

# THE PERSONAL QUALITY OF LIFE AND LIFE SATISFACTION

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**Introduction.** It has recently received considerable attention to the problem of quality of life in Ukraine. Continuous improvement of the problem of assessing the quality of life of a person becomes important, as well as the search for scientific and methodological approaches to its improvement. The concept of 'quality of life' is multi-vector and depends on the influence of many different factors. It is not limited to one discipline and is relevant for today. In the last three decades a great number of studies have been devoted to the study of quality of life in European countries. It should be emphasized that by the quality of life in modern concepts of quality abroad, scientists understand the complex characteristics of socio-economic, political, cultural and ideological, environmental factors and conditions of existence of the individual, the position of man in society.

We believe that a person's quality of life is a perception of one's life position, as well as of physical, mental and social well-being, depending on the quality of the environment in which the person lives. Quality of life, which has gained prominence in social research study since 1970s, is a broad concept concerned with overall well-being within society. Also, quality of life depends on the level of satisfaction with life and other components of psychological comfort [3]. However, it can be concluded that the main system for ensuring life satisfaction is the system of values, which are the determining factors for meeting the basic needs of the individual, their effective functioning in the direction of professional and personal self-realization, interpersonal relationships and filling life with positive emotions [2; 3].

This means that the psychological side of a person's quality of life is manifested in how the individual has defined for himself the boundaries and frames of his well-being and priorities in his life, as he assesses his capacity to meet needs. I. Aliyev attributes the following factors to the quality of life: health, nutrition, education, employment and working conditions, living conditions, social security, clothing, vacation and human rights [1].

The key terms relating to the consideration of quality of life in psychology are subjective well-being and happiness. Moreover, subjective well-being is considered as a multifactorial construct that includes both affective and cognitive components. Most authors consider well-being and happiness as one of the aspects of quality of life (subjective aspects of quality of life) [3]. Thus, the specificity of psychological research of the quality of life focuses on the subjective nature.

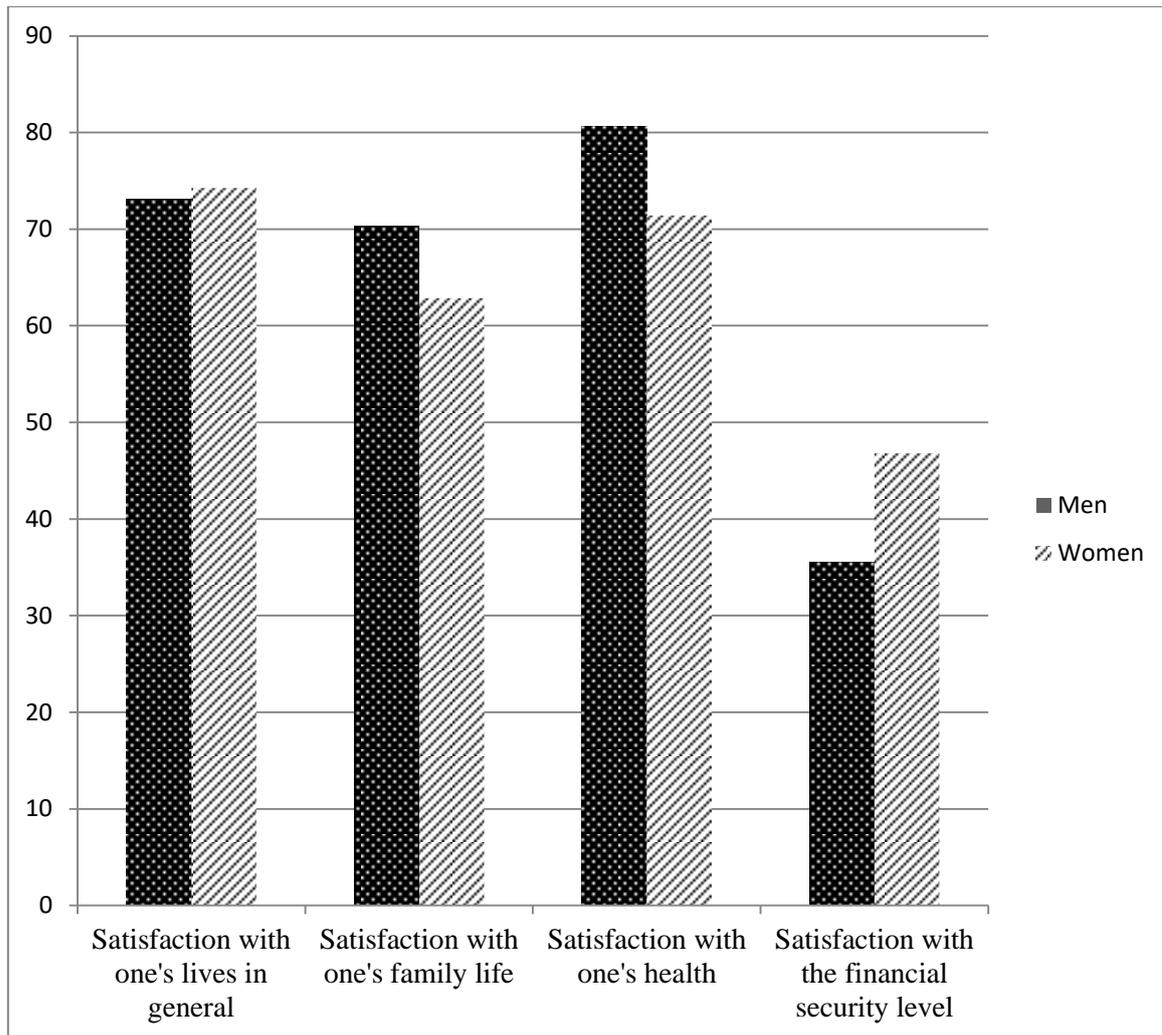
**Aim of the research** is to analyze and investigate the quality of life of the personality in the present conditions of existence.

**Materials and methods.** 78 persons participated in the empirical study: 48 students of the University 'Ukraine' (Kyiv, Ukraine) and 30 working professionals (Kyiv, Ukraine). The age of the participants is from 19 to 40 years. The sample is gender-specific: men 39.74% (31 persons) and women 60.26% (47 persons). We used a personality quality of life questionnaire to diagnose quality of life indicators. The questionnaire contains 12 questions related to assessing satisfaction with one's life.

**Results and discussion.** The subjective perception of the various components of quality of life by individuals may vary greatly. This means that the certain conditions of decent living are relevant to one individual and may not be important or insignificant to another. This conclusion we made from the analysis of the respondents' answers. The results of the survey presented that overall 76.92% of respondents are satisfied with their lives (see fig. 1).

According to our research, a high rate of satisfaction with one's life is primarily related to satisfaction with one's health, which is characteristic of the age of our sample and does not require significant medical support. But every second

respondent also noted that he was generally not satisfied with the state of health care in the country.



**Fig. 1. Assessment of life satisfaction**

Low rates among both men and women were found to be satisfied with financial guarantee, which has the most significant impact on quality of life. However, it should be noted that almost every second woman (46.8%) was slightly more dissatisfied with their financial situation, compared with men (35.48%).

As we can see from Figure 1, the analysis of the answers revealed the absence of significant gender differences in identifying the most important areas of life. Both men and women appreciate the quality of their lives almost equally. Also, 15.38% of respondents from the whole sample said that it was difficult for them to answer the questions and evaluate their quality of life as a whole. These results can be explained

by the fact that students and young workers are more dependent on their parents and are not concerned with financial matters and do not have their own families.

It should be noted that the quality of life assessment is relative. The determination by the person of the degree of satisfaction of his needs is based on his life experience, level of cultural, intellectual, emotional development. Quality of life is presented as life well-being, in which a person feels inner satisfaction with the conditions of his life. Many factors influence quality of life, i.e. physical, spiritual and health state, independence level, social relationship with the environment and others. Also the assessment of quality of life depends on person's value system as well as cultural environment to which he/she belongs to [4].

We have identified a particular importance for the mental health of a subjective assessment of quality of life by the examining quality of life as an integrative characteristic of objective and subjective indicators of individual living conditions. This is manifested in the perception and attitude of the individual to changes in life. Quality of life also determines the mental and moral satisfaction of one's own life, even when the objective indicators indicate otherwise.

**Conclusion.** In conclusion, it can be said that a lot of criteria and methods can be found for measuring quality of life. We have considered some factors that affect the quality of life of a person and have determined the assessment of life satisfaction in the current environment. Based on our research, we view quality of life as a level of satisfaction with human needs that are related to many areas of life. At the same time, subjective and objective approaches are the indicators of quality of life.

We also found that the assessment of quality of life and satisfaction with their lives influences on personality development. The results of life satisfaction are analyzed and it is determined that financial support has the most significant impact on the quality of life of a person.

## **References**

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