

PERSONAL FACTORS OF PSYCHOLOGICAL WELL-BEING IN CONDITIONS OF SOCIOECONOMIC INSTABILITY

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Abstract: The relevance of the topic is in the peculiarities of the formation of psychological well-being under the influence of destructive phenomena of the socio-economic environment. The modern geopolitical space and economic trends encourage the solution of problems not only at the macroeconomic level and stabilization of the economy but also at the level of the individual, which is the prerogative of the state social policy. The factors of psychological well-being formation may differ in their nature and direction, which necessitates a methodical analysis of the available factors. The issue of using pedagogical, spiritual, and cultural practices to ensure the formation of psychological well-being is a key task in the implementation of the mechanism for creating a positive psychological climate. The psychological climate in which a person lives is an important factor in the development of psychological well-being. The purpose of the article is to study the personal factors of psychological well-being in the context of socioeconomic instability and global geopolitical challenges. The task of the research is to outline the key prospects for the development of psychological well-being and its possible formation following the conditions of socioeconomic space. The research methodology involves the implementation of a series of scientific research methods, as well as the use of correlation analysis to identify the main advantages of psychological well-being in conditions of socioeconomic instability. The results obtained can improve social policy and psychological practices of assisting people with low levels of psychological well-being. The practical significance of the article lies in the possibility of using the obtained results to improve the individual development of personal factors of psychological well-being. In the context of global geopolitical challenges, it is worth directing human cognitive activity to the analysis of the elimination of destructive phenomena in psychological well-being. The article investigates the peculiarities of the development along with the formation of characteristic features of psychological well-being and identifies the key directions of development of practices for their improvement and optimization.

Keywords: psychological analysis, diagnosis, ontology, psychological well-being, individuality, collective consciousness, socio-economic instability.

1 Introduction

In today's conditions, the development of qualitative methods of psychological well-being depends on many factors of the individual and his environment. It is the question of the formation and acquisition of psychological well-being that is decisive in the formation of cognitive and active human activity and the possibility of self-realization in society. The subject of the study is to improve the internal personal traits of a person and the ability to control external factors influencing the psychological well-being of a person. Such factors as the development of spiritual culture, communication abilities, the

ability to make life decisions, as well as the general orientation of a person in society determine the nature of the formation of the level of psychological well-being. In today's conditions, the most important is the use of qualitative approaches to the acquisition of existing forms of mental health development and the possibility of its implementation under the key tools for the formation and development of a human as a person. Such psychological tools as self-analysis, psychological diagnostics, and the ability of a person to filter his environment are the main tools for the formation of psychological well-being. The definition of this issue is the possibility of ensuring the functioning of the human psyche, improving the quality of the moral state, and avoiding internal conflicts through social activity and perception of the world. These two aspects are key in the formation of psychological well-being by a person. With their help, it is possible to form qualitative relationships that will form not only the internal but also the human environment. Moreover, to ensure the quality functioning of the mechanism for supporting psychological well-being, it is necessary to create some criteria for its definition. The use of indicators and metrics is important as it provides an opportunity to implement a technical analysis of the moral problems of the individual and to reflect the results of personal development using mathematical methods. That is why the division of the component of psychological well-being formation into the relevant factors should be a priority task for the overall formation of mental intelligence and the strengthening of human health. Scientists argue about the instruments of predominant influence on psychological well-being, as the nature of their influence by the source is diverse. In conditions of socio-economic instability, the issue of using and implementing effective means of diagnosing the factor of psychological well-being is an important task. The use of tools to stimulate the spiritual development of the individual through the practices of psychological diagnosis and self-analysis of the individual is key to the formation of psychological well-being.

2 Literature review

The problem of the research lies in a broad approach to the development of factors, classification, and direction of the spiritual, cultural, ethical, and mental characteristics of a person. It is through the use of various practices of psychological diagnosis that it is possible to identify the features of human personality development, which directly affect the characteristic principles of psychological well-being. The personality component is formed from the conscious activity of a person and his perception of the world. It can influence the characteristic indicators of his activity and reflect several advantages over external factors. Much attention is paid to this issue in the scientific literature, that the vast majority of internal factors of a person stimulate the formation of the external environment of influence on psychological well-being. The author Zimmermann (2019) notes that the issue of psychological well-being in the modern dimension is difficult for a single-factor analysis. It needs to be implemented using a multifactorial methodology that can reveal the connection between human activity at the level of the inner world and the degree of its reflection in the environment. The above hypothesis is quite reasonable and requires a real reflection on the predominance of internal factors in the acquisition of psychological well-being by a person and the possibility of changing external factors. The scientist Wagner (2020) believes that psychological well-being is a product of the development of human activity in the environment, not internal development. In the author's opinion, only the external environment can provide a person with mental peace, and satisfaction from ontological problems and characterize qualitative approaches to the possibility of their formation in the long-term period of development and personality formation. Other scholars, namely Thalmayer (2020), emphasize that psychological well-being is a factor in the development of the inner character and inner will of a person, as the main

component of gaining advantages in the world community. According to such views, the author Luchetti (2020), explores that negative socio-economic fluctuations stimulate the personality to transformation. The author notes that only the negative manifestation of such factors can serve as qualitative signs of its activity in society and the manifestation of personal traits that form psychological well-being. Failures in professional development, personal life, or in communication with other people are also a factor in personality development. Therefore, the author pays great attention to the acquisition of existing forms of psychological well-being. According to other features, psychological well-being contains several disadvantages and advantages. Through the formation and use of qualitative approaches, it is possible to create an internal environment of spiritual development and cultural formation. Researcher Soto (2020), considers the problems of human personality formation due to socio-economic instability as a catalyst for the development of psychological well-being. Tendencies that affect a person can improve the direction of self-consciousness, the definition of the role, and the formation of an ontological methodology for solving problems of being and meaning. Of interest is the view of Hudson (2020), who suggests focusing on religiosity as a key tool for gaining volitional advantages, because it is through religion that a person can increase his spiritual culture and moral and ethical qualities. Within such approaches, the author considers the key task to be the distribution of people on religious grounds and the possibility of forming their culture in the socio-economic space. With such approaches, it is most possible to form a personality following its moral guidelines. An important direction among the factors of psychological well-being, according to Luhmann (2019), is the use of spiritual values and imitation of culture. People may have their visions, but any of them will be similar to other, collective ones. That is why a person should form their own space based on communication with those people who share common spiritual values. These measures can qualitatively improve human activity and ensure psychological well-being. Thus, in the scientific literature, there is a wide discussion about the factors of psychological well-being, which in turn is determined by the purpose and objectives of the study.

3 Research aims

The research aims to identify the key factors of developed psychological well-being and to distribute them according to the sectors of influence. Important in the study is the analysis of the formation of a strategy for gaining psychological well-being in the context of global socio-economic challenges and geopolitical instability, which directly affect each person.

The spread of the aggravation trend of negative traits concerning ontological issues, and the decline in the index of life satisfaction in countries, stimulate the solution of this issue at the global level. Psychological well-being is a key factor in the development of human economic productivity since only those who can function well in society can be effective human resources for the corporate environment. Therefore, the subject of the article is to study the available tools for the acquisition and formation of psychological well-being.

Important in the article are approaches to the qualitative formation and development of psychological well-being as a promising category of human activity. The article describes key approaches to the distribution of factors of psychological well-being and the possibility of their formation under current trends in socioeconomic development.

4 Materials and methods

During the research, many scientific research methods are used that allow for revealing the essence of the research topic in the most detailed and complete way. Through the use of qualitative approaches to psychological diagnosis and correlation analysis, it is possible to create the means and formation of psychological well-being in the real and internal information environment following its activities in society. Using the method of search

analysis, the problems of the essence of psychological well-being are identified and the key factors of its development are characterized. Based on the implementation of the practice of using special approaches to the development of spiritual culture, some signs have been formed that indicate the possibility of acquiring moral and ethical values by a person. Moreover, to obtain moral guidelines as a factor of psychological well-being, the methodology of the influence of the external environment on the human psyche is studied. Using the method of deduction and induction, the principles of creation and formation of the human psychological climate are revealed. The key features of the distribution of moral and ethical qualities of a person, which catalyze the formation of self-awareness and the ability to manage their environment, are highlighted by the method of abstraction. Moreover, using the direction of modern methods of scientific research, the key disadvantages and advantages of the impact of socio-economic destabilizing processes are identified. Using the methodology of identifying personal development, an experimental study was conducted at a European university. The use of the methodology of interviewing and testing personality development made it possible to reproduce key indicators for correlation analysis, which connects the level of psychological well-being with the degree of manifestation of key personality traits. Thus, the used methods of scientific research and methodology of analysis can reflect the key results of the study.

5 Results

The issue of personal development in terms of stabilization of psychological well-being and achievement of qualitative forms of personal support is a key task amidst the spread of socio-economic destabilizing processes. The issue of psychological well-being is a complex paradigm of the mechanism of related complexes formed through the development of the personality and its environment, which directly affects the person. Based on such approaches, it is possible to characterize the degree of human development in as much detail as possible and enhance the quality of its interaction with the outside world (Fraley, 2020). An important factor in development is also that personality as a complex psychological category should use all available tools to overcome socio-economic destructive processes. Personal factors of well-being are usually divided into two groups:

- Internal factors – consist of the formation of the internal ethical and spiritual culture of a person and the possibility of gaining qualitative advantages over his previous “ego”, which was transformed into its current state. Internal factors are characterized by the possibilities of human perception of the world, the development of his imagination, and the possibility of projecting his spiritual images in real life. With such approaches, it is most appropriate to use psychological analysis of one’s life and the possibility of forming appropriate goals for its further development. In addition, through the introduction of psychological practices of introspection, you can improve the quality of your perception of yourself and your personality in the global dimension.
- External factors – consist influence the personality of an individual, regardless of his/her internal psychological state. The key factors of external influence are the environment and communication in it. It affects the cultural, spiritual, and social development of a person as the main catalyst for the formation of values and ontological meaning of an individual. External factors are also characterized by qualitative approaches to their possible acquisition as a result of geopolitical processes and changes in the socio-economic situation, which directly affects the formation of the individual.

These factors can create both favorable and negative psychological well-being. In the complex formation of factors of psychological well-being, it is necessary to take into account the quality of its implementation for each individual. It is based on the qualitative approach that the most control group of features necessary for the formation of a quality environment for personal

development can be formed. A more detailed description is given in Table 1.

Tab. 1: Features of psychological well-being of the individual

Features	Characteristics
Ability to self-realization	The opportunity to realize oneself in the social dimension creates real benefits for a person in the social environment, which eliminates the development of destructive ontological processes. People in professions of the greatest social importance: doctors, teachers, politicians, etc. have the highest level of self-realization and they are characterized by the lowest risk of exposure to ontological problems.
Environmental control and filtering	The ability to shape your environment and make appropriate amendments to it is an indicator of high personality development, as it is determined by its formation. The formed personality is capable of regulating and reproducing its environment through the internal culture. Thus, this approach prevents the development of the internal conflict.
Communication skills	A high ability to communicate can qualitatively influence the development of a person's psychological state. The ability to build a dialogue, and to find contact with different psychological forms of personalities, indicates flexibility and the ability to adapt a person to the surrounding threats in the form of communication with other people.
Adaptation	The issue of adaptation is broad in psychological well-being in conditions of socioeconomic instability. The ability of a person to overcome the negative consequences of the crisis and to form a quality environment that can neutralize environmental risks is the highest priority in the development of personal spirituality.
High spirituality and ethical component	Only people with high spirituality have the most qualitatively formed psychological well-being, precisely because of the possibility of understanding the essence of their being and the possibility of further development of a person in society. In addition, spiritual culture is often traced to highly religious people. This encourages them to accept the principles of following the confession of a particular religion, which in turn forms high psychological well-being.
Public position or understanding of personal goals	An active public position or following one's own goals can improve the quality of development of a person's psychological being and increase the quality of formation of his/her communicative and social abilities. Through the use of such skills, an individual is most clearly formed as a person.

Source: compiled by the author.

The features shown in Table 1 indicate that a person can have a variety of factors shaping their psychological well-being. However, the most typical for people with a high level of well-being is a high spiritual culture and understanding of their life goals and missions.

In today's conditions, there are negative processes that directly affect the psychological state of the individual and can completely destabilize it. The spread of the coronavirus pandemic was the initial stage of the development of these processes. In turn, the Russian-Ukrainian war was the culmination of the aggravation of negative factors of human psychological well-being. Let us consider in practice the features of the impact of socio-economic instability on students in Poland, the closest country to Ukraine.

To conduct the analysis, the technology of experimental research was used, which enabled us to show in detail the degree of manifestation of personal factors of psychological well-being of the individual in times of socio-economic instability. The study involved 110 students of the Faculty of Economics of the University of Wrocław. According to the approach of a comprehensive survey and questionnaires were carried out using the following methods: psychodiagnostic of self-consciousness of the individual, testing the activity of life position, and indicators of personal psychological well-being. The obtained results of the methodology, using the SPSS Statistics application software, have been processed and grouped by several factors influencing the indicators of well-being in conditions of socio-economic instability. The principles of construction were as follows:

- Favorable environment – this indicator was chosen precisely because of the need to position personal development in the context of the global environment and the formation of quality personal approaches. These can improve the functioning of a person following his or her key tasks in life. The environment and surroundings of a person directly affect their mental state and can cause both positive and negative factors.
- Autonomy indicator – consists in the fullness of participation in social life and the possibility of gaining one's social position in social and human activities. For students, it will be involved in scientific activities, group projects, and the possibility of using modern means of communication platforms (McCrae, 2019). Furthermore, autonomy is the ability to make independent decisions. It is

extremely important in the development of a socio-economically unstable environment.

- Management of the surroundings or one's environment. It is the ability to acquire the skills of filtering and analyzing what is useful for a person and what is not. With the help of this approach, it is possible to identify the most accurate indicator of the formation of an adult personality and, as a result, to determine the features of its psychological well-being.
- Personality development. The formation of psychological well-being occurs together with the processes of the spiritual and cultural transformation of a person. Cultural and spiritual reflection of a person can qualitatively affect his well-being. In conditions of socio-economic instability, such psychological qualities as a heightened sense of justice, a change in a person's ego, a high sense of anxiety, excessive stress, resentment, and distrust are exacerbated. Such qualities are accompanied by socio-economic instability. However, the development of mental intelligence and the ethical and spiritual component of the personality can reduce the impact of negative factors on psychological well-being.
- Positive communication skills. The qualitative ability to position oneself in society, and to find a common language with other people are the key skills for the development of psychological well-being. A person is fully social and should use his or her existing potential to gain several advantages on his or her "Me". Communication skills provide an opportunity not only to improve one's personality and create a favorable psychological climate but also to improve it in the interlocutor.
- Self-consciousness. The issue of self-consciousness is an important concern in psychology, since the ability of a person to understand the reasons for his/her existence, his/her tasks, and goals in life can improve the quality of his/her psychological well-being. According to modern approaches to analyzing the quality of self-consciousness influence on psychological well-being, it can be argued that the key problems are the following: ontological issues (being, essence, and mission of a person), social problems (communication barriers), inability to determine the direction of personal development. Therefore, this indicator is the most important factor in psychological well-being.

Having identified the key tools for the study, let's use the software to group the results of the faculty students according to the above indicators. The results are shown in Table 2.

Tab. 2: Indicators of psychological well-being factors in experimental analysis

Indicator	Favorable environment	Autonomy indicator	Managing one's environment	Personality development	Positive communication skills	Self-consciousness
Coefficient	65,4/110	76,8/110	79,5/119	65,5/110	65,4/110	67,3/110

Source: compiled by the author.

These indicators show that in the conditions of modern socio-economic instability, people are increasingly facing ontological problems, which should be solved as soon as possible to improve the quality of psychological well-being. One of the lowest coefficients is self-consciousness. Its indicator is 67.3, which is very low compared to the indicator of managing one's environment, which is 79.5.

The reasons for this may be the high level of influence of socio-economic issues and geopolitical challenges. Humanity has undergone global transformations in recent years, as the spread of the coronavirus pandemic and prolonged isolation from society negatively affect the psychological state of a person. Given that the global lockdown, which lasted in European countries and around the world during 2019-2021, has changed approaches to the formation of psychological well-being and the formation of its security. In modern conditions, the most problematic factor affecting the quality of psychological well-being is the Russian-Ukrainian war. It has caused complete

social destabilization in the European social space, but most of all has affected the internal climate in Ukraine and surrounding countries. That is why the autonomy indicator of Polish university students is the highest. Understanding the essence of the activity and outlining the key prospects for the development of their civic position stimulates the development of the positive side of the psychological well-being factor. The global political threat was able to improve the quality of perception of the surrounding world and stimulate the development of the internal environment. However, it is also necessary for Polish university students to form their vision of the development of psychological well-being.

Let us conduct a correlation analysis to identify the key reflection of the available indicators in human consciousness and the possibility of strengthening the epistemological direction of the development of the quality of psychological well-being. The results obtained are given in Table 3.

Tab. 3: Results of correlation analysis

	Favorable environment	Autonomy indicator	Managing one's environment	Personality development	Positive communication skills	Self-consciousness
Life guidelines	0,550	0,252	0,517	0,448	0,550	0,485
Activity in life	0,505	0,420	0,548	0,621	0,414	0,541
Labor productivity	0,446	0,405	0,746	0,428	0,422	0,447
Comprehension	0,265	0,222	0,657	0,250	0,618	0,427
Control	0,061	0,042	0,081	0,266	0,224	0,272

Source: compiled by the author.

The indicators of the analysis show that several trends in the experimental study can be traced by the level of correlation. The highest indicators are formed among the category: management of one's environment, and the lowest in self-consciousness. In addition, there is a partial decline in the indicators of autonomy and the ability of a person to make personal decisions and the formation of collective consciousness, which is a priority means of gaining psychological well-being in the context of socio-economic instability. Such approaches indicate that the importance of forming qualitative indicators of a person can qualitatively improve the level of perception of the world and the environment.

Let us consider the indicator of self-consciousness as a prickly factor in the formation of psychological well-being. Life orientations have a coefficient of 0.48, which is slightly below the norm. This is typical of the growing influence of geopolitical challenges, as people are guided by collective consciousness more than personal. Activity in life has a coefficient of 0.54 in the level of self-consciousness, which is average. This proves that at the onset of socio-economic fluctuations, people resort to a more socially active life and better manage their environment. The index of comprehension is 0.42, which is below average and is characterized by the need to improve the perception of one's own "Me" to eliminate the negative consequences of socio-economic phenomena. The indicator of control, which is quite obvious, is the lowest. A person is not able to control the processes taking place around him. This leads to the loss of quality positions in creating and maintaining the psychological well-being of the individual.

Thus, the study characterizes several factors that are typical in the global impact of socioeconomic challenges and geopolitical instability. The main one is the strengthening of autonomy and environmental management of their communications and verbal contact. According to such factors, a person can improve his psychological well-being and influence the psychological climate of another person. It is very optimal and rational in the

practice of improving the psychological state personally. In addition, the study shows that during the global negative consequences, the coefficient of self-consciousness and control is greatly reduced, which is caused by ontological issues of the direction of personal development and the inability to control these processes.

Thus, personal factors of psychological well-being can be divided into internal and external, which depend on the person and his environment. The opportunity to improve one's position of perception of the world can affect the psychological climate and stimulate the personality to gain competitive advantages over one's self over psychological problems. Further prospects concern, first of all, the possibility of improving the point of view of personal development and activation of cognitive activity. This should be done to achieve a favorable psychological climate in the environment and communication with other individuals.

6 Discussion

The results of the study indicate the need to form a quality environment of human social activity and its possible further development in conditions of socio-economic instability. There is also a need to exacerbate the key processes of transformation of human values following the individual ontological direction. Further prospects for the study may concern the qualitative factors and conditions of their functioning in the global environment. It is through the formation and acquisition of competitive advantages in the "social elevator" that a person can partially ensure his psychological well-being from the point of view of self-realization. Therefore, an important direction for further research should be the quality of professional development and even the choice of professions on the psychological well-being of the individual.

Foreign scientists, namely Damian (2021), determine that the practice of developing spiritual moral qualities and the ability of

a person to transform by the society in which he or she is should be a promising area of research on the quality of the psychological climate and spiritual traits formation. The statement about adaptation to the society in which a person lives is controversial since it is necessary to change the social dimension and communicative environment following one's personal development. It enables the possibility to improve psychological well-being as much as possible. According to such views, scientists propose to determine the level of environmental influence on the personality of an individual.

Other scientists, namely Mroczek (2020), believe that the issue of gaining psychological well-being is possible only with a strong internal culture, which is aimed at the development and formation of ontological characteristics of human social activity. On such grounds, it is worth highlighting a promising direction in the system for assessing such characteristics, because for the study it is necessary to create a special system that can ensure the quality functioning of a person under its modern requirements. In addition, with the help of individual approaches, it is possible to create an effective methodology for the development of mental intelligence and implement this methodology in cultural education.

Ukrainian scientists (Mishchukha, 2020) see the problem of further research in overcoming socio-economic conditions that directly affect the moral state of a person. This approach is quite understandable, as the war in Ukraine has caused not only problems in the macroeconomic situation of the country, but also created consequences for each person. Excessive levels of stress and loss of the benefits of civilization, encourage people to work with environmental factors, not internal ones. That is why an important area for further research on psychological well-being will be the quality of overcoming the destructive processes of the global environment.

Prospects for further research may also concern the tools for using the assessment of personal and individual traits of a person. These techniques should be aimed at identifying the moral and business qualities of a person as the basis of social activity and the development of communication abilities. By implementing such a methodology, a person can create the most psychologically favorable internal and external environment, which stimulates the search for innovative solutions to the problem of the impact of global challenges. Moreover, the factors of psychological well-being can arise from the factors of human self-analysis and ways of their implementation, which can affect the degree of solving ontological problems.

7 Conclusion

Thus, some conclusions can be drawn from the study that reveals the problems of factors of psychological well-being in the context of socioeconomic instability and geopolitical challenges. First of all, the main problem of the formation of the personality component of an individual is the need to improve the factors of personal development – improving internal self-esteem, overcoming the fear of communication, finding tools for social realization, and the possibility of participating in the spiritual development of a particular community. The factors of psychological well-being are divided into two key groups: internal and external. Each of these groups contains its features and applied technologies and methods for their detection. Internal factors relate to the psychological climate of a person and the possibility of gaining competitive advantages in the socio-economic space.

The factors of psychological well-being of the individual are an important issue for stimulating the development of labor productivity and ensuring the effective development of human capital, which is of strategic importance for the countries of the world community. According to such approaches, it is possible to characterize psychological well-being as a factor of influence on the socio-economic environment. If psychological well-being is an object, then the question arises of managing the factors of

influence, which can be classified by the degree of human socialization.

Thus, the conducted research and experimental analysis have shown that it is necessary to improve the internal spiritual culture using introspection and psychodiagnostics. The influence of the processes of socio-economic instability is reflected, first of all, in the worldview and design of the inner world of the individual.

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Primary Paper Section: A

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