
PSYCHOLOGICAL CHARACTERISTICS INFLUENCING PERSONAL AUTONOMY AS A FACTOR OF PSYCHOLOGICAL WELL-BEING

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ABSTRACT

The article makes an attempt to determine the psychological factors contributing to development and formation of personal autonomy as it understood in the theory of psychological well-being.

Different personal characteristics influence an individual's personal autonomy depending on its level. The self-attitude characteristics are in line with personal autonomy; this means that the higher these characteristics are, the higher personal autonomy is. In other words, if an individual believes in his/her own strengths, abilities, energy, independence, in his/her ability to control own life and be self-consistent, self-understanding, if an individual think on him/herself as a confident, independent, strong-willed and reliable person who knows that he/she has something to be respected, he/she also regard him/herself as an autonomous person to the same degree. Low indicators of the Inner-Directed scale show that an individual tends to be dependent on people and situation. So, the desire to get rid of such tendency is the first step to real autonomy. The high levels of autonomy do not influenced by the Inner-Directed indicator, because the problem of dependence is already solved by highly autonomous person. Psychological hardiness, as an individual's ability to overcome difficulties and turn a stressful situation into prospects for personal growth, can regarded as the base for autonomy development, but it cannot stipulate further development of personal autonomy at attainment of some level.

The performed analysis show that the respondents with high autonomy show better understanding of their meanings of life, their life goal are clearer, they believe that are able to achieve life tasks and goals, which is uncharacteristic for the respondents with average and low personal autonomy. And namely this is a turning point to attain personal autonomy of the higher that average level. We can argue that existing life goals and awareness on own life path create a psychological superstructure allowing an individual to achieve high personal autonomy and experience full-fledged psychological well-being.

Keywords: personal autonomy, psychological well-being, self-attitude, meaning in life, self-actualization, psychological hardiness.

Challenge problem. Recently, the Six-factor Model of Psychological Well-being proposed by Carol Ryff has become discussed widely by scientific community. This model includes six factors which contribute to an individual's psychological well-being, contentment, and happiness: positive relationships with others, personal mastery, autonomy, a feeling of purpose and meaning in life, and

personal growth and development. Psychological well-being is attained by achieving a state of balance affected by both challenging and rewarding life events. As for autonomy, an individual with high scores can be described as self-determining and independent, able to resist social pressures to think and act in certain ways, who regulates behaviour from within and evaluates self by personal standards. And

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vice versa, an individual with low scores can be described as concerned about the expectations and evaluations of others, who relies on judgements of others to make important decisions and conforms to social pressures to think and act in certain ways (Seifert, 2005).

The purpose of this article is to determine the psychological factors contributing to development and formation of personal autonomy as it understood in the theory of psychological well-being. *The research subject* is personal autonomy as a psychological well-being factor. *The research object* is psychological factors influencing personal autonomy.

Status of problem research. According to C.Ryff, personal autonomy referred to the ability to resist social pressures to think or act in certain ways. An autonomous individual did not look to others for approval, but evaluates him/herself by personal standards; such individual is no longer cling to the collective fears, beliefs, and laws of the mass. Personal autonomy can be a criterion of mental health. From this perspective, autonomy referred to self-determination, independence, and the regulation of behaviour from within. Within this approach personal autonomy can be regarded as one of the final stages of development (Ryff, 1989).

The following systematization of ideas about ‘autonomy’ is made by D.O. Leontev (2007): a) separation of a person from the surrounding (emancipation); b) a personal trait; c) a basic need, a driving force, manifested at all stages of development; d) a “self-law” (fulfilment of the right to one’s own life principles and value system).

According to E.Berne (2002), true personal autonomy is the manifestation or restoration of three abilities: awareness, spontaneity, sincerity.

Manifestations of personal autonomy should be distinguished from blind following of personal internal impulses or desires, which does not always lead to a positive for personal development result. Most definitely, such delineation is defined by V. Frankl (1990), who distinguished “a freedom from” and “a freedom for” and emphasized inextricable links between freedom and responsibility. Instead of thinking of individual autonomy as “freedom from” the governance of others, it is more appropriate to understand it in a positive way as self-government or self-determination (Young, 1986).

M.M. Pavlyuk (2015) views autonomy an integrative personal characteristics associated with such structures as self-concept, identity, motivations, the ability to choose, etc. O.A. Sergeeva (2007) notes that high personal autonomy is characterized by genuine interest in performed activities, initiative, flexibility of thinking and creativity, orientation on satisfaction from a performed activity; low personal autonomy is characterized by the desire to avoid failures and feelings of guilt, and the desire to receive an external praise and social approval. The level of personal autonomy, as well as the need for autonomy, increases with personal development, with the growth of faith in oneself, own powers and intellectual abilities, and faith in own ability to overcome difficulties and stresses faced during life (Нартова-Бочавер, 2005).

Based on the foregoing, we believe that it will be interesting and relevant to compare personal autonomy with such personal characteristics as: meaning in life, self-attitude, psychological hardiness, self-actualization.

Research methods and the researched sample.

Ryff's Scales of Psychological Well-being was used to determine autonomy of the studied respondents (Ryff, 1995). To determine the psychological factors affecting autonomy, we used the following tests: the Test of Meaningful Life Orientation of D.L. Leontev, which is the adapted version of Purpose-in-Life Test of James Krambo and Leonard Maholik (Leontev, 1992); Test-Questionnaire of Self-Attitude of V.V. Stolyn, S.R. Panteleyev (Stolyn, Panteleyev, 1988); S. Maddi's Hardiness Scale in adaptation of D.A. Leontiev, Ye.I. Raskasova (Leontev, Rasskazova, 2006), the Self-Actualization Test (CAT), which represents the adaptation of Shostrom's Personal Orientation Inventory (Aleshina et al., 1995).

In total, 150 respondents - students of Kyiv universities, age of 18-21 years, participated in the research.

The statistical methods used for data analysis were: correlation analysis and t-test for independent samples. SPSS Statistics 21.0 software was used for calculations.

Research results

At the first stage of statistical data processing, correlations were identified between personal autonomy and other personal characteristics. The obtained results are shown in the Tables 1-5.

The results presented in Table 1 show that personal autonomy correlate quite weak with indicators of meaningful life orientations. The correlations on the significant level present only for general purpose in life and life goals. These indicators characterize purposefulness, the presence or absence of goals in an individual's life, which give life

his/her ability to control own life and be self-consistent, self-understanding; they show an individual's attitude towards him/herself as a confident, independent, strong-willed and reliable person who knows that he/she has something to be respected.

There is statistically significant correlation only

Table 1

Correlations between personal autonomy and Leontev's Test of Meaningful Life Orientation.

		General purpose in life	Life goals	Life process	Life results	Locus of control -Self	Locus of control - life
Personal autonomy	Pearson correlation	,310*	,285*	,242	,267	,252	,249
	α (2-sides)	,028	,045	,091	,061	,078	,081

Note: ** - there is a correlation at the reliable level of significance $\alpha \leq 0,01$; * - there is a correlation at the reliable level of significance $\alpha \leq 0,05$

meaningfulness, focus and a time perspective. So, from these results, we cannot argue that existing meaning in live can become real driving force for development of personal autonomy.

Table 2 present somewhat stronger correlations between personal autonomy and an individual's self attitude. This is especially true for self-respect and self-assurance, these indicators reveal an individual's belief in his/her own strengths, abilities, energy, independence, in

between personal autonomy and the "Control" indicator of Maddi's Hardiness Survey, and its value is average. According to S.Maddi, control involves struggling to have influence going on around oneself, rather that sinking into passivity and powerlessness (Maddi, 2002).

As Table 4 illustrate, there are several indicators of self-actualisation that correlate with psychological autonomy. Self-regard and self-acceptance, by their psychological meaning, are close to self-respect and self-assurance, exa-

Table 2

Correlations between personal autonomy and the indicators of the Test-Questionnaire of Self-Attitude of V.V. Stolyan, S.R. Panteleyev

		General self-attitude	Self-respect	Auto-sympathy	Expected attitude of others	Self-interests	Self-assurance	Attitude of others	Self-acceptance	Self-management	Self-blaming	Interest in oneself
Personal autonomy	Pearson correlation	,327*	,415**	,294*	,014	,218	,505**	,181	,353*	,152	-,166	,093
	α (2-sides)	,020	,003	,038	,922	,128	,000	,209	,012	,292	,248	,522

Note: see note to Table 1

Table 3

Correlations between personal autonomy and the indicators of Maddi's Hardiness Survey in adaptation of D.A.

Leontev, Ye.I. Raskasova

		Control	Commitment	Challenge	General hardi-
Personal auton- omy	Pearson correla-	,379**	,190	,125	,271
	α (2-sides)	,007	,186	,389	,057

Note: see note to Table 1

mined with the Self-Attitude Test. The strongest, but still average, correlation is for the Acceptance of Aggression

autonomy in a linear pattern, the picture is more complicated. That is why at the second stage of statistical data

Table 4

Correlations between personal autonomy and the indicators of the Self-Actualization Test

		Time Competence	Inner-Directed	Self-Actualizing Value	Existentiality	Feeling Reactivity	Spontaneity	Self-Regard	Self-Acceptance	Nature of Man- Constructive	Synergy	Acceptance of Aggression	Capacity for Intimate Con- tact	Cognitive needs	Creativity
Personal autonomy	Pearson cor- relation	,193	,387**	,212	,154	,221	,381**	,424**	,361*	-,074	-,071	,543**	,395**	,182	,347*
	α (2- sides)	,179	,006	,140	,287	,122	,006	,002	,010	,610	,626	,000	,004	,207	,014

Note: see note to Table 1

indicator, which measures ability to accept one's natural aggressiveness as opposed to defensiveness, denial, and repression of aggression. The Inner-Directed indicator means the degree to which one responds to internalised principles and motivations. The Capacity for Intimate Contact indicator measures ability to develop intimate relationships with other people, unencumbered by expectations and obligations.

The results obtained with the performed correlative analysis do not create clear vision; calculated correlations are not really strong. We cannot say that examined personal characteristics support development of personal

processing, we divided all sample into three groups of the respondents. The first group included the respondents (43 people) showed high personal autonomy, and the second one (45 people) did the respondents showed low personal autonomy. The third one included the respondents (58 people) showed average personal autonomy. We performed t-test for independent samples and compared all three groups by pairs. The results are presented in Tables 5-7 (only indicators with significant differences for means at the examined groups are shown, equality of variances is not assumed).

The results presented in the Table 5 show that the

groups of the respondents with high and low personal autonomy have differences for many personal characteristics, which belong to different areas of life, despite the vague results of the performed correlative analysis. Thus, the respondents with high personal autonomy have clearer ideas

about their purposes in life and internal locus of control, which means rely on own forces, capabilities and potential. They also have better attitude to themselves, they respect and accept themselves, are interested in themselves, expect good attitude from other people and do not tend to

Table 5

T-test for independent samples for group 1 (high personal autonomy) and group 2 (low personal autonomy)

Indicator	t-test for Equality of Means						
	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
						Lower	Upper
General purpose in life	4,330	117	,000	13,293	3,070	7,213	19,373
Life goals	3,844	117	,000	4,775	1,242	2,315	7,235
Life process	3,228	117	,002	3,420	1,060	1,322	5,519
Life results	2,847	117	,005	3,360	1,180	1,022	5,698
Locus of control -Self	3,101	117	,002	2,317	,747	,837	3,796
Locus of control - life	2,658	117	,009	3,368	1,267	,858	5,877
General self-attitude	4,587	117	,000	13,884	3,027	7,890	19,879
Self-respect	7,357	117	,000	23,10063	3,14005	16,88193	29,31933
Auto-sympathy	4,338	117	,000	19,126	4,409	10,394	27,857
Self-interests	4,744	117	,000	24,337	5,130	14,177	34,497
Self-assurance	6,959	117	,000	23,29363	3,34726	16,66456	29,92269
Attitude of others	2,921	117	,004	11,663	3,992	3,757	19,570
Self-acceptance (from self-attitude test)	5,348	117	,000	21,29841	3,98267	13,41094	29,18587
Self-management	3,497	117	,001	12,12732	3,46805	5,25902	18,99561
Self-blaming	-2,904	117	,004	-15,805	5,442	-26,583	-5,028
Control	3,657	117	,000	7,056	1,929	3,235	10,877
Commitment	2,210	117	,029	3,844	1,739	,400	7,288
General hardiness	2,793	117	,006	12,203	4,370	3,549	20,858
Inner-Directed	4,101	117	,000	7,504	1,830	3,880	11,128
Spontaneity	4,647	117	,000	1,698	,365	,975	2,422
Self-Regard	6,521	117	,000	3,247	,498	2,261	4,233
Self-Acceptance (from self-actualization test)	4,890	117	,000	3,443	,704	2,049	4,837
Acceptance of Aggression	6,507	117	,000	2,647	,407	1,841	3,452
Capacity for Intimate Contacts	3,738	117	,000	1,769	,473	,832	2,706

blame themselves for failures. The respondents with high personal autonomy have also higher psychological hardiness, so they better withstand difficult life conditions and they have higher tolerance to stress and are able to overcome successfully difficult situations. The respondents with high personal autonomy also show better self-actualisation, rely on inner motives, can act spontaneously and establish intimate contact with other people.

On the other hand, we did not see strong correlation between psychological autonomy and described indicator. Thus, we assume that the examined personal characteristics have different impact on personal autonomy depending on the autonomy level. In other words, some on the characteristic are more important for achievement of the high levels of autonomy, but insufficient development others reduce personal autonomy into the lowest levels. To confirm this hypothesis, we compared the results achieved by the respondents having average autonomy (group 3)

with those of the respondents of the groups 1 and 2 (tables 6 and 7).

The results presented in the Table 6 show what characteristics are especially important to achieve high personal autonomy. The most remarkable result is presence of significant differences between these groups concerning purposes in life. All indicators from Leontiev's Test of Meaningful Life Orientation are higher at the group with high personal autonomy. The indicators describing self-attitude and self-actualisation are present, but differences are smaller. The indicators, describing psychological hardiness, are totally absent in Table 6, which means that there is no difference in psychological hardiness between people having high and average autonomy.

The results presented in the Table 7 reveal characteristics lack of which lowers an individual's psychological autonomy. There are no differences for all indicators, describing purpose in live. This means that people with the

Table 6

T-test for independent samples for group 1 (high personal autonomy) and group 3 (average personal autonomy)

Indicator	t-test for Equality of Means						
	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
						Lower	Upper
General purpose in life	4,442	153	,000	13,476	3,034	7,482	19,469
Life goals	3,477	153	,001	3,711	1,067	1,603	5,819
Life process	3,843	153	,000	3,890	1,012	1,890	5,889
Life results	3,882	153	,000	3,758	,968	1,846	5,670
Locus of control -Self	3,700	153	,000	2,479	,670	1,155	3,803
Locus of control - life	3,789	153	,000	4,271	1,127	2,044	6,498
General self-attitude	3,686	153	,000	9,237	2,506	4,286	14,189
Self-respect	5,060	153	,000	15,55224	3,07341	9,48043	21,62404
Auto-sympathy	1,026	153	,306	3,736	3,640	-3,456	10,928
Expected attitude of others	3,019	153	,003	12,01238	3,97905	4,15140	19,87335
Self-assurance	4,448	153	,000	12,06158	2,71153	6,70471	17,41844
Attitude of others	3,992	153	,000	11,975	3,000	6,048	17,902
Self-acceptance (from self-actualization test)	2,684	153	,008	9,67868	3,60619	2,55433	16,80302
Self-management	3,100	153	,002	8,76544	2,82778	3,17891	14,35197
Feeling Reactivity	1,847	153	,067	,670	,363	-,047	1,386
Spontaneity	3,544	153	,001	1,143	,322	,506	1,780
Nature of Man-Constructive	-2,735	153	,007	-,771	,282	-1,327	-,214
Acceptance of Aggression	5,085	153	,000	1,822	,358	1,114	2,530

examined levels of autonomy do not really put forward life goals or really want to achieve them and this is their real difference from people having high autonomy. The differences in self-attitudes and self-actualisation exist and are

personal autonomy in a linear pattern (the higher these characteristics are, the higher personal autonomy is). All of them are related to an individual's attitude to him/herself: auto-sympathy, expected attitude of others, self-assurance,

Table 6

T-test for independent samples for group 3 (average personal autonomy) and group 2 (low personal autonomy)

Indicator	t-test for Equality of Means						
	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of	
						Lower	Upper
Auto-sympathy	3,295	124	,001	15,390	4,670	6,146	24,634
Expected attitude of others	-2,299	124	,023	-10,93723	4,75687	-20,35241	-1,52206
Self-interests	4,682	124	,000	20,368	4,350	11,757	28,978
Self-assurance	2,830	124	,005	11,23205	3,96927	3,37575	19,08835
Self-acceptance (from self-	2,227	124	,028	11,61973	5,21755	1,29273	21,94672
Control	4,091	124	,000	4,802	1,174	2,479	7,126
General hardiness	2,575	124	,011	7,573	2,941	1,751	13,394
Time Competence	2,483	124	,014	1,099	,443	,223	1,975
Inner-Directed	3,851	124	,000	6,390	1,659	3,106	9,674
Existentiality	2,319	124	,022	1,291	,557	,189	2,394
Self-Regard	6,451	124	,000	3,069	,476	2,128	4,011
Self-Acceptance (from self-	4,203	124	,000	2,901	,690	1,535	4,268
Nature of Man-	2,241	124	,027	,723	,323	,085	1,362
Acceptance of Aggression	2,343	124	,021	,825	,352	,128	1,521
Capacity for Intimate Con-	3,816	124	,000	1,484	,389	,714	2,254

quite similar to the differences revealed at comparison of the respondents with high and average personal autonomy. The most remarkable distinction is that the respondents with low autonomy have significantly lower psychological hardiness (the indicators of general hardiness and control) in comparison with the respondents having average autonomy. Thus we can argue that an individual's insufficient psychological hardiness reduce his/her perception of him/herself as an independent, autonomous person and, therefore, reduce his/her psychological well-being. In addition the respondents with low autonomy have significantly lower the Inner-Directed indicator that measures the degree to which an individual is independent and self-supportive; low values mean that the individual tends to be dependent.

Discussion. As we can see from the performed correlative analysis and t-tests for independent samples, there are some personal characteristics that are related with

self-acceptance, self-regard and acceptance of aggression, so they measure affirmation of self because of worth, acceptance of self in spite of weaknesses or deficiencies and show an individual's belief in own strengths and abilities, that he or she has something to respect. The results correspond to views of Kahneman D., Krueger, A. (Kahneman, Krueger, 2006) who argue that self-acceptance is a central feature of mental health, as well as a characteristic of self-actualization, optimal functioning and maturity.

The comparison of the respondents with average and low autonomy reveals several characteristics, lack or absence of which reduce an individual's psychological autonomy and make him/her dependant on people and situations. The first of such indicators is Inner-Directed scale (from Self-Actualization Tests). Thus, the first step at the way of autonomy acquisition is to get rid of the habit to be dependent. According Riesman D. with co-workers

(Riesman et al., 2001) inner-directed type is guided by an inner set of goals and principles, by values planted by an individual's parents during his/her childhood. At the same time, such people conforms their outward behaviour to match societal norms. Unlike the inner-directed, autonomous people chooses own goals for themselves, are capable of conforming to the behavioural norms of their society and are free to choose whether to conform or not. These views are in agreement with our results, inner-directness means a first step for real autonomy achievement.

We also should note that insufficient psychological hardiness lower an individual's autonomy. Thus, if a person raises the courage and motivation needed to turn stressful circumstances from potential calamities into opportunities for personal growth that this person start his/her journey on personal autonomy achievement. I. Baranauskienė with co-workers (Baranauskienė et al., 2016) view psychological hardiness as a complex category of the personality psychology, covering the phenomenology of personality formation and basic life attitudes, a person's adaptive potential and behavioural strategies for overcoming of stress and existential anxiety. The correlation analysis of hardiness components, performed by them, showed existence of correlations between hardiness components and personal autonomy. Our results correspond with these finding partially, only for people with average and low autonomy. There are no differences in means for hardiness components of the respondents with average and high autonomy. We can say that good psychological hardiness is a necessary but insufficient requirement for high psychological autonomy. Psychological hardiness creates a basis for autonomy but cannot stipulate its further development at attainment of some level.

Which personal characteristics can support namely high personal autonomy? The performed analysis show that the respondents with high autonomy show better understanding of their meanings of life, their life goals are clearer, they believe in their capability to achieve life tasks and goals. The respondents with high autonomy believe in their ability to control own life freely, to make decisions and to put them into action and they have sufficient freedom of choice to build own life in accordance with own goals, tasks and ideas. This results correspond to the report of

Dolan, Layard and Metcalfe (Dolan et all, 2011), who researched the relations between psychological well-being and personal traits and determined that autonomy requires such qualities as self-determination, and internal regulation of behaviour. There are no corresponding differences for the respondent with average autonomy and with low one. Thus, we can argue that existing life-goals and awareness of own life path create a psychological superstructure allowing an individual to achieve high personal autonomy and experience full-fledged psychological well-being.

Conclusions. The analysed empirical study leads us to the following conclusion:

Personal autonomy can be described as an individual's self-determination and independence, his/her ability to resist social pressures to think and act in certain ways, to regulate behaviour from within and to evaluate self by personal standards. Different personal characteristics influence an individual's personal autonomy depending on its level.

The self-attitude characteristics are in line with personal autonomy; this means that the higher these characteristics are, the higher personal autonomy is. In other words, if an individual believes in his/her own strengths, abilities, energy, independence, in his/her ability to control own life and be self-consistent, self-understanding, if an individual think on him/herself as a confident, independent, strong-willed and reliable person who knows that he/she has something to be respected, he/she also regard him/herself as an autonomous person to the same degree.

Low indicators of the Inner-Directed scale show that an individual tends to be dependent on people and situation. So, the desire to get rid of such tendency is the first step to real autonomy. The high levels of autonomy do not influenced by the Inner-Directed indicator, because the problem of dependence is already solved by highly autonomous person.

Psychological hardiness, as an individual's ability to overcome difficulties and turn a stressful situation into prospects for personal growth, can regarded as the base for autonomy development, but it cannot stipulate further development of personal autonomy at attainment of some level.

The performed analysis show that the respondents with high autonomy show better understanding of their

meanings of life, their life goal are clearer, they believe that are able to achieve life tasks and goals, which is uncharacteristic for the respondents with average and low personal autonomy. And namely this is a turning point to attain personal autonomy of the higher than average level. We can argue that existing life goals and awareness on own life path create a psychological superstructure allowing an individual to achieve high personal autonomy and experience full-fledged psychological well-being.

Prospect for further research. Personal autonomy is only one factor influencing psychological well-being. Another interesting factor, which contradicts to some extent to autonomy, is positive relationships with others. So, our further studies we seen in deeper understanding of this factor, finding of personal characteristic supporting it and comparison them with personal characteristic supporting autonomy.

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ПСИХОЛОГІЧНІ ХАРАКТЕРИСТИКИ, ЩО ВПЛИВАЮТЬ НА ОСОБИСТУ АВТОНОМІЮ ЯК ЧИННИК ПСИХОЛОГІЧНОГО БЛАГОПОЛУЧЧЯ

АНОТАЦІЯ

У статті зроблена спроба визначити психологічні чинники, що сприяють розвитку і формуванню особистісної автономії, як вона розуміється у теорії психологічного благополуччя.

Для визначення автономії була використана Методика дослідження психологічного благополуччя К.Ріфф. Для визначення психологічних чинників, що впливають на автономію, ми використовували такі тести: тест смисложиттєвих орієнтацій О. Л. Леонтьєва; тест-опитувальник самооцінки В.В. Століна і С.Р. Пантелєєва; тест життєстійкості С. Мадді в адаптації Д.А. Леонтьєва і Є.І. Расказової і самоактуалізаційний тест (САТ). Всього у дослідженні брали участь 150 студентів київських вузів, віком від 18 до 21 року. Статистичними методами, використаними для аналізу даних, були: кореляційний аналіз і критерій Ст'юдента для незалежних вибірок.

Висновки. Особистісна автономія може бути описана як само-детермінація і почуття незалежності людини, як її здатність протистояти соціальному тиску, мислити і діяти самостійно, регулювати поведінку зсередини і оцінювати себе за особистими стандартами. Різні особистісні характеристики впливають на особистісну автономію людини в залежності від рівня розвитку автономії. Чим краще само-ставлення людини тим вище її особистісна автономія. Іншими словами, якщо людина вірить у свої сили, здібності, енергію, незалежність, у свою здатність контролювати своє життя і розуміти саму себе, якщо людина думає про себе як про впевнену, незалежну, вольову і надійну людину, яка знає, що у неї є щось, за що її слід поважати, то вона також вважає себе автономною людиною у тій самій мірі. Низькі показники шкали Підтримки (самоактуалізаційний тест) показують, що людина, як

правило, залежить від людей і ситуацій. Тому бажання позбутися від такої звички - це перший крок до справжньої автономії. Показник Підтримки не впливає на високий рівень особистісної автономії, оскільки проблема залежності вже вирішена людиною з високою особистісною автономією. Психологічна життєстійкість, як здатність людини долати труднощі і перетворювати стресову ситуацію на можливості особистісного зростання, може розглядатися як основа для розвитку автономії, але вона не може зумовити подальший розвиток особистісної автономії після досягнення певного рівня.

Проведений аналіз показує, що респонденти з високою особистісною автономією демонструють краще розуміння сенсу свого життя, їх життєві цілі більш зрозумілі, вони вважають, що здатні досягти життєвих завдань і цілей, що не характерно для респондентів із середньою і низькою особистою автономією. І саме цей факт є поворотним моментом для досягнення особистісної автономії вище середнього рівня. Ми можемо стверджувати, що існуючі життєві цілі і розуміння власного життєвого шляху створюють психологічну надбудову, що дозволяє людині досягти високої особистісної автономії і бути психологічно благополучною.

Ключові слова: особиста автономія, психологічне благополуччя, само-ставлення, сенс життя, самореалізація, психологічна життєстійкість.

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ПСИХОЛОГИЧЕСКИЕ ХАРАКТЕРИСТИКИ, ВЛИЯЮЩИЕ НА ЛИЧНУЮ АВТОНОМИЮ КАК ФАКТОР ПСИХОЛОГИЧЕСКОГО БЛАГОСОСТОЯНИЯ

АННОТАЦИЯ

В статье предпринята попытка определить психологические факторы, способствующие развитию и формированию личностной автономии, как она понимается в теории психологического благополучия.

Для определения автономии была использована

на Методика исследования психологического благополучия К.Рифф. Для определения психологических факторов, влияющих на автономию, мы использовали следующие тесты: тест смысложизненных ориентаций О. Л. Леонтьева; тест-опросник самооценки В.В. Столина и С.Р. Пантелеева; тест жизнестойкости С. Мадди в адаптации Д.А. Леонтьева и Е.И. Раскасовой и самоактуализационный тест (САТ). Всего в исследовании приняли участие 150 студентов киевских вузов, возрастом от 18 до 21 года. Статистическими методами, использованными для анализа данных, были: корреляционный анализ и критерий Стьюдента для независимых выборок.

Выводы. Личностная автономия может быть описана как само-детерминация и чувство независимости человека, как его способность противостоять социальному давлению, мыслить и действовать самостоятельно, регулировать поведение изнутри и оценивать себя по личным стандартам. Различные личностные характеристики влияют на личностную автономию человека в зависимости от уровня развития автономии. Чем лучше само-отношение человека тем выше его личностная автономия. Другими словами, если человек верит в свои силы, способности, энергию, независимость, в свою способность контролировать свою жизнь и понимать самого себя, если человек думает о себе как об уверенном, независимом, волевом и надежном человеке, который знает, что у него есть что-то, за что его следует уважать, то он также считает себя автономным человеком в равной степени. Низкие показатели шкалы Поддержки (самоактуализационный тест) показывают, что человек, как правило, зависит от людей и ситуаций. Поэтому желание избавиться от такой привычки – это первый шаг к настоящей автономии. Показатель Поддержки не влияет на высокий уровень личностной автономии, поскольку проблема зависимости уже решена человеком с высокой личностной автономией. Психологическая жизнестойкость, как способность человека преодолевать трудности и превращать стрессовую ситуацию в возможности личностного роста, может рассматриваться как основа для развития автономии, но она не может обусловить дальнейшее развитие личностной автономии по достижении определенного уровня.

Проведенный анализ показывает, что респон-

денты с высокой личностной автономией демонстрируют лучшее понимание смысла своей жизни, их жизненные цели более ясны, они считают, что способны достичь жизненных задач и целей, что нехарактерно для респондентов со средней и низкой личной автономией. И именно этот факт является поворотным моментом для достижения личностной автономии выше среднего уровня. Мы можем утверждать, что существующие жизненные цели и понимание собственного жизненного пути создают психологическую надстройку, позволяющую человеку достичь высокой личностной автономии и быть психологически благополучным.

Ключевые слова: личная автономия, психологическое благополучие, само-отношение, смысл жизни, самореализация, психологическая жизнестойкость

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