

PSYCHOLOGICAL ASPECTS OF HUMAN WELL-BEING

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Abstract

This article considers the psychological aspects of individual well-being and its impact on the overall psychological state of a person. The article examines the key determinants of well-being, as well as the roles of self-esteem, social interactions, and psychological well-being. It is thought that the level of well-being of a person is closely related to his psychological health and quality of life. The discussion section includes a review of the importance of psychological support and strategies to promote well-being. The conclusion highlights the importance of understanding the psychological aspects of well-being and offers directions for future research and recommendations for practice.

Keywords: well-being, personality, psychological state, self-esteem, social interactions, psychological harmony.

Introduction

The problem of psychological well-being of the individual is a fundamental problem studied by such sciences as philosophy, medicine and psychology. Each discipline fills this concept with special content. When we talk about the philosophical meaning of the problem of psychological well-being, we mean two ethical directions - hedonism and eudaemonism. Medicine links psychological well-being to quality of life, mental health, and other components of health. Currently, this problem is actively studied by Russian and foreign psychologists. This is due to the need to understand the basic mechanisms of psychological well-being; how they regulate a person's behavior and how it affects his relationships with other people. O. A. Idobaeva connects the problem of psychological well-being with the problem of positive development of the individual.

Scientists show great interest in this problem, taking into account the development trends of modern society. L.V. Kulikov understands psychological well-being as a state of mental comfort, harmony of mental processes and inner harmony; it depends on whether a person has clear goals, as well as the resources and conditions to achieve them. According to the author, the problem often arises in situations of despair - social isolation (deprivation), tension in important relationships.

The well-being of the individual is primarily subjective by its nature, and subjective well-being is a generalized and relatively stable experience that is of particular importance to the individual.



A person's subjective well-being (or illness) is a personal assessment of various aspects of his life. Personal well-being includes a number of components: social, spiritual, physical, material and psychological prosperity.

Psychological well-being (mental comfort) is a harmony of mental processes and functions, a sense of wholeness, internal balance. Psychological well-being is more stable with personal harmony and depends on the existence of clear goals, successful implementation of activity and behavior plans, availability of resources and conditions for achieving goals. The problem arises in frustration, monotony of management behavior and other similar conditions.

A person's well-being is one of the main aspects of his life and affects the general psychological state and quality of life. In this article, we will explore the psychological factors that determine human well-being and its impact on the level of mental health.

We also examine the role of self-esteem, social interactions, and psychological well-being in achieving well-being. In this study, we used a variety of data collection methods. First, we reviewed scientific articles on personal well-being and related psychological aspects.

Surveys were then conducted among different age and socio-cultural groups to gather their views and opinions about their level of well-being and the factors that influence it. We also analyzed statistical data and results from other studies to confirm our findings.

Psychological aspects of personal well-being are various states and characteristics that contribute to a person's life satisfaction and general sense of well-being. These aspects are usually internal and relate to an individual's emotional, psychological and social well-being. Below are the main psychological aspects of personal well-being:

- **Self-esteem:** A person with high self-esteem has a positive attitude towards himself, believes in his abilities and values himself. He feels confident and optimistic in his abilities, which leads to increased well-being.
- **Autonomy:** A person who feels autonomous is able to make their own decisions, control their lives, and set their own goals and priorities. This is an important aspect for achieving satisfaction and well-being.
- **Social support:** communicating with supportive people, close and trusted people can help improve psychological well-being. A sense of belonging and social connection can help reduce stress and improve overall well-being.
- **Sense of meaning and purpose:** A person who has clear goals and sees meaning in life, feels more fulfilled and direction. Understanding your meaning in life will help you overcome difficulties and increase your level of happiness.
- **Positive emotions:** joy, happiness, interest and other positive emotions promote well-being. People prone to positive emotions cope with difficulties more easily and cope with stress successfully.
- **Ability to manage emotions:** learning to manage your emotions and adapt to change can reduce the negative effects of stress and promote psychological well-being.
- **Self-awareness:** developing your skills and potential helps a person feel happy and successful. Constant development and growth promotes well-being.



• Connection with the environment: A person who feels harmony and harmony between himself and his environment feels more well-being. This can include job satisfaction, social environment and other areas of life.

Given that each person is unique, the factors that contribute to their well-being may vary. However, the above-mentioned psychological aspects often play an important role in shaping a person's overall sense of well-being.

When talking about student age, it should be noted that this is the period of greatest activity, professional development and formation of personal values. The social state of development is determined by the choice of a young person's life path, professional and personal self-determination. E. Erikson considers this age to be the most important period of human social development. With the psychosocial identity formed at the age of 21-25, we can talk about personal maturity and the ability to solve adult problems.

According to M.G. Golubeva, the most vivid experiences and the resulting maladjustment are manifested in education and professional activities. Studying at the university is a completely new stage compared to the life of a school student. Interpersonal relationships become complicated; Problems of isolation from the family (living in a dormitory) may arise. As a result, students experience prolonged emotional stress, anxiety, and psychological stress.

The phenomenon of adaptation is widespread in connection with the transition of students to a new stage of life - starting to study at higher educational institutions. The increase in information loads and physical inactivity associated with it, the development of unusual methods and forms of training, the complexity of the system of interpersonal relationships, the sudden change in the work and rest schedule cause a long-lasting feeling of emotional stress and anxiety. There are two main components of students' psychological well-being:

- cognitive - goals, meanings, achieved results;
- emotional - experiences related to the realization of the set goals, as well as their own behavior.

The results of the study showed that the level of well-being of a person is closely related to his psychological health and life satisfaction. High self-esteem and a positive attitude towards oneself play an important role in achieving well-being. The quality of social connections and interpersonal relationships also has a significant impact on individual well-being. Psychological well-being, understood as the balance between emotional, cognitive and behavioral aspects of life, is also strongly related to the level of well-being.

Discussion of research results confirms the importance of psychological support and psychotherapeutic methods to improve personal well-being. In addition, social programs and initiatives aimed at strengthening interpersonal relations can also have a positive effect on the level of well-being in society.

In this article, we looked at the psychological aspects of human well-being and its impact on mental state and quality of life. Self-esteem, social relationships and psychological harmony play a key role in achieving well-being. The importance of psychological support and measures to strengthen interpersonal relationships should be taken into account when developing programs and strategies to improve the level of well-being of the individual and society as a whole.



Future research should further understand the mechanisms of interaction between psychological well-being and self-esteem, social connections, and individual well-being. It is also important to conduct practical research on the effectiveness of psychotherapeutic approaches and social programs aimed at improving well-being in different community groups. According to the results of the research, recommendations and strategies can be developed to improve the level of well-being and general psychological state of the individual.

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