# WOMEN'S PSYCHOLOGICAL WELL-BEING

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***Abstract:*** *It is known that the characteristics of psychological well-being are characterized not only by the magnitude of its indicators, but also by the relationships between its components and its overall level. Research into the structure of psychological well-being reveals which of its components are most significant for the experience of self-satisfaction and life satisfaction for each individual, as well as for people of different ages and genders, allowing for not only a quantitative but also a qualitative characterization of "low" and "high" psychological well-being.*

***Key words:*** *subjectivity, image, well-being, personality, woman, life activity, structure, gender, stereotype.*

***Аннотация:*** *Известно, что особенности психологического благополучия характеризуются не только величиной его показателей, но и связями между его компонентами и его общим уровнем. Именно исследование структуры психологического благополучия обнаруживает, какие из его компонентов оказываются наиболее значимыми для переживания удовлетворенности собой и своей жизнью каждым отдельным человеком, а также людьми разного возраста и пола,*

*позволяет дать не только количественную, но и качественную характеристику «низкого» и «высокого» психологического благополучия.*

***Ключевые слова:*** *субъективность, образ, благополучие, личность, женщина, жизнедеятельность, структура, гендер, стереотип.*

Studies of gender and age differences in psychological well-being, both in international and domestic psychology, are relatively limited. They generally show increases or decreases in scores on psychological well-being scales. The structure of psychological well-being (including its gender and age characteristics) has received little study. At the same time, the characteristics of psychological well-being are characterized not only by the magnitude of its indicators but also by the relationships between its components and its overall level.[2] It is the study of the structure of psychological well-being that reveals which of its components are most significant for the experience of satisfaction with oneself and one's life for each individual, as well as for people of different ages and genders, and allows us to provide not only a quantitative but also a qualitative characterization of "low" and "high" psychological well-being.

Psychological factors of psychological well-being have been studied mainly in the context of “environmental influences” (the degree of satisfaction of basic needs, the nature of interpersonal relationships, etc.) (RRyan, E. Deci, 2000; R. Ryan, 2004; J.G. La Guardia, 2000; R. Ryan & T. Kasser, 2004; P.P. Fesenko, 2005; A.B. Voronina, 2002).[3] However, the social environment, the social context in which a person lives and functions, does not always directly and immediately determine his psychological well-being, which is associated not only with the objectively existing characteristics of the social context (for example, the absence or presence of family, work, children, etc.), but also with a person's subjective "perception" of the social

environment as a specific fragment of the "lifeworld," with the characteristics of the significant relationships that a person establishes with the surrounding social world. The significance for a person of certain spheres of their life (family, work), as well as such "objects" as "spouse," "child," the attitude toward them, the specifics of ideas about them - all this can be considered important subjective factors associated with the characteristics of psychological well-being.[5] By examining the connections between these subjective factors and the components of psychological well-being, this perspective on psychological well-being allows us to address a central theoretical question that has not been addressed in personality psychology: whether differences in psychological well-being are primarily related to the level of well-being or to the age characteristics of the subjects. The results of gender-specific studies of psychological well-being reveal a paradox[3]. On the one hand, women generally exhibit higher rates of psychological well-being compared to men (K. Riff, 2000; P.P. Fesenko, 2005). On the other hand, their gender role, the peculiarities of gender socialization and differentiation, and the gender stereotypes that have developed and are functioning in modern society determine the presence of deep inter- and intrapsychic conflicts, which inevitably reduce the level of actual psychological well-being. (Yu.E. Aleshina, A.S. Volovich, 1991; M.Yu. Arutyunyan, 1987; M.S. Matskovsky, T.A. Gurko, 1986; Z. A. Yankova, 1980; A.G. Kharchev, S.I. Golod, 1971; Sh. Bern, 2002; O.B. Bozhkov, V.B. Golofast, 1986; O.A. Voronina, 1988; Yu. Gradskova, 1999; E.I. Komarov, 1989; Gozman, 1987; Abalakina, 1987; Gozman, Aleshina, 1988; Eagly & Steffen, 1986; Williams & Best, 1990; Bliar & Lichter, 1991). Moreover, working women in modern society find themselves in a situation of “double employment” (at work and at home), which, in turn, has an ambiguous effect on the level of their psychological well-being[5]. It

can be assumed that working women's perceptions and attitudes toward their place and role in their professional and family lives, as well as the significance of work, family, their own children, and their husbands, are subjective factors that are differentially associated with the components and levels of psychological well-being in women with high and low psychological well-being. Working women are precisely the population in which these subjective factors outlined above can be identified. It remains unclear what underlies age-related changes in psychological well-being. Longitudinal studies in this area are difficult. We cannot follow a sample for 35 years, and even if we could, we would not be able to account for all the external factors that influenced psychological well-being during this period, such as divorce, job loss, forced job transition, family conflicts, etc. Therefore, a cross-sectional study of a "standard" sample (i.e. a sample within a single tender, equalized by level of education, socio-demographic criteria, and also equalized in terms of the influence of "external" factors on the experience of actual psychological well-being - the presence of a job, a complete family, children, etc.), as well as a comparative analysis of "extreme groups" - low- and high-income women, allows: 1) to expand the understanding of psychological well-being, to provide a qualitative description of its low and high levels; 2) to clarify the connection between the above-mentioned subjective factors specific to the studied gender and the experience of psychological well-being in different age groups, as well as in groups differing in the level of psychological well-being.

Thus, women's psychological well-being is closely linked to the presence of roles that reflect their overall satisfaction with their position in the family and at work.

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