

ПСИХОЛОГІЯ

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CHARACTERISTICS OF PSYCHOLOGICAL WELL-BEING IN MATURE INDIVIDUALS

OLIINYK O. O., candidate of psychological sciences, PhD (Psychology), associate professor, associate professor of department of the Psychology

TOMILENKO Y., Candidate for a Master's degree, 2nd year of study, field of study 053 "Psychology

National University of Life and Environmental Sciences of Ukraine

E-mail: okleons777@gmail.com

ORCID: ID 0000-0002-3255-9170

Abstract. *In today's era of individuals being integrated into numerous social groups, aimed at mastering and performing various social roles, processing vast amounts of information, making rapid decisions, and overcoming challenges that require an expansion of adaptive resources while increasing psychological tension, the issue of psychological well-being in mature individuals has become particularly relevant. Objective. This study is associated with a theoretical analysis of the problem of psychological well-being and empirical research into its main components in mature age. Methods. To achieve the set objective, we used a combination of methods: theoretical methods - analysis, systematization, synthesis of scientific sources; empirical methods - surveys, interviews; psychodiagnostic methods - K. Zamfir Professional Activity Motivation Questionnaire, and the WAM (Well-being, Activity, Mood) questionnaire. The study involved 30 individuals aged 35 to 50 years. The results of the empirical study on the peculiarities of psychological well-being (motivation for professional activity, emotional state) revealed that internal motivation and external negative motivation dominate in mature individuals. Most respondents prioritize deriving satisfaction from both the process and the outcome of their professional activity, as well as full self-realization within it. A significant portion of the sample is motivated by the desire to avoid criticism and potential discomfort in their professional activities. Future prospects for further developments are seen in the development and testing of a program for optimizing the psychological well-being of mature individuals through physical culture means.*

Keywords: *psychological well-being, motivation for professional activity, activity, mood, mature age.*

Urgency of the research. The modern individual's involvement in numerous social groups, mastering and performing various social roles, acquiring and processing significant amounts of information, confronting the challenges of today, quick decision-making, and overcoming difficulties require an expansion of adaptive resources. These

factors contribute to an increase in psychoemotional tension, which negatively affects one's psychological well-being. In contemporary psychological science, considerable attention is devoted to researching indicators and factors related to various forms of success and the development of psychological and physical characteristics of an individual.

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However, there is a declining interest in the issue of personal well-being. This phenomenon remains insufficiently explored in modern psychology, highlighting the importance and relevance of its study among mature individuals.

Analysis of recent research and publications. Understanding the concept of "psychological well-being" is impossible without specifying and understanding the essence of the concepts of "personal well-being" and "psychological well-being of an individual." Each of these has its own content, but they do not exhaust the depth of research potential.

The concept of "psychological well-being of an individual" is quite popular in modern psychology and has numerous definitions in foreign psychology [7]. According to K. Ryff, psychological well-being determines a person's happiness, and to achieve it, the following conditions are necessary: self-acceptance, a positive attitude towards others, autonomy, environmental management, a sense of life, personal growth [7].

In V. Shapar's explanatory psychological dictionary, well-being is defined as a feeling of psychological and physiological comfort [5]. P. Lindly views psychological well-being as a complex formation that reflects an individual's feelings and moods influenced by external conditions, individual psychological characteristics, self-awareness, and the person's ability to overcome life difficulties [6].

V. Havrylkevych and O. Firstova consider psychological (emotional) well-being as an analogue of happiness, which is a general reflective assessment by an individual of their past and present through the prism of life satisfaction and is characterized by intensity and the frequency of experiencing positive emotions [2].

Research objective is to theoretically justify and empirically investigate the peculiarities of

psychological well-being in individuals during the mature period.

Research methods: Theoretical methods involve the analysis, systematization, and synthesis of scientific sources. Empirical methods include surveys and interviews. Psychodiagnostic methods involve the use of the K. Zamfir Professional Activity Motivation Questionnaire and the WAM questionnaire (well-being, activity, mood).

Presentation of the basic material of the research. Psychological well-being in mature individuals, in our view, is determined by the psychological characteristics of the individual that are shaped by the external environment and subsequently manifested based on various life conditions. Changes in an individual's psychological well-being under the influence of external factors are reflected in alterations in their subjective perception of situations, fluctuations in activity levels, reduced social interactions, and disturbances in temporal perspectives [3].

Psychological well-being characterizes the individual as a whole and can be represented as a combination of interconnected components, including cognitive, motivational, volitional, affective, and more. The development of an individual's affective sphere during mature age is not uniform. For some, this age can be the best period in terms of family life, career, or the development of creative abilities. However, during this period, individuals tend to think more about the passage of time [4].

Changes also occur in the motivational sphere of individuals. The desire of mature individuals to act promptly and see immediate results leads to a shift in the structure of their motivation, with a focus on satisfying intensified needs. Among the main components are: caring for maintaining close relationships with family and friends, revising activities considering potential stagnation and missed opportunities, realizing their

creative potential, preparing for a peaceful and secure life in old age, and the need to pass something on to the next generation [1].

To investigate the peculiarities of psychological well-being (motivational sphere and psychoemotional state) in mature individuals, we conducted an empirical study involving 30 individuals aged 35 to 50 years. To assess the motivational sphere of mature individuals,

we chose the K. Zamfir Professional Activity Motivation Questionnaire, as labor activity is one of the central aspects of mature individuals. To determine the psychoemotional state, we used the WAM questionnaire (well-being, activity, mood).

Research results and their discussion. The results of diagnosing professional motivation (according to K. Zamfir) are presented in Table 1.

Table 1

The results of diagnosing the motivation for professional activity in mature individuals (according to K. Zamfir); (n = 30)

Types of motivation					
Internal motivation		External positive motivation		External negative motivation	
abc.	y %	abc.	y %	abc.	y %
11	36,7	9	30	10	33,3

An analysis of the obtained results reveals that the dominant criteria for internal motivation (36.7%) in mature individuals are "satisfaction from both the process and the outcome of work" and "the possibility of complete self-realization in this activity." Therefore, for respondents in this subgroup, self-realization and satisfaction from their professional activity take precedence.

Dominance of external positive motivation was identified in 30% of the respondents. Indicators of external positive motivation, such as "financial earnings," "the need for achieving social prestige and respect from others," were considered significant by most participants. The indicator "desire for career advancement" was also marked as significant by this

group of participants, as they prioritize societal recognition and fair compensation.

The dominance of indicators of external negative motivation was found in 33.3% of the respondents. These individuals are driven by a desire to avoid criticism from superiors and colleagues and to steer clear of possible punishments or discomfort.

As a result, the leading type of motivation in mature individuals is internal motivation, and a high percentage of respondents are driven by the desire to avoid criticism and potential discomfort.

The results of the assessment of well-being, activity, and mood using the WAM questionnaire are presented in Table 2.

Table 2

The results of diagnosing the well-being, activity, and mood of mature individuals using the WAM (Well-being, Activity, Mood) questionnaire

Level	Well-being, %	Activity, %	Mood, %
High	20	26,6	23,3
Moderate	46,6	36,7	40
Low	33,3	36,7	36,7

Analysis of the results presented in Table 2 reveals that, on the "well-being" scale, most respondents exhibited average scores (46.6%), with 20% having high scores and 33.3% having low scores. On the "activity" scale, respondents predominantly showed average and low scores (36.7%), while high scores were found in 26.6% of participants. On the "mood" scale, only 23.3% of respondents had high scores, 40% had average scores, and 36.7% had low scores. Therefore, the well-being and emotional state diagnosis results indicate that most respondents have average well-being and emotional states, with both low and average activity levels.

Conclusions: The essence of the concept of "psychological well-being" and its characteristics in mature age have been analyzed. The psychological well-being of an individual is primarily determined by their individual characteristics, which are shaped by the external environment. The results of the empirical study on the peculiarities of psychological well-being (motivation for professional activity, emotional state) have shown that internal motivation and external negative motivation dominate in mature individuals. The majority of respondents prioritize deriving satisfaction from both the process and the outcome of their professional activity, as well as full self-realization within it. Additionally, a significant portion of the sample is motivated by the desire to avoid criticism and potential discomfort in their professional activities.

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ОСОБЛИВОСТІ ПСИХОЛОГІЧНОГО САМОПОЧУТТЯ ЛЮДЕЙ ЗРІЛОГО ВІКУ

Олійник О. О., Томіленко Є.

Анотація. Сьогодні в епоху включеності людини у велику кількість соціальних груп, спрямованості на оволодіння і виконання різноманітних соціальних ролей, отримання і опрацювання значних обсягів інформації, швидке прийняття рішень і подолання труднощів, що вимагають розширення адаптаційних ресурсів і сприяють збільшенню психоемоційної напруги, особливої актуальності набуває проблема психологічного самопочуття людини зрілого віку. Мета. Дослідження пов'язане з теоретичним аналізом проблеми психологічного самопочуття, емпіричним дослідженням основних його складових в зрілому віці. Методи. Для розв'язання поставленої мети нами був використаний комплекс методів: теоретичні – аналіз, систематизація, узагальнення наукових джерел; емпіричні – опитування, бесіда; психодіагностичні – опитувальник мотивації професійної діяльності К. Замфір; опитувальник САН (самопочуття, активність, настрій). У дослідженні брали участь 30 осіб віком від 35 до 50 років. Результати емпіричного дослідження особливостей психологічного самопочуття (мотивація професійної діяльності, психоемоційний стан) показали, що у людей зрілого віку домінує внутрішній тип мотивації і зовнішня негативна мотивація; середні показники самопочуття і настрою, низькі й середні показники активності. Для більшості респондентів пріоритетними є отримання задоволення від процесу і результату своєї професійної діяльності та повна самореалізація в ній, а також значний відсоток вибірки керується прагненням уникати критики та можливих неприємностей у професійній діяльності. Перспективи подальших розробок вбачаємо в розробці та апробації програми оптимізації психологічного самопочуття осіб зрілого віку засобами фізичної культури.

Ключові слова: психологічне самопочуття, мотивація професійної діяльності, активність, настрій, зрілий вік.