-) at the level of 1%.

It should be noted that the II scale (socio-economic) demonstrated the smallest number of connections with R. Cattell's factors. This scale revealed correlations with the following factors, such as: emotional stability (C+), courage (H+), self-control, strong will (Q3+) at the level of 1%, self-esteem (MD+), extraversion (QI+) at the level of 5%, as well as negative associations with factors such as anxiety (QII-) at the level of 1% and suspiciousness (L+) at the level of 5%. Analyzing these relationships in the context of studying the features of psychological well-being, it is worth noting that it is the social significance of the problem of psychological well-being as an indicator of the state of human capital that is quite relevant. her behavior, and how it is reflected in relationships

Table 1

Significant correlation coefficients between indicators of psychological well-being and personality factors (16-PF of R. Kettel)

	Indicators of psychological well-being of the individual										
	I	II	III	IV	V	VI	VII	VIII	IX	X	PB zag.
A	173*		148*	179*	165*	196*	193*	255*	165*	126	212*
IN	193*		221*	195*	192*	244*	183*	246*	171*	291*	252*
C	244*	194*	256*	314*	226*	237*	326*	354*	277*	299*	341*
E											
F											
G	107		119	141*	137*	202*	132*	127	138*	173*	170*
H	160*	191*	166*	192*	199*	210*	222*	203*	188*	140*	233*
I			101	146*							
L		-098	-132*	-105	-104		-099	-121	-135*		-127
M											
N								-113	-116		
O						148*					
Q1	125			140*		179*		228*	123	165*	153*
Q2											
Q3		142*	185*	156*		182*	216*	169*	177*	153*	195*
Q4					099						
MD	196*	107	175*	180*	182*	162*	169*	144*	150*	243*	213*
IQ	141*	124			156*	135*	151*	175*		099	153*
QII	-161*	-174*	-170*	-226*	-103	-122	-222*	-234*	-192*	-176*	-223*
QIII			-100	-140*				-098			
QIV											

Notes: 1) n=408; 2) without markings – the correlation is statistically significant at the level of $p \leq 0.05$;

«*» – the correlation is statistically significant at the level ($p \leq 0.01$); 3) zeros and commas are omitted.

I scale – psychophysical, II – socio-economic, III – ethnocultural, IV – existential, V – worldview, VI – value, VII – emotional, VIII – behavioral, IX – cognitive, X – volitional, PB general. – general psychological well-being.

with others and in the choice of adequate life strategies [2].

Interesting interrelationships were found with the III scale (ethnocultural). This scale demonstrates positive connections with (A+), intelligence (B+), emotional stability (C+), courage (H+), self-control (Q3+), self-esteem (MD+) at the 1% level; consciousness (G+), mental quality (I+) at the level of 5%. Negative relationships were established: suspiciousness (L+), anxiety (QII-) at the level of 1% and cortical liveliness (QIII-) at the level of 5%.

Considering the features of correlations with such scales of psychological well-being as IV (existential), V (worldview) and VI (value) scales, we note that these scales demonstrated the largest number of various correlations. Scientific interest in such scales as, in particular, the existential, worldview, and value scales of psychological well-being is due primarily to the fact that these scales are the so-called «core» of the psychological well-being of an individual. The psychological well-being of an individual lies in his moral health, given in subjective acts of consciousness, experience, that is, it is correlated with the higher moral and semantic «floors» of a person's mental organization. In this regard, psychological well-being is related to the value, outlook and existential level of a person's being, his full or incomplete existence as an individual with all his vital moral principles, ideals, semantic formations, beliefs and harmony with the surrounding world [2]. In turn, psychological well-being is associated with the responsibility to change, to create personal life on a daily basis, gaining experience in the field of the unpredictable, sudden, unpredictable. After all, when a person loses his taste for creating something new, testing the unknown and exists in the mode of an automatic refrain of the familiar, he no longer feels true pleasure from everyday existence. It is quite important that a person is willing to leave his own comfort zone, flexible in his attitude towards his ideas, the ability to vary his everyday ideas in accordance with the current challenges of society, without disturbing his own psychological well-being [2].

It was established that the VII (emotional) scale revealed significant relationships with the factors affectothymia (A+), intelligence (B+), emotional stability (C+), consciousness (G+), courage (H+), self-control (Q3+), self-esteem (MD+), extraversion (QI+) at the level of 1%, as well as negative relationships with the following factors: anxiety (QII-) at the level of 1% and suspiciousness (L+) at the level of 5%.

Next, VIII (behavioral) scale demonstrated positive significant relationships with the factors affectothymia (A+), intelligence (B+), emotional stability (C+), courage (H+), radicalism (Q1+), self-control (Q3+), self-esteem (MD+) and extraversion (QI+) at the level of 1%,

consciousness (G+) at the level of 5%, as well as negative relationships: anxiety (QII-) at the level of 1%; suspiciousness (L+), naivety (N-) and cortical liveliness (QIII-) at the level of 5%.

It was determined that the IX (cognitive) scale revealed positive significant relationships with the factors affectothymia (A+), intelligence (B+), emotional stability (C+), consciousness (G+), courage (H+), self-control (Q3+) and self-esteem (MD+) at the level of 1%; radicalism (Q1+) at the level of 5%; negative significant relationships with the factors suspiciousness (L+) and anxiety (QII-) at the 1% level; naivety (N-) at the level of 5%.

As for the X scale (will), it revealed positive significant relationships with the factors of intelligence (B+), emotional stability (C+), consciousness (G+), courage (H+), self-esteem (MD+), radicalism (Q1+), self-control (Q3+) at the level of 1%; affectothymia (A+) and extraversion (QI+) at the level of 5%. Demonstrates negative relationships with anxiety (QII-) at the 1% level.

Finally, the analysis of significant relationships of the general indicator of psychological well-being (PB general) with personal factors showed that the most related were: affectothymia (A+), intelligence (B+), emotional stability (C+), consciousness (G+), courage (H+), adequate self-esteem (MD+), radicalism (Q1+), self-control (Q3+), extraversion (QI+), suspiciousness (L+), anxiety (QII-).

At the next stage of our work, we distinguished 2 groups of people: with high values of the general indicator of psychological well-being (n = 53) and with low values (n = 42).

In fig. 1 presents the profiles of a wide range of personality traits (indicators of personal factors according to R. Kettel's methodology) of certain groups of people with the maximum and minimum expression of the general indicator of psychological well-being.

It has been established that people with a high level of psychological well-being are characterized by social courage (H+) – inherent spontaneity, activity, readiness to take risks and cooperation with strangers in new circumstances, the ability to make independent, extraordinary decisions, and display leadership qualities. Representatives of this group are independent, independent, inventive, focused on their own decisions and opinions (Q2+). They are sensitive, capable of empathy and understanding, kind, tolerant of themselves and others (I+). They are characterized by developed analytical thinking, susceptibility to changes and new ideas, distrust of authorities, refusal to take anything on faith. They are often ready to break habits and established traditions, are characterized by the presence of intellectual interests (Q1+). Such people are socially accurate, they care about their own reputation, they are able to control their own emotions and behavior (Q3+). A high

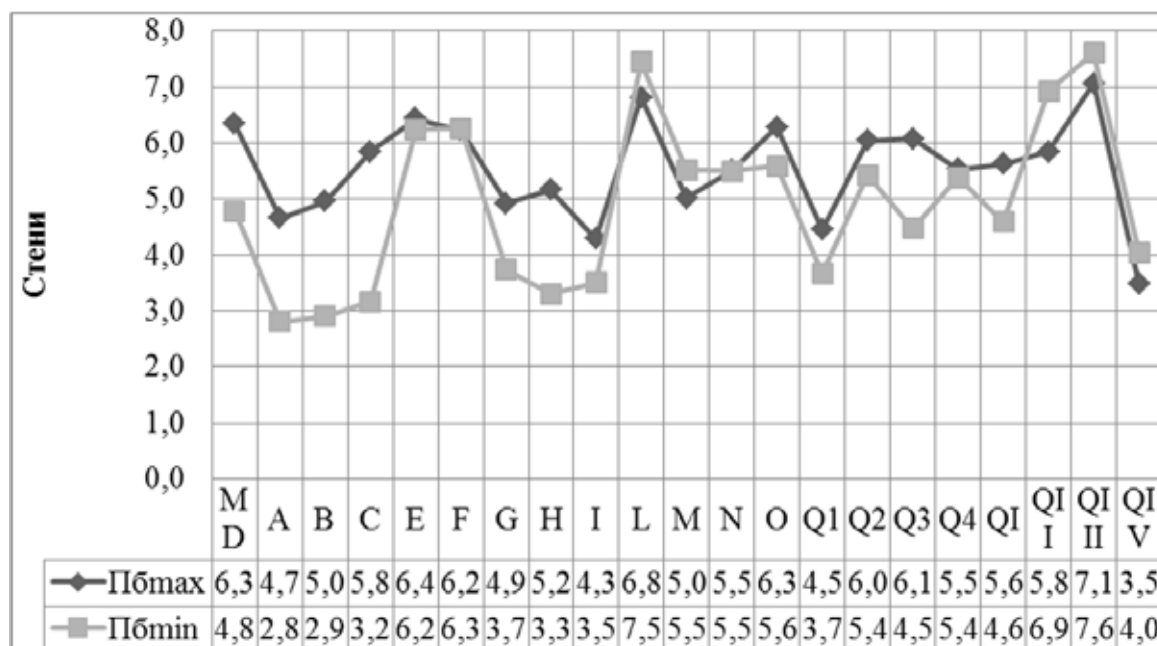


Fig. 1. Summary profiles of indicators of personality factors (according to R. Kettel's method) in representatives of groups of people with high level and low level – the value of the general indicator psychological well-being

Notes: Indicators of R. Kettel's factor questionnaire: MD – MD (+) – high self-esteem; MD (-) – low self-esteem, A – A (+) – affectothymia, A (-) – syzothymia, B – B (+) – high intelligence, B (-) – low intelligence, C – C (+) – strength «I», C (-) – weakness «I», E – E (+) – dominance, E (-) – submissiveness, F – F (+) – carefree, F (-) – concern, G – G (+) – strength «over-I», G (-) – weakness «over-I», H – H (+) – courage; H (-) – timidity, I – I (+) – softness; I (-) – rigidity, L – L (+) – suspiciousness; L (-) – credulity, M – M (+) – dreaminess, M (-) – practicality, N – N (+) – insight, N (-) – naivety, O – O (+) – prone to guilt, O (-) – self-confidence, Q1 – Q1 (+) – radicalism, Q1 (-) – conservatism, Q2 – Q2 (+) – self-sufficiency, Q2 (-) – dependence on the group, Q3 – Q3 (+) – high self-control, Q3 (-) – low self-control, Q4 – Q4 (+) – tension, Q4 (-) – relaxation, QI – QI (+) – extroversion, QI (-) – introversion, QII – QII (+) – anxiety, QII (-) – emotional stability, QIII – QIII (+) – cortical liveliness, QIII (-) – lack of cortical liveliness; QIV – QIV (+) – independence, QIV (-) – submissiveness.

level of such a secondary factor as extraversion (QI+) characterizes them as open persons who easily adapt to any situation, etc. So, a list of personality traits was established, the expression of which is characteristic of people with a high level of psychological well-being: normativeness, sociability, dominance, courage, expressiveness, diplomacy, sensuality, high self-control, etc. A high level of normativeness and courage promotes independence and the development of a sense of duty. Sthenic emotionality, manifested in positive emotions, reducing the tension of the individual, affects the psychological well-being of a person.

Accordingly, individuals with a low level of psychological well-being are characterized by syzothymia (A-), weak self (C-), low super-ego (G-), timidity (H-), rigidity (I-), suspiciousness (L+), low self-control (Q3-), slightly lower self-esteem (MD-), introversion (QI-), anxiety and tension (QII-), etc. Representatives of this group are characterized by isolation, alienation, conflict, rigidity, secretiveness, taciturnity, restraint, caution, suspicion (A-). They are characterized by low sensitivity, strictness, prudence,

practicality, some cruelty, low expectations from life (I-). They are focused on social approval, prefer to work and make decisions together with other people. They need support from the group, as they depend on the opinion and requirements of the group (Q2-). It is quite difficult for them to control their own emotions, especially anger and anxiety. These individuals are characterized by an unstable image of their own «I», a low level of awareness of social requirements and their own ideals, which is expressed in the form of reckless emotionality and some refutation of social norms (Q3-). Conformity, modesty, tact, timidity, caution, benevolence, obedience are characteristic of these individuals. They do not know how to defend their own point of view, they meekly follow the stronger, they give way to others, they do not believe in themselves and their abilities, therefore they often turn out to be dependent, take the blame. Such passivity is part of many neurotic states (C-). At the same time, they can be undisciplined, irresponsible, disagree with social rules and standards: they can quite easily abandon the

work they have started, refuse their obligations, but freedom from the influence of the group sometimes makes their activities more effective (G-). They are stubborn, irritable, distrustful, fixated on failure, prone to rivalry, skeptical of the moral motives of the behavior of others, self-centered (L +). Anxiety is a characteristic feature of people with a low level of psychological well-being: a negatively colored experience of mental excitement, anxiety, agitation, a sense of the need for some kind of search, which turns into a state of excitement (QII +). Such people feel tired and unable to overcome life's difficulties (QIV-). They are rather cold, rigid and formal in their contacts, are not always interested in the lives of others, avoid people and avoid collective events (QI-).

Conclusions. Since psychological well-being is a complex, multifaceted phenomenon in its manifestations, we consider it appropriate to distinguish ten components of the psychological well-being of an individual: psychophysical, socio-economic, ethnocultural, existential, worldview, value, emotional, behavioral, cognitive, and volitional.

For empirical psychodiagnostic research, we used the following methods: «Test-questionnaire for the diagnosis of psychological well-being of the individual» developed by N.V. Kargina and 16-PF personality questionnaire by R. Kettel. Students aged 16 to 24 took part in the study, the total number of respondents was 408.

It was found that indicators of psychological well-being correlate at a high level of significance

($p \leq 0.01$; $p \leq 0.05$) with the following personality factors: affectothymia (A+), intelligence (B+), emotional stability (C+), consciousness (G +), courage (H +), softness (I+), tendency to guilt (O+), adequate self-esteem (M D +), radicalism (Q 1+), self-control, strong will (Q 3 +), intensity (Q 4+), extraversion (QI+). There are also negative correlations with the following personality factors: suspiciousness (L +), naivety (N -), anxiety (QII -) and sensuality (Q III-). That is, we can assume that all these factors are inherent in a person's psychological well-being.

The psychological characteristics («psychological portraits») of psychologically healthy and unhealthy individuals in the space of a wide spectrum of personality traits presented in R. Kettel's factor model are identified and described.

We see the further perspective of scientific research in a deeper study of the phenomenon of psychological well-being of a person through the establishment of its personal, social, existential, and valuable prerequisites, and therefore the diagnosis of not only its structural components, but also manifestations of psychological well-being in certain life situations.

BIBLIOGRAPHY:

1. Bradburn N. The Structure of Psychological Well-Being. Chicago, 1969. 318 p.
2. Diener E. Subjective well-being is essential to well-being / E. Diener, J. Sapyta, E. Suh. *Psychology Inquiry*. 1998. Vol. 9(1). P. 33–37.