

## **ABOUT THE PROBLEM OF PSYCHOLOGICAL WELL-BEING OF SUBJECTS OF PEDAGOGICAL INTERACTION AS A BASIC PRIORITY OF CONTEMPORANEITY**

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*Summary: Theoretical and methodological approaches to the problem of psychological well-being of personality are considered. The analysis of influence of life prospects on formation of psychological well-being feeling of personality is presented. The basic conditions for formation of psychological well-being feeling of personality are determined. The particularities of psychological well-being of personality as components of the phenomenon of happiness are determined.*

*Keywords: psychological well-being, life strategies, life prospects.*

The possibility to build psychological well-being of subjects of pedagogical interaction is becoming an actual problem of contemporaneity. In the current context of changing vectors of the society development, it is difficult for an individual to actualize own experiences, emotions, understanding a state of other people, context of life situation, which could expand the image of own vision of reality, of what is happening and its consequences. Psychological well-being is formed particularly under conditions of awareness and understanding of the role of external situational factors of one's own behavior, reduction of level of anxiety, emotional tension, reasonable self-esteem, self-confidence. In pedagogical interaction, a person acquires skills of introspection of causes of own internal personal conflicts, as well as tolerance in conflict situations and search for a compromise.

**The purpose** of our study is to determine conditions for the psychological well-being formation.

The study of the phenomenon of psychological well-being has different directions. Both psychological and physiological processes that facilitate or complicate its acquisition are considered. The philosophical approach in the study of the phenomenon of psychological well-being is studied as the completeness of being and as phenomenon of happiness.

Only certain moments of happiness are created in the achievement of a certain goal, which form the sense of psychological well-being. After achievement of the goal, the personality begins to form another goal, purpose, desire. In order to achieve the sense of happiness, the problem arises of a new goal formation.

The studies of psychological well-being of personality are carried out in the areas of determination of his (her) satisfaction with life, feelings of happiness and safety. Particular attention is paid to the nature of communication of modern youth (aloofness, isolation, sense of loneliness).

The psychological well-being of human subject is formed in conditions of restoration of emotional bonds with his (her) immediate surroundings in order to be able to find arguments to be grateful for the good and evil caused by other people. What did a person gain when suffered losses, insults, exile and neglect of other people? These issues are complex in understanding the positive changes in human life. In a crisis situation, a person may not be aware of positive components of life changes.

Even the evil received by a person from others can bring positive changes in life; push forward other paths in life. When discussing these unpleasant moments with a person, it helps to understand both the negative and positive components of a crisis situation. Through the sense of gratitude for everything that happens in a person's life, the balance of "take" and "give" is restored. It is paradoxical that happiness returns in the form of gratitude for life, for the opportunity to live in such way ("a job you enjoy", "relationships warm your soul").

Happiness is manifested in personality's feelings, attitudes, and plans for the future. It becomes a condition of understanding that happiness is not just about

getting what you want, but wanting what you get. A person accustomed to expect that life will only bring positive, is not able to overcome shoals of life.

Fears of expectation of all sorts of troubles make it impossible formation of the sense of well-being. With the fear of expecting the worst in life, a person programs a biased attitude to any situation. Even if this situation is unthreatening, the person can see a negative therein. Formation of a person's sense of gratitude for everything that happens to him (her) restores confidence in overcoming life's troubles.

Determining the resources of human happiness, the researchers (A. Borschevskaya, 2019) outline the picture of changes in mental health and relationships of modern human. The phenomenon of "emotional cold syndrome" (Tereshchenko N.M., Kocheryan A.S.) is noted in the relationship, difficulties of establishing and maintaining emotionally close relationships. The lack of positive relationships with parents creates conditions for raising anxiety in their children at different ages (Krivtsova, 1997).

In terms of the existential theory of the philosopher Martin Heidegger, to be settled in life means realization of own "life project". Sometimes this path of life becomes complicated but it is his (her) own, and the personality gets authenticity. This includes cultural peculiarities of the perception of happiness in respondents from various countries across the world (Lukyanchenko N.V., 2015). These can be needs and desires, something that always makes people glad and happy, as well as something that is done spontaneously in order to recover temper, have fun.

When a person is stuck in some role that does not meet his (her) needs, then a crisis state is formed. Emotional bankruptcy arises under circumstances, where conventional behavioral strategies no longer function, as well as forces, motives and interest are exhausted. The crisis recovery is caused by changes in social roles and alteration of personal identity, which is the hardest thing to change. Otherwise it would not be a crisis.

The method of "paradoxical intention" (founded by W. Frankl in 1960) exists in psychotherapy. This method is based on a double effect. On the one side, the state

of anxiety originates exactly what the person fears; and on the other side, the neurotic intention (hyper intention) renders impossible to achieve what he (she) wants. This effect is used in the technique for paradoxical intention – the person is invited to do what he (she) fears.

Methods of unfinished sentences can be also used as diagnostic techniques for psychological well-being. It is necessary to continue the sentence about happy moments of one's own life, desired life and conditions whereby psychological well-being can be formed.

This effect can also be analyzed on an example of the gratitude manifestation method. To be a happy person means give a place in own heart to someone whom is grateful. Gratitude is needed for a person to find integrity, sense of well-being and inner harmony. In the exercise on readiness to be grateful it is offered to finish the sentence: "I am grateful to my parents for .....", "I am grateful to men for ...". The list of those whom is grateful should be continued independently. It is recommended to view and talk for what you can thank others, as well as discuss the task's complexity. At what points was it difficult to determine gratitude to someone or for something? How convincing were the arguments of gratitude in favor of certain people? At what points appeared obstacles in the appreciation of gratitude to other people?

Analyzing the answers and selected categories of those to be grateful for, it is possible to identify problematic factors in the psychological well-being formation of an individual. It is identified what needs dominate in the individual in the concept of psychological well-being. The complexity in identifying those to whom you can be grateful is indicative in the problems of interaction with the social surroundings of a person.

Social communication will be a dominant need, but not psychological disposition and physiological component (hormonal background, disability, etc.). The choice of personality for a person to whom you can be grateful becomes diagnostic.

Unmanifested daily needs to be grateful for warmth, sincerity, kindness in relationship with the immediate surroundings are determined by the choice of what a person is grateful for. The study based on this method provides not only the diagnosis of needs, meaningful personal values, but psychotherapeutic effect as well. Discussion of certain categories of what one can be grateful for helps a person to perceive the difficulty in realizing own desires and achieving goals. It helps to form a hierarchy of values, goals and perspectives of an individual.

Awareness of problems in the communicative process forms changes in a role-based identification of personality. These changes help to form a new vector of life achievements, new goals and plans. Readiness of an individual for changes moderates the disappointment in case of incongruent choices in the goals or strategies for their achievement.

Coherence of motives, feelings and personal experiences becomes a necessary but not sufficient condition for happiness. When a person makes a decision based on this feeling, he (she) is ready to pay a high price: to be tired, overcome difficulties, be upset; and all that is for the sake of own well-being.

But this process does not always make a person happy. Periods exist of doubt, uncertainty; sometimes a person for the sake of being natural gives up happiness. Just to follow own life direction becomes a condition for the psychological well-being formation.

**Conclusions.** Successes in activating the psychological well-being formation become a secondary product of the process of personal self-realization; they cannot be achieved in any direct way. The attention focusing on result with the desire to achieve a particular goal most often complicates, inhibits or completely impedes the process of psychological well-being formation.

The achievement of predictability and identity of an individual in relationship with the surrounding, as well as formation of self-organizing and self-determining system of relationships is important in the selection of forms and methods of settlement of the individual and community interaction.

It helps to move from uncertainty and chaos to finding compromises, understanding and harmony in relationships in new surroundings. Recalling the joy of a childhood success helps to feel and understand what a person really likes.

A certain value, purpose, life plan and strategy for achieving them, as well as vector and direction whereby a person lives, arise from such memories and feelings.

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