

UDC 316.628:17.023.34

SELF-REGULATION AS A METHOD OF ACHIEVING PSYCHOLOGICAL WELL-BEING

Kryvokon N. I., Pavlenko A. V.
ubk.nat@mail.ru

The article is devoted to the problem of self-regulation and psychological well-being. Self-regulation is understood as a conscious process of human mental activity that constructs, maintains and manages its arbitrary activity aimed at achieving the goals. Psychological well-being is treated as a set of personal resources, which provide a harmonious relationship as a system «subject-environment». The relevance of the phenomenon of self-regulation research is examined, the examples of foreign and domestic researches are given, the key scientific positions on the issue of self-regulation and psychological well-being are presented. The need for further theoretical and experimental studies of the phenomenon of self-regulation is stressed.

Key words: self-regulation, arbitrary activity, psychological well-being, mental health

Статтю присвячено проблемам саморегуляції та психологічного благополуччя. Саморегуляція розуміється як усвідомлений процес психічної активності людини з побудови, підтримки та управління своєю довільною активністю, яка спрямована на досягнення цілей. Психологічне благополуччя трактується як сукупність особистісних ресурсів, які забезпечують гармонійність взаємин у системі «суб'єкт-середовище». Розглянуто актуальність дослідження феномену саморегуляції, наведені приклади зарубіжних та вітчизняних досліджень, висвітлені основні наукові положення з проблем саморегуляції та психологічного благополуччя. Наголошено на необхідності в подальших теоретичних та експериментальних дослідженнях феномена саморегуляції.

Ключові слова: саморегуляція, довільна активність, психологічне благополуччя, психологічне здоров'я.

Статья посвящена проблемам саморегуляции и психологического благополучия. Саморегуляция понимается как осознанный процесс психической активности человека по построению, поддержке и управлению своей произвольной активности, направленной на достижение целей. Психологическое благополучие трактуется как совокупность личностных ресурсов, обеспечивающих гармонию взаимоотношений в системе «субъект-среда». Рассмотрена актуальность исследования феномена саморегуляции, приведены примеры зарубежных и отечественных исследований, освещены основные научные положения по проблемам саморегуляции и психологического благополучия. Отмечена необходимость в дальнейших теоретических и экспериментальных исследованиях феномена саморегуляции.

Ключевые слова: саморегуляция, произвольная активность, психологическое благополучие, психологическое здоровье.

In conditions when socio-political and economic situation of the social development is quite volatile, actualize the problems, which are connected with psychological well-being preservation. Psychological well-being is understood as socio-psychological formation, which characterizes the positive operation of the personality and is expressed in indirect dominant relationship (with other people, the world and themselves), in the subjective sense of life satisfaction, the realization of their own potential and a high degree of integration [18]. Psychological well-being is a totality of personal resources, which provides harmonic relations in the system «subject-environment». The totality of personal resources often exposes to changing depending on degree of influence of outward things. Therefore for maintaining harmony of the system «subject-environment» in different conditions of vital functions clear self-control, high self-possession, the ability to control their behavior and emotions are essential. In this regard, there is a critical problem of research of self-regulation as a method of achieving mental health.

The aim of the article is to cover some theoretical aspects of the concept of self-regulation in the context of maintaining psychological well-being of personality.

The concept of “well-being” in western psychology is determined in broad meaning, as a multifactorial construct, which is a complex interrelation of cultural, social, psychological, physical, economic and spiritual factors [26].

In foreign literature psychological well-being is determined as a dynamic characteristic of the individual, which includes subjective and psychological components, and is also connected with adapted (healthy) behavior. To this issue devoted works of foreign researchers N.Bradburn, E.Diener, C.Riff and others, and in native psychology there were A.A.Kronik, I.V.Dubovina, A.V.Voronina, P.P.Fesenko, T.D. Shevelenkova and others.

The beginning for studying of psychological well-being was laid by N.Bradburn, who introduced this concept to the academic community. He considered, that psychological well-being is determined by state of happiness or unhappiness, subjective feelings of satisfaction or dissatisfaction with their lives.

The structure of psychological well-being according to N.Bradburn consists of two interacting affects: positive and negative. The positive affect is all that events, which make a person happy, feeling of satisfaction. The negative affect is vice versa the events that negatively stained - anger, fear, frustration. The index of psychological well-being is a difference between positive and negative affects. In this way, the high

level of psychological well-being is observed, if the positive affect exceeds the negative one, and this is characterized by feeling of happiness. The low level of psychological well-being is observed in case, when the negative affect exceeds the positive experiences [8].

The concept of psychological well-being is described most extensively by C.Riff, who interprets it as basic subjective construct, which reflects perception and estimation of its operation, from the point of view of the top of the potential human capabilities. Also, C.Riff marks out the structure, which consists in six factors of psychological well-being [13]:

- 1) Positive relationships with others – trust and care, empathy;
- 2) Autonomy – the independence from social pressure and self-regulation, the ability to follow own persuasion;
- 3) Environmental Mastery – the presence of self-control feeling, the ability to choose and create situations, which agree with own needs and values;
- 4) Purpose in Life
- 5) Personal Growth – the believe in own ability to realize the personal potential, self-realization.
- 6) Self-Acceptance – the positive attitude to yourself and your past.

Further E.Diener was actively engaged in study of the phenomenon of “psychological well-being”, and he introduced and used for the first time the concept of “subjective well-being”, which consists of three components: pleasure, pleasant emotions, and unpleasant emotions. These three components form in total the index of subjective well-being [9]. In its turn, each of three components of subjective well-being structure can be divided into separate components. Total pleasure divides into satisfaction with a variety of individual areas of life: family, friendship, work, etc. Pleasant emotions can include happiness, love, joy, and unpleasant emotions can appear grief, guilt, anxiety and others. E.Diener considers, that subjective well-being is only a part of psychological well-being, despite the similarity of the treatment of these ideas.

Deeply discussed the concept of psychological well-being in the concept of tiered model developed A.V.Voronina [10, 11]. In her opinion, the concepts of “psychological health” and “mental health” are grades of psychological well-being, which in its turn, reflects the inner integrity of a person, his agreement with himself is a system quality of a person, which he finds in the process of life.

For N.A. Baturin and co-authors [5] psychological well-being of personality is a factor of personal self-regulation, the result of self-regulation of mental states, perception of life.

P.P.Fesenko and T.D. Shevelenkova distinguish the relevant psychological well-being (the degree of main components of positive functioning feasibility) and perfect psychological well-being (the degree of focus on the implementation of positive functioning components). The authors also point out that the structure of psychological well-being is unique for each person [21].

Generally, psychological well-being can be understood as a conscious state, reflecting the cognitive and emotional evaluation of satisfaction with different aspects of life. According to many researchers, it is expressed in the subjective sense of happiness and inner balance and general life satisfaction.

In various psychological approaches authors identify the components that determine psychological well-being achievement. For example, in psychoanalysis the components that contribute to the achievement of psychological well-being are the presence in human healthy and constructive interpersonal relations of life, awareness of the value of self and other, social interest, initiative and self-realization (A.Adler, J.Bowlby, D.Winnicott, H.S.Sullivan, E.Fromm, K.Horney and others). Within the framework of existential and humanistic approaches it's distinguished: healthy, open and sincere interpersonal relations (C.Rogers), the presence of meaning and goals in life (DA Leontiev, V. Frankl) and so on.

In native psychology a person is considered to be psychologically safe, when he actively transforms reality and has an ability to personal development self-determination and the ability to self-management his own resources (K.A.Abulhanova-Slavskaya, BG Ananiev, Bozhovich, A.M.Leontev, V.F.Petrenko and others).

It is significant that some researchers [21] in their works point to the following things: people with high level of psychological well-being differ from people with low level of psychological well-being, that they have a higher level of life meaningfulness and orientations sapidity, as well as their structure of important terminal values is characterized by a more specific and has in advance more easily realized character.

In summary, we conclude that modern researchers consider it possible to achieve psychological well-being through: 1) physical and mental health; 2) knowing and understanding the world; 3) good job; 4) material well-being; 5) freedom and self-definition; 6) satisfactory interpersonal relationships [18].

The specific role in achieving psychological well-being plays self-regulation, which is in general understood as a process of a person managing his own psychological and physiological conditions and actions [14, 18, 24]. The success of activity is provided by a complete and formed system of self-regulation, which includes: planning, modeling, programming, evaluation, flexibility, independence. The most important characteristic of each self-regulation component is flexibility, as a possibility of making corrections into different regulatory blocks functioning, when it's demanded by activity conditions.

The phenomenon of personality self-regulation takes one of the central positions in health psychology, psychology of personality and social psychology. The problem of self-regulation was actively studied by O.A.Konopkin, V.I.Morosanova, A.K.Osnitsky, K.A.Abulhanova, T.V.Kornilova and others.

Self-regulation in the context of health psychology is understood as psychological mechanisms of human activities, which are aimed at maintaining and improving health, as well as the rapid recovery in the situation of the disease [20].

According to P.K.Anohin, self-regulation is a universal feature of organism, which determines the adaptive and protective attitude towards outside extreme influences [2]. So, self-regulation is a physiological basis of many rehabilitation programs, which are aimed at helping people who exposed stress influences. On the physiological side self-regulation is pointed to balance the ratios organism-environment. In the research [23] it was shown, that because of engaging self-regulation in the rehabilitation process, rearrangement in system mechanisms of the whole organism happens, for example, autonomic function normalizes, decreases the level of emotional stress.

Traditionally, self-regulation is treated as a person's ability to ensure stable functioning during the different conditions of life. This is a compound, multi-function, multi-level and dynamic complex.

Studies of self-regulation explain patterns of construction and realization by human any voluntary activity, decision-making and achieving their goals. For example, I.S.Kon [6] explained the features of self-regulation, that it not only fits a person to certain conditions, but also contributes to the development of effective life orientation, a sense of integrity and self-esteem.

The psychological literature identifies several types of self-regulation. For example, Bandura excreted personal self-regulation as a separate unit of human mental activity. He denoted that there are two groups of self-regulation factors: external and internal. The man, in his turn, can only affect the external factors and evaluate his own behavior in pursuit of his goals. External regulation factors include the standards and reinforcements. The standards allow the person to assess his behavior and reinforcement is a stimulus from the environment, "more than self-satisfaction" [22]. These incentives, for example, may be the approval and encouragement from other people, moral and material assistance, etc. Personal factors of self-regulation the author (A. Bandura) binds with three conditions: self-observation, the process of making judgments, the active self-reaction.

In the Soviet psychology the understanding and idea of self-regulation developed gradually. The problem of self-regulation was studied by L.S.Vygotsky, A.N.Leontiev, S.L.Rubinstein, B.V.Zeygarnik and others. In their scientific works, they described the role of conscious human activity in self-regulatory activities [16]. Ya.Reykovskaya, A.Chebykin described the emotional self-regulation, and P.M.Yakobson B.S.Bratus – the moral one. V.A.Ivaknnikov, V.I.Selivanov, A.A.Fayzulaev in their works observed volitional and motivational regulation of behavior. Volitional self-regulation examined in detail by K.A.Abulhanova-Slavskaya, N.V.Nemova. E.P.Ilin, Yu.Ya.Strelkov, V.I.Medvedev and others, who involved mental self-regulation in the structure of activities, and treated it as a human activity, aimed at the transformation of its state. S.I.Krapivnitseva considered self-regulation as an activity aimed at enhancing human resources and the restoration of human power. A.A.Konopkin [14] within the structured approach developed the concept of conscious self-regulation of any random activity of a person in achieving their goals in a variety of activities, which is based on subjective human integrity and purposeful activity and has some personal meaning in relation to which a person acts as a the initiator, the creator. From the activity approach point of view (M.Bobneva, E.Shorohova, V.Yadov) [16] self-regulation is a system-organized process of internal mental activity of man of construction, maintenance and management of various types and forms of any activity, directly aimed at achieving the human purposes. V.P.Boyarintsev [16] understood self-regulation as a mechanism for internal human mental activity with various means, where activity and self-regulation provide the stability and steadiness of this activity. N.I.Yarushin said, that "social human behavior is controled by the processes of self-regulation, where self-regulation provides social and psychological adaptation of personality and self-organization does its relative autonomy, independence and self-organization". V.I.Morosanova [17] actively develops the problem of individual style of person self-regulation. Self-regulation is seen as a conscious process of internal mental activity of man, by construction, maintenance and management of various forms and any activity that directly implements the achievement of goals. The concept of self-regulation by V.I.Morosanova represents such regulatory processes as planning, modeling, programming and evaluation, as well as regulatory and personal characteristics like flexibility and independence [17]. The author also highlights three self-regulation styles: independent in planning and monitoring, flexible in accounting conditions and actions programming, sustained in the evaluation of results.

O.V.Konopkin noted that certain manifestations of self-regulation were studied in isolation from an integrated regulatory system, with the result that it is difficult to understand the true relationship of the structural elements. He managed to describe the most general model of person self-regulation [14, 19]:

- 1) The accepted by a subject aim of activity;
- 2) The subjective model of its significant conditions;
- 3) The program of performing actions;
- 4) The subjective system of criteria of successful activity;
- 5) Control and evaluation of real results;
- 6) The decision of self-regulation system correction.

Self-regulation is implemented by various mental components: images (S.D.Smirnov, N.D.Zavalova), concepts and feelings (E.A.Klimov, E.L.Yakovleva), plants (E.V.Shorohova, VV Novikov), values of significant others (D.A.Leontev) and others. Based on that we can say that self-regulation is a system that ensures consistency and coordination of mental tools and identity systems, and is a "specific form of human activity, which implements the prevailing influence of personality structures of different levels of personality features on a purposeful activity" [16, 20]. The feeling of subjective well-being shows the effectiveness of the interaction of mental means of self-regulation.

So it should be noted that self-regulation is one of the most effective methods of achieving and maintaining psychological well-being.

Self-regulation is carried out at both the physiological and the psychological levels. At the physiological level, for example, negative emotions that undermine the psychological well-being, well being overcome by physical self-control, which helps to restore calm state: relaxed posture, slow, deep breathing, relaxation of muscles of the face and body. All such relaxation techniques are based on conscious relaxation of muscles, and as increased muscle tension leads to mental stress, so relaxation of muscles in its turn, leads to reduction of emotional stress.

Psychological self-regulation covers all mental phenomena which are peculiar to person. For example, self-regulation of mental processes: sensation, perception, thinking; self-regulation of emotional processes; self-regulation of their status and the ability to manage them; self-regulation of social behavior.

As a result, we can say that, depending on at what separate component of psychological well-being should be directed self-regulation, different methods are used: the emotional and volitional, motivational, corrective ones.

If person's stress is associated with emotional and volitional areas, then to eliminate it and to achieve harmony, well-being, the following methods of self-regulation will be used: self-confession, self-persuasion, self-hypnosis and others.

The keeping of psychological well-being is possible also through motivational sphere. Self-regulation will be implemented through unmediated and indirect methods. The unmediated methods of self-regulation include self-hypnosis, autogenic training. And, as mediated method of self-regulation will be the meditation.

A.A.Kronik [11], describes the psychological well-being as a form of fullness of life experiences, linked with self-realization, which occurs in case of the transformation the world motivation of human into the greatest quantity. In this case, the way for achieving psychological well-being is a man self-regulation of motivation to the world. The author identifies two forms of self-motivation to the world: increasing importance of human peace and strengthening its capabilities.

Maintaining of psychological well-being is possible with corrective methods of self-regulation: self-organization, self-assertion, self-actualization.

As a result of self-regulation three major effects should occur: calming effect (elimination of emotional tension); restoration of psychic powers (weakening of the manifestations of fatigue and stress); activation effect (increase in psycho-physical activity).

Therefore, self-regulation is one of the basic means, which prevents emotional tension, stress, directs human activity on the implementation of the plans, support of significant values and, thus, creates and maintains psychological well-being of man.

The necessity for further studying of the problem of self-regulation is the formation of the complex techniques, which allow realizing self-regulation in the context of psychological well-being.

References

1. Agadzhanian N.A., BaEvskiy R.M., BersenEva A.P. Problemi adaptatsiy i vchennya pro zdorov'ya. Vid-vo RUDN, 2006. - 284 s.
2. Anohin P.K. Uzlovyye voprosy teorii funktsionalnykh sistem / P.K.Anohin – M.: Nauka, 1980. – 196 s.
3. Badmaeva D. G. Samoregulyatsiya aktivnosti lichnosti v stressovykh situatsiyah / D.G.Badmaeva // avtoref. dis. na poluchenie nauch. stepeni kand. psihol. nauk, - 2004. – Rezhim dostupa: <http://psibook.com/scholarly/samoregulyatsiya-aktivnosti-lichnosti-v-stressovykh-situatsiyah.html>
4. Balmagambetova G. G., Brazhanova A.K. Osnovy psihologicheskogo zdorovya lichnosti / G. G. Balmagambetova, N. N. Nikambaeva, A. K. Brazhanova, A. M. Tazhina / Rezhim dostupa: <http://cyberleninka.ru/article/n/osnovy-psihologicheskogo-zdorovya-lichnosti>
5. Baturin N.A. Teoreticheskaya model lichnostnogo blagopoluchiya/ N.A. Baturin, S.A. Bashkatov, N.V. Gafarova // Vestnik YuUrGU. Seriya «Psihologiya». – 2013. – # 4. – T.6. – s. 4-14
6. Bahcheeva E.P. Podhody k issledovaniyu samoregulyatsii v sovremennoy psihologii / E.P.Bahcheeva – Rezhim dostupa: http://www.rusnauka.com/4_SND_2013/Psihologia/7_124791.doc.htm
7. Bolotova A. K. Chelovek i vremya v situatsii sotsialnoy nestabilnosti / A.K.Bolotova – Rezhim dostupa: <https://www.hse.ru/data/801/393/1238/Bolotova.pdf>
8. Bondarenko M.V. Teoreticheskie podhody k ponimaniyu psihologicheskogo blagopoluchiya lichnosti / M.V.Bondarenko – Rezhim dostupa: http://www.elib.krasu.ru/bitstream/2311/4718/1/601_1.pdf
9. Bocharova, E.E. SpIvIdnoshennya emotsIynih komponentIv I kognItivnih komponentIv sub'Ektivnogo blagopoluchchya v rIznych umovah sotsIalIzatsIyi / O.E. Bocharova // Problemi sotsIalnoYi psihologIyi osobistostI. - Saratov: SGU Im. N.G. Chernishevskogo, 2008. - S.41-48
10. Voronina A.V. Otsenka psihologicheskogo blagopoluchchya shkolnikov v sisteme profilakticheskoy i korektsionnoy raboty psihologicheskoy sluzhbi // avtoreferat kand. psih.nauk / A.V. Voronina. - Irkutsk, 2002 - 28 s.
11. Voronina, A.V. Problema psihologicheskogo zdorovya i blagopoluchiya cheloveka: obzor kontseptsii i opyt strukturno-urovnevoogo analiza // Sibirskiy psihologicheskii zhurnal. – 2005. – # 3. – S. 142-145.
12. DYomina L. D., Ralnikova I. A. Psihicheskoe zdorove i zaschitnyie mehanizmyi lichnosti. - Barnaul : Izd-vo Altayskogo gosudarstvennogo universiteta, 2000. - 123 s.
13. Zhukovskaya L.V., Troshihina E.G. Shkala psihologicheskogo blagopoluchiya K. Riff – Rezhim dostupa: <https://docviewer.yandex.ua/?url=http://www.ipras.ru/engine/documents/document3006>.

doc&name=document3006.doc&lang=ru&c=573d97a43fcf

14. Konopkin O.A. Psihicheskaya samoregulyatsiya proizvolnoy aktivnosti cheloveka: strukturno-funktsionalnyy aspekt / O.A.Konopkin // Voprosy psihologi. – 1995. - #1. – s.5

15. Kulikov L.V. Harakteristiki garmonichnoy lichnosti / L.V. Kulikov // Ezhegodnik rossiyskogo psihologicheskogo obschestva. Materialy III vserossiyskogo s'ezda psihologov. - SPb.: Izd-vo SPbGU, 2002. - s. 646-676.

16. Lemeschenko M. Yu. Samoregulyatsiya lichnosti spetsialista kak psihologicheskaya problema / M.Yu.Lemeschenko / Lichnost, semya i obschestvo: voprosy pedagogiki i psihologii: sb. st. po mater. XXVII mezhdunar. nauch.-prakt. konf. – Novosibirsk: SibAK, 2013.

17. Morosanova V.I. Lichnostnyie aspekty samoregulyatsii proizvolnoy aktivnosti cheloveka / V.I.Morosanova // Psihologicheskii zhurnal. – 2002. – T.23. - #26. – s.5-17

18. Pavlotskaya Ya.I. Psihologicheskoe blagopoluchie v kontekste sistemyi otnosheniy / Ya.I.Pavlotskaya // Teoriya i praktika obschestvennogo razvitiya, 2014. - #14.

19. Psihologiya lichnosti v sotsialisticheskom obschestve: aktivnost i razvitie lichnosti. – M.: Nauka, 1989. – 1989. – 183 s.

20. Rasskazova E.I. Ponyatie samoregulyatsii v psihologi zdorovya: novyyi pohod ili oblast primeneniya? / E.I.Rasskazova // Teoreticheskaya i eksperimentalnaya psihologiya, 2014. - T. 7, # 1. - s. 43–56

21. Fesenko, P.P. Osmislennya zhittya I psihologichne blagopoluchchya osobistostl: avtoref. dis. kand. psihol. nauk / P.P. Fesenko. - M., 2005. - 16s

22. Freydzher R., Feydimen D. Teorii lichnosti i lichnostnyiy rost / R.Freydzher, D.Feydimen – Rezhim dostupa: http://www.gumer.info/bibliotek_Buks/Psihol/freydjer/22.php

23. Fudin N.A., Hadartsev A.A. Protsessyi samoregulyatsii kak fiziologicheskaya osnova reabilitatsii lits, podvergshihsia neblagopriyatnyim stressornym i ekologicheskim vozdeystviyam / N.A.Fudin, A.A.Hadartsev. V.I.Dedov, V.I.Orlov, S.Ya. Klassina – Vest. Novgorodskogo gos. un-ta # 8, 1998. – Rezhim dostupa: <http://admin.novsu.ac.ru/uni/vestnik.nsf/All/1468ED850D8E392EC3256727002E7B86>

24. Shabalovskaya M.V. Osobennosti samoregulyatsii proizvolnoy aktivnosti studentov / M.V.Shabalovskaya // Psihologiya i pedagogika: metodika i problemyi. – g. Tomsk: Sibirskiy gos.med.un-t Roszdava, - s. 58- 63.

25. Shuvalov A. Psihologicheskoe zdorove cheloveka / A. Shuvalov // Vestnik PSTGU IV: Pedagogika. Psihologiya 2009. Vyip. 4 (15). S. 87–101

26. Ekzistentsialna psihologiya. Ekzistentsiya / Per. z angl. M. Zanadvorova, Yu. Ovchinnikovoy. - M. : Aprel Press, Izd-vo EKSMO -Press, 2001.