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THE COMPARATIVE ANALYSIS OF FOREIGN AND POST-SOVIET STUDIES ON SUBJECTIVE WELL-BEING

This paper shed light on the one of the actual problems of modern psychology, subjective well-being.

This problem is one of the highest priorities for each government and society, which is actively investigated by the science that offers a huge amount of concepts explaining this phenomenon. Taking into account the multiplicity of concepts there is a necessity of systemizing and integrating all these concepts that allows seeing the different perspectives of the studies and drawing a holistic view of subjective well-being phenomena. The foreign concepts are represented by M. Seligman's subjective well-being formula that emphasizes the importance of an intentional activity in pursuing happiness. Another study made by F. Andrews and S. Withey emphasized the significance of personality type. R. Veenhoven offered the significance of positive emotions in subjective well-being. C. Ju and colleagues referred to emotional intelligence as a crucial factor that facilitates subjective well-being. Foreign scientists investigated subjective well-being from the different angles, paying attention to both internal and external factors and components that facilitates subjective well-being. On the contrast to foreign Russian scientists emphasized the importance of internal factors and resources such as resilience, meaning, resources and other. Finally, authors make a conclusion that illustrates the difference between foreign and post-soviet concepts.

Key words: subjective well-being, happiness, positive emotions, life satisfaction.

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Шетелдік және посткеңестік психологияның субъективті саулығын зерттеудің салыстырмалы талдауы

Субъективті әл-ауқат мәселесі – қазіргі заманғы психологияда ең танымал тақырыптардың бірі. Бұл проблема кез келген мемлекет пен қоғам үшін өте маңызды. Қазіргі уақытта ғылым осы құбылысты түсіндіретін әртүрлі тұжырымдамаларды ұсынады. Бұл өз кезегінде осы құбылыстың тұтас көзқарасын анықтау үшін субъективті әл-ауқат тұжырымдамаларын жүйелендіруді және біріктіруді қажет етеді. Бұл мақаланың мақсаты – шетелдік және посткеңестік психологияның субъективті әл-ауқатының құбылысына салыстырмалы талдау жүргізу. Шетелдік тұжырымдамаларға талдау жасауды М. Селигман сияқты ғалымдар ұсынған, ол бақытқа жету үшін мақсатты әрекеттің маңыздылығын атап өтіп, өзінің ерекше формуласын ұсынған. Екінші жағынан, F. Andrews және S. Withey сияқты ғалымдар субъективті саулықта тұлғалық ерекшеліктердің маңыздылығын атап өтті. R. Veenhoven позитивті эмоцияларға субъективті әл-ауқаттың негізі ретінде назар аударды. C. Ju және әріптестері субъективті әл-ауқатты эмоционалды интеллект деңгейімен байланыстырды. Шетелдік ұғымдар осы құбылысты түсінудің алуан түрлілігімен сипатталады. Посткеңестік кеңестіктегі ғалымдар бұл құбылысты көп жағдайда жеке адамның ішкі ресурстары, өмірдің мәні, психологиялық тұрақтылық тұрғысынан қарастырды. Авторлар шетелдік және посткеңестік психологияның арасындағы айырмашылықты баса көрсетіп, талдауды қорытындылайды.

Түйін сөздер: субъективті әл-ауқат, бақыт, позитивтік эмоциялар, өмірден қанағаттану.

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Сравнительный анализ исследований субъективного благополучия зарубежной и пост-советской психологии

Проблема субъективного благополучия является одной из популярных тем в современной психологии. Данная проблема представляет высокую важность для любого государства и общества. В настоящее время наука предлагает различные концепции, объясняющие данный феномен. Это, в свою очередь, требует систематизации и интеграции концепций субъективного благополучия для выявления целостного представления данного феномена. Цель настоящей статьи – провести сравнительный анализ феномена субъективного благополучия зарубежной и пост-советской психологии. Анализ зарубежных концепций представлен такими учеными как М. Селигман, предложивший свою уникальную формулу счастья, подчеркивающую значимость целенаправленной деятельности для достижения счастья. С другой стороны, такие ученые как F. Andrews и S. Withey подчёркивали важность личностной особенности в субъективном благополучии. R. Veenvhoven фокусировал внимание на позитивных эмоциях как составляющих субъективное благополучие. С. Ю и коллеги связывали субъективное благополучие с уровнем эмоционального интеллекта. Зарубежные концепции характеризуются большим разнообразием понимания данного феномена. Ученые пост-советского пространства в большей степени рассматривали данный феномен с точки зрения внутренних ресурсов личности, смысла жизни, психологической устойчивости. Авторы в итоге суммируют анализ, подчеркивая различие между зарубежной и пост-советской психологией.

Ключевые слова: субъективное благополучие, счастье, позитивные эмоции, удовлетворенность жизнью.

Introduction

There are huge amount of scientific evidence that prove the importance of subjective well-being (SWB) for human existence and society itself. From the physiological perspective, happy people are healthier than unhappy. The research showed that happy people have higher level of immune functioning than unhappy people (Stone et al. 1994), they are more fulfilled by the energy, and have tendency to live longer (Csikszentmihalyi, Wong 1991; Diener, Chan 2011).

Another empirical research showed that the higher level of SWB the lower level of physical ailments, anxiety, depressive symptoms and social dysfunctionality (Rajabi, Saremi & Bayazi, 2012) [12]. These studies showed that happy people effectively interact with society, which results to social support that preserves individuals from negative outcomes of life difficulties (e.g., anxiety, depressive symptoms). Thus, the higher level of SWB the wealthier and more productive people are, which allows them work effectively, maintain and develop healthy society and finally, fruitful government functioning. Every government pursuit establishing wealthy country and citizens' well-being is among the priority tasks. Continuing the interest of governments in developing the level of SWB, a lot of evidence prove that statement.

Main body

The studies of SWB in foreign psychology. M. Seligman's SWB formula

Every scientist in positive psychology aimed to explore SWB phenomena from different frameworks in order to obtain a deeper understanding. The interesting concept offered M. Seligman (2002), who made a review of the scientific research related to happiness and conducted empirical research of happiness. He offered happiness formula: Happiness = individual range + external circumstances + volitional control ($H = I + C + V$), where,

I – an individual range, a genetically predetermined level of happiness, which remains relatively stable throughout life and to which we return shortly after most significant events in our lives. Defines happiness by about 50%.

C – is the external circumstances of life (family, children, religion, daily activities), determines happiness by about 10%.

V – factors that are amenable to volitional control, i.e. conscious, intentional and actions that a person can choose for him/herself (determine happiness by 40%).

This paradigm shows that 50% of happiness is already determined by our genes, 40% by our intentional activity, and only 10% determined by the external circumstances. This formula suggests that important role in achieving happiness play

our nature (genes) and our actions, but not the external situations. On the other hand, the notion of genetic predisposition of person's SWB on 50% might meet a discussion from the side of other researcher such as L. Vygotsky, S. Rubinstein, A. Leontiev, C. Mogilner, V. Frankl, A. Adler, who emphasized that activity in general meaning, social environment, nurturing, need of self-actualization and meaning comprehension or pursuing to obtain the meaning, high moral values may outweigh genetic predisposition.

Personality type and SWB

The studies that emphasized the significance of personality type in SWB (Diener, 1999). Personality traits account for as much as 40% to 50% of the proportion of the variability in well-being (Diener, 1999); thus, traits and dispositions appear to be critical to happiness. D. Myers and E. Diener (1995) postulated that four traits consistently characterize happy people: self-esteem, optimism, extraversion, personal mastery or control. Self-esteem is strongly rooted in basic dimensions of personality that researches have convincingly demonstrated such as the "Big Five" (D. Watson, J. Suls, J. Haig, 2002). Empirical evidence shows high correlations between measures of happiness and self-esteem (ranging from 0.36 to 0.58) (Andrews, 1991) that looks like self-esteem can strongly influence happiness. Self-esteem is often used as an index of global happiness or psychological well-being (Baruch, Barnett, 1986). It seems that the link between self-esteem and happiness in the cognitive component. Self-esteem depends on your positive thoughts about yourself (Salehi, Tavakol, Shabani, Ziaei, 2015), both come from inside of yourself and they often go hand in hand. Healthy self-esteem means being more accepting of yourself and your life, with far fewer negative thoughts. Self-esteem is not the unique solution that may help with happiness. Happiness is complex phenomena and there are many factors that can influence it.

Following trait that characterizes happy people is an optimism (Carver, Gaines, 1987). Optimism is a dispositional quality that predisposes people to expect positive outcomes in life (Scheier, Carver, 1985). Research has shown that optimism is strongly related to overall happiness (Cummins, Nistico, 2002), life satisfaction (Lucas, Diener, Suh, 1996) as well as greater positive affect and less negative affect (Seligman, Csikszentmihalyi, 2000). People with optimistic view positively think about their life, positive thoughts trigger life satisfaction. According to cognitive-behavioral psychology, positive thoughts trigger positive emotions. It seems that

optimism has an association with all components of SWB: affective and cognitive components. Optimism appears to relate to happiness instrumentally. L. Aspinwall and S. Taylor (1992) found out that when optimists encounter challenges they seem to employ more effective coping strategies, which in turn increases happiness. Their study showed that college freshmen higher in optimism engaged in more active coping strategies; those low in optimism employed more avoidant strategies. Active coping allows solving the problems and upgrading the life quality, which in turn give us positive feelings.

Next trait is extraversion (Brebner, 1995). The study made by W. Oerlemans and A. Bakker (2014) found that extroverts experience a bigger happiness boost (than introverts) when they perform rewarding activities with other people, rather than alone. The results also showed that extraverts spend more time on rewarding activities than introverts do, and they tend to have contact that is more social during their daily activities. All this helps explain why extroverts are happier than introverts are (or say they are, at least). Even after controlling statistically for the fact that extroverts spend more time with other people and on rewarding activities, there remained a strong relationship between extraversion and happiness.

Another trait that positively refers to people's SWB is a sense of personal mastery or control (Csikszentmihalyi, Wong, 1991). J. Rotter (1966) suggested that individual with the strong belief that he/she can control one's own destiny is likely to be alert to those aspects of the environment, which become the resource of information that triggers the productive behavior. This makes a person capable to improve his/her life conditions, develop one's own skills in order to achieve better results, and be resistant to unproductive manipulations toward him/her. It seems that perceived control can be thought of as a key component of either our trait personality makeup or our cognitive processing, which in either case enhances functioning and, ultimately, survival. Referring to this concept people are the masters of their own life, their fails become the resource of the information for future fails prevention. This makes them become better, and give them life satisfaction that creates positive feelings.

Intentional activity and SWB

Not only personality predispositions may play a crucial role in SWB, but there are also actions that can facilitate our SWB. Similar to M. Seligman's idea about the role of intentional action in SWB, it was emphasized that happy people get pleasure from the professional and social sphere, enhancing creativity, broadening capabilities

and contributing to the internal and external environment (Lyubomirsky, 2005). C. Estrada and colleagues (1994) conducted a study on the sample of physicians. They concluded that physicians, who perceived humanism as more important than extrinsic motivation obtained satisfaction from the practice of medicine and perceived their professional sphere as a source of this satisfaction. S. Lyubomirsky and her colleagues (2005) offered a possible route to longitudinal increases in happiness. In other words, changing one's intentional activities may provide a happiness-boosting potential that is at least as large as, and probably much larger than, changing one's circumstances. Another group of scientists M. Okun and his colleagues (1984) emphasized that social activity positively and significantly related to subjective well-being. The idea of intentional activity refers to what an individual do or think about in everyday life. Intentional activity category incorporates behaviours (e.g., maintaining social networks), motivation and volition (e.g., goal setting an achieving it) and cognitions that involves values, attitudes, etc. This process allows to gain many benefits both social and nonsocial that may result to satisfaction, experiencing positive emotions and pleasure in case of success. This process also includes that in case of an unsuccessful outcomes individual may modify and change the way of performing intentional activity that may result to positive outcomes, moreover, the process as itself may bring satisfaction and new insights that may also contribute to experiencing positive emotions and satisfaction. In this regard, intentional activity manifested as one of the possible ways to practice to obtain positive experience from the process.

5.4. Positive emotions and SWB

The definition of SWB includes affective component. The affective component, which R. Veenhoven (2009) called "hedonic level of affect" is the degree to which various affects that someone experiences are pleasant in character. "Pleasantness" or "hedonic tone" is an experiential quality that exists in all human affects and probably also in animals. We experience both positive and negative affects, the former typically more often than the latter. Hedonic "level" is the degree to which positive experiences dominate over negative experiences. Researchers, who have examined different positive emotional states have overwhelmingly emphasized happiness (Sauter, 2010) and compared positive emotions characterized by or differing largely in terms of arousal, such as upbeat versus warm feelings (Burke, Edell, 1989), excitement versus contentment (H. Kim, K. Park, and N. Schwarz 2010), pride versus

contentment (Griskevicius, Shiota, Nowlis, 2010), happiness versus peacefulness (Agrawal, Menon, Aaker, 2007), happiness versus calmness (Labroo, Rucker, 2010), and nonrelaxed versus relaxed positive emotion (Pham, Hung, Gorn, 2011). B. Fredrickson (2001) describes the nature and general shared function of positive emotions as distinct from negative emotions. Unlike negative emotions, which narrow people's focus to help manage and respond to aversive situations, positive emotions function to enhance creativity, broaden the attentional, cognitive, and motivational scope to allow for new perspectives and experiences.

F. Luthans and colleagues emphasized that positive emotions build psychological resources that allow individuals reach their goals and effectively perform the tasks (Luthans, Avey, Avolio, Peterson, 2010). It is commonly known that psychological resources allow us to cope with life difficulties, develop life quality, and finally maintain fruitful relationships with other people. Another bonus of positive emotions is that they function to improve health and well-being (Boyatzis, Smith, Blaize, 2006). Experiencing positive emotions upgrade our health. Positive emotions also characterize high-quality relationships that support learning and development (Dutton, 2003). Thus, experiencing positive emotions makes us creative that allows us to bring the novelty in our lives, facilitate our capabilities both psychological and physiological and effectively socialize. A person's average affect level can be assessed over different periods of time: an hour, a week, a year, as well as over a lifetime.

EI and SWB

The life is a dynamic process during which people experience both positive and negative emotions, and sometimes while negative emotion occupies us it is important to control this emotion in order to prevent negative outcomes. The ability to control negative emotions allows to live and act in a better life scenario, and thus give us satisfaction with our life. Here we come to EI, which is defined as "... the ability to monitor one's own and others' feelings and emotions, to discriminate among them and to use this information to guide one's thinking and actions" (Salovey, Mayer, 1990:189). The definition shows that EI includes emotional abilities to effectively use information from emotions, allowing people to have adaptive coping with stressful life events. The research found that EI plays a significant role in physical and psychological well-being (Ju, 2015). EI has an important role when trying to reduce the risk of suffering possible health problems, both somatic and psychological. In accord with previous research

(Di Fabio, Saklofske, 2014) people who understand and appropriately manage their emotions have a lower risk of suffering psychological and somatic problems in as much, as they know how to analyze and cope with the possible effects, and avoid ending up suffering from any kind of pathology. In this case, these people will show a lower risk of suffering specific disorders such as burnout syndrome, which is especially associated with an inability to cope with long-term stressful situations (Chaves, Park, 2015). Thus, good use of emotional skills might enable experiencing a higher rate of positive emotional states and reduction of negative emotions resulting in a greater sense of well-being and health.

N. Alvarez and colleagues (2015) suggests that there is a significant association between EI and the cognitive component of SWB than with the affective component. They emphasized that emotional skills have temporal stability that means they are not moldable in short periods of time and life satisfaction is also an enduring and global index in time, it is reasonable to think that both will show higher correlations than most moldable daily moods assessed by an affective index. These processes are the result of knowledge about general emotional abilities, which mostly stable and similar to those responsible for making global cognitive judgments of satisfaction with one's life (CWB). Nevertheless, other studies have shown that this relation might be mediated by both cognitive variables (such as self-efficacy, Vergara, 2015) or affective variables, such as moods (Panno, 2015) or affects (Kong, Zhao, 2013). P. Fernández-Berrocal and colleagues (2004), using the 'Trait Emotional Meta-Mood Scale' (TMMS-24) in adults, found that emotional clarity and repair were positively correlated with life satisfaction and negatively associated with maladaptive indicators, such as depression and ruminative responses. A. Furnham and K. Petrides (2003) found that EI was a positive predictor of happiness, explaining over 50% of its total variance. Emotional intelligence is believed to play a very important role in leadership, workplace and other career developments. People with a high degree of emotional intelligence are known to evaluate situations as less stressful, which result in higher satisfaction with life and happiness. It is observed that only 20% of the career successes are attributed to IQ while as the remaining 80% is because of the other factors such as emotional intelligence (Pool, 1997). Emotions and emotional intelligence are considered as an integral part of interpersonal interaction (Mortiboys, 2012), it is believed that understanding and regulating one's own emotions as well as those of others are the

core factors affecting intrapersonal well-being and interpersonal relations (Khosla, Dokania, 2010).

Another interesting facet of EI is that emotions and emotional intelligence are considered as an integral part of interpersonal interaction (Mortiboys, 2012), and significantly related to specific pro-social attitudes (Jiménez, López-Zafra, 2011). It is commonly known that interpersonal relationship is social interaction between two or more people, which involves language, thoughts, and emotions and closely correlates with one's popularity, leadership performance, and agreeableness. There is no doubt that EI plays a crucial role in maintaining and developing productive relationships between people.

Social relationships and SWB

In addition to abovementioned studies let us refer to M. Argyle's review of happiness research (2003), which showed that SWB has a positive correlation with social relationships, marriage, religion and spirituality, physical exercises, subjective health. No interaction or slight correlation was found with physical attractiveness, money, gender, educational level, having children, the security level in society, house quality.

Let us consider social relationships, it is well known from domestic and foreign psychology (e.g., L. Vygotsky, S. Rubinstein, R. Baumeister and M. Leary, and other) that individual's development closely connected with social environment and the social relationships. The study made by C. Mogilner (2010) suggested, that activities in society, such as communication and intimacy, bring more happiness than activity at work. It is no wonder that social relationships have a positive correlation with SWB.

Interesting and long lasting study (75 years) of happiness was made by Robert Waldinger and colleagues. They interviewed and examined people from their childhood until old adulthood. The research revealed that social relationships (family, friends and other) and strong marriage, characterized by high quality and stability are the main domain that facilitates physical and psychological well-being, longevity and SWB (Waldinger, 2015).

It looks like sociable people maintain social relationships of high quality that gives them satisfaction by these relationships. The satisfaction may be due to support that they obtain when they need it, whereas those who do not have satisfying relationships cannot easily obtain support when they need it. Another possibility refers to the expectation or thought of being able to rely on someone when they need it; this contributes to a sense of well-being. Thus, sociable people report feeling happy more

frequently and sadness less frequently, and report being more satisfied with their lives than those who are not sociable.

Marriage and SWB

Another variable is marriage, evidence of previous meta-analytic studies showed that married respondents report higher levels of happiness and life satisfaction than unmarried respondents (Wadsworth, 2016). These studies investigated level of SWB of married and unmarried (who were alone) respondents. There are also other types of investigation such as examining cohabitation, romantic relationships, etc. The link between marriage and SWB based on the quality of marriage that refers to positive relationships between spouses. The association between marriage and subjective well-being has been explained in the general context of social support theory (Reis, Gable 2003). From this perspective, marriage may protect people against life's hardships by offering support and friendship from the partner, who can be a friend, give a piece of advice or help. A spouse can serve as a valued and trusted decision making partner that allows to lower a person's stress level. In the common practice of healthy marriage, spouses care for each other, support each other in the context of emotional, tangible (e.g., financial assistance), informational (e.g., advice), or companionship (e.g., sense of belonging) meaning. The basic assertion is that marriage bestows companionship, emotional support, sustained sexual intimacy, economic stability, and healthy behaviors on couples (Frey, Stutzer, 2002) and that these qualities account for their superior well-being status compared to the unmarried.

Psychology, epidemiology and sociology researchers suggest that compared to single people, married gain in physical, psychological health and longevity (Burman, Margolin, 1992), the remark is that it appears to be contingent upon marital quality. The link between health benefits and marriage can be demonstrated on data suggesting that married people having a heart attack were 14% more likely to survive and they were able to leave the hospital two days sooner than single people having a heart attack.

Taking into account these studies, healthy marriage is one of the predictors of a person's SWB. Marriage gives opportunities for joy and for growth that can only be experienced in family life. Human beings are social animals, a person strives to find his/her partner and maintain the family as human beings are driven by a sense of belonging that is satisfied for example when we maintain healthy marriage.

Healthy marriage may become a recourse that empowers a person to cope with health problems more productively than a single person.

Income and SWB

E. Diener and his colleagues (1999) found that income has weak association with SWB, which manifested in changes both positive or negative that had a slight effect on SWB, there is no direct link between these variables. According to D. Myers (2000), there might be a positive relationship, but it ceases to exist once a certain level of income is reached. It looks like changes in income may influence SWB, but this interaction has the temporary effect that might be interpreted from the perspective of hedonic adaptation theory stating that people tend to return to the previous level after positive or negative changes in life. Another study showed that there is no difference in SWB between lottery winners and control group (Brickman, Coate, Janoff-Bulman, 1978). Nevertheless, financial problems acknowledged being a risk factor for depression (Kendler, Karkowski, Prescott, 1990). This can be explained referring to E. Diener's findings (1999) that emphasized the role of the meaning of the money. Individuals who have goals in this area and perceive income as a significant value, which they strive to reach along the life course can be more prone to experience depressive symptoms in case of financial problems and vice versa, individuals who financially succeed contribute to the SWB.

Interesting data that shows the indirect link between money and SWB. The study conducted by E. Dunn, L. Aknin and M. Norton (2008) found that spending money on other people predicted happiness in cross-sectional and longitudinal studies. Participants were randomly assigned to the task of spending money on others and spending it on themselves. Participants from the first group experienced greater happiness than participants from the second group. This notion again emphasize the social nature of the human being.

Another study by L. Van Boven and T. Gilovich (2003) found that 'experiential purchases' that for example may refer to having a meal outside with friends or family or theatre tickets resulted in greater happiness than material purchases. That kind of money spending may result in experiencing positive emotions, cognitive satisfaction, and even psychological insights. Another benefit of the experience itself is a potential for longer-term satisfaction that points out to memory capital. Recalling memories of past positive experience triggers experiencing them again and even might

be as a resource of positive emotions that facilitates person's SWB.

Religion and SWB

Another phenomenon that positively correlates with SWB is religion. K. Pargament (2002) emphasized that religion is uniquely powerful in the way that it creates meaning, motivates, and helps believers to cope with traumatic events. It looks like religion becomes a resource for coping with life difficulties through finding the meaning in difficulties or life, referring to V. Frankl, finding the meaning is a crucial facet of person's development, that encourages him/her for the productive lifestyle and making this world better. Concerning coping with traumatic events, religion can help a person accept traumatic event such as for example death, accept that he/she is not able to return the past or get awareness that this situation is beyond of his/her control. Religion in this context becomes a resource providing a buffer against the negative impact of a stressor on well-being. According to studies made by C. Ellison (1991), B. Frey and A. Stutzer (2002) religion is understood to influence subjective well-being through various ways: the religious community gives people a sense of belonging and provides an important source of social support; religion gives people's lives meaning and purpose; and finally, religion encourages people to lead healthier lifestyles. Another word, religion influence well-being again through a social construct that is in human nature; religion gives person meaning and purpose that satisfied need of self-actualization, and finally religion is wise life philosophy that allows people maintain effective lifestyle.

Physical exercises and SWB

Among these variables that can impact SWB special place takes physical exercises that positively correlates with SWB. The psychological theories suggest that participation in exercise provides a form of meditation, which empowers positive mood and decreases negative, allows to distract from disturbing thoughts and emotions; slows cognitive decline through activating changes in the brain parts, increasing sensitivity for hormones (e.g., serotonin) during physical exercises; it boosts energy level that leads to an increased sense of self-efficacy (Ardelt, 2016).

Another perspective explaining the link between physical activity and SWB is health benefits that individual obtain practicing physical activity. The scientific evidence showed that physical activity strengthens health resulting to better cardiorespiratory capacity, muscle strength, body composition, and flexibility (Taylor, 2004),

that is one of the factors, which correlates with SWB. Nevertheless, there are two concepts of health phenomena: (a) Subjective health; and (b) objective health that differ in their association with SWB. According to T. Slim and colleagues (2009), subjective health reflects an individual's feelings of his/her state of health. It can be described as feeling good about your own health, feeling the strength of one's own health state, other words, it refers to self-assessment of one's own health state. The objective concept defines health as the state, characterized by the absence of disease and weakness and as well as a complete mental and physical well-being (World Health Organization, 1946). From this perspective health might be described by the "fact", looking at diagnosis, characterizing health condition. The meta-analytic studies showed that among two concepts of health the concept of subjective health has the structural link between satisfaction with health as a life domain and satisfaction with life as a whole within cognitive part of subjective well-being (Gataūlinas, Bancevica, 2014). Compared to the subjective approach the objective concept has less association with SWB as it refers to an external assessment (French, 2010).

Life course and SWB

Subjective well-being vary over the life course. The life course distinguishes between life events and transitions which may change life course trajectories, where an event denotes an abrupt change while a transition implies a more gradual change. Using the United States General Social Surveys, R. Easterlin suggested that happiness rises slightly, on average, from ages 18 to midlife, and declines slowly thereafter (Easterlin, 2006). One study conducted in Norway found that older people with little income and wealth have a much stronger tendency to be financially satisfied than their younger, equally poor counterparts (Hansen, Slagsvold, Moom, 2008). Using the English Longitudinal Study of Ageing (2002-2011), a recent study suggested that although older cohorts enjoy higher levels of SWB than their younger counterparts when under similar circumstances, they experience sharper declines, especially in the very oldest cohorts (Jivraj, 2014). These studies shows the U-shape pattern of SWB that declines after year of 18 goes up in older age. After three decades of psychological study on SWB, E. Diener and his collaborators' extensive reviews do not agree on the pattern of life cycle happiness, as some studies suggest an inverted-U with a peak at age 65, and others suggest that happiness levels are on the rise in younger people (Diener, 1999). They argued that "the influence of genetics and

personality suggests a limit on the degree to which policy can increase subjective well-being. Changes in the environment, although important for short-term well-being, lose salience over time through processes of adaptation, and have small effects on long-term subjective wellbeing". Taking up this suggestion all individuals in society have different but stable levels of SWB, which are not supposed to change across the lifespan. Nevertheless, abovementioned studies showed the opposite, in this regard, SWB does differ in the course of life span as each stage of human development characterizes by its unique values that vary across the life span, and the satisfaction of these values has crucial role in the level of SWB.

Genes and SWB

Among the factors facilitating SWB interesting contribution made by genetics. Studies showed that special genes do play role in SWB prediction. The effects of two genes investigated directly on happiness: *5-HTTLPR* and *MAO-A*. Studies suggested an association between *5-HTTLPR* and life satisfaction as a cognitive dimension of happiness (Rotenberg, 2013). This gene is coding serotonin distribution in brain cells and therefore leads to mood regulation. There are two different functional forms for this gene: Long one (L), Short one (S). L produces transporter- protein molecules and conducts serotonin transmitter in nerve cells. S produces high-level activity for the serotonin — dependent brain system that regulates mood and behavior. Each person has two kind of a gene that called allele and each of them inherited from parents. However, some people have two S alleles and another people have one L and one S. people who have one L, their life satisfaction is 8% more than others are. Those who have two L allele, their life satisfaction are 17% more than people that have just one S allele. In subjects with L version 35% are very satisfied with life, 34% are satisfied while in subjects with S version only 19% are satisfied. *MAO-A* is introduced as a gene that involved in regulating happiness. This gene that located on chromosome X involved in mood regulation and it is a catabolic enzyme for serotonin, dopamine, and noradrenalin (Chen, 2013).

Taking all together, foreign scientists focused the investigation on the subjective side of happiness – subjective well-being, emphasizing the importance of researching the internal factors from psychological perspective, rather than objective criteria that they named as social indicators, such as income criteria, objective health, material criteria etc. The attitudes toward the happiness and its perception

take the central place in happiness investigation, which characterize the subjective side but not the objective. Individuals vary in external circumstance, yet they may share a subjective feeling of well-being. Happiness defined by the subjective vision and perception this phenomena. Happiness is highly subjective and people understand individually this phenomena (Gilbert, 2006).

Studies of swb in domestic psychology

L. Kulikov's concepts of happiness. Another situation in domestic psychology. Foreign psychology closed the discussion of happiness definition and concern it as a subjective well-being (e.g., Argyle, Seligman, Diener), they focused attention on predictors, correlates, the ways of obtaining or developing SWB, and thus, stepped forward and trying to find new possibilities of developing SWB. Domestic psychology still arguing in defining the meaning of happiness, that will meet theoretical an empirical concepts of domestic scientists. In addition, the problem of the instrumental measuring and exploring the subjective experience of happiness is not fully resolved in domestic science. Happiness as a concrete psychological phenomenon practically is not considered and as a rule, it is examined from the position of an objective approach, the external indicators. One of the first domestic scientists who researched well-being was L. Kulikov (2000). He differentiated the concepts of happiness, contentment, emotional comfort and well-being, preferring well-being as the most clearly defined phenomena with objective indicators. He described well-being as the complex phenomena with exterior determinants (e.g., income, social status etc.) and interior determinant, which is manifested in experiencing/feeling well-being (e.g., self-concept, relationship with the environment, coherence of mental processes and functions, a sense of integrity, inner balance). He also emphasized the subjectivity of well-being experiencing.

T. Shevelenkova and P. Fesenko' concept of well-being. Next scientists from CIS members, T. Shevelenkova and P. Fesenko (2005), which based their concept on Ryff's concept. They described psychological well-being as a complex experience of life satisfaction, which includes actual and potential life aspects of the individual, such as self and life assessment, productive life activity. The higher self-assessment the higher life satisfaction. Self-assessment can be developed through productive activity. The productiveness includes on one hand self-actualization that allows developing from an individ to the next stage of person. On the other hand, it includes activity, driven by high moral values that

directed to contribute in the external environment. The assessment based on norms and standards that person keeps on through the life course, which have subjective value. The authors emphasize actual and ideal psychological well-being, where actual means the present level of SWB which is lower than an ideal one. This state of actual well-being triggers person to reach the state of an ideal psychological well-being that he/she constructed according to one's own values and attitudes. Referring their concept the ideal psychological well-being becomes the most important criteria in life satisfaction assessment, which allows to reveal the present state that person experiences. The way to an ideal well-being state based on self and life assessment, productive life activity.

O. Shiryayeva and E. Vesna's about psychological well-being. According to the concept of O. Shiryayeva and E. Vesna (2009), which based on questionnaires, psychological well-being described as personal resources that help individual successfully adapt to the environment, be successful in the relationship of individual-environment. Scientists explored well-being in the extreme natural conditions (e.g., living in Kamchatka), and revealed five components of well-being. The first is affective component that means emotional fulfilment of the life, positive emotions and lack of anxiety and depression symptoms). The second is metaneeds, which are defined as realization of basic need of autonomy (personal freedom or space), time managing, social connections, and personal growth. The third is attitudes that includes presence of purposes, believes, activities that give the meaning content of the life (past and present). Fourth component is intrareflection that includes self-awareness (knowing ones positive and negative sides) and its development, ability to express emotions, internal control, positive self-concept, life assessment. The last is interreflection that includes social competences and self-awareness in the context of social and whole environment.

The authors describe psychological well-being in the framework of "person-extreme environment" system and harmonious activity of this system, which can be reached through the process of assessment and perception of the environment's extreme level. The harmonious activity can be assessed through subjective and objective criteria. The objective criteria can be measured through the level of socialization, the subjective through measuring life satisfaction level and positive affect level.

Emotional construct in well-being by O. Idobayeva. Another representative of domestic science is O. Idobayeva (2011) based on meta analyses of SWB studies she emphasized the

significance of emotional construct in well-being, personality type and copying mechanisms. These three factors interact with each other and should be considered in the ontogenesis framework. Researcher offered the model that describes the roots of well-being. The model includes personal development that take place in the context of social situation and the new insights that this person obtains in social activity. Thus, author emphasizes the role of insights (new knowledge of a world and oneself) in social context, which might bring two outcomes such as emotional satisfaction and well-being in case if person successfully adapted in the environment, or emotional crisis in case of failed adaptation.

The concept of personal well-being offered by N. Baturin, S. Bashkatov and N. Garafova

Domestic psychology also uses the term of "personal well-being" (Baturin, Bashkatov, Garafova, 2013), they made theoretical analyses of the person's well-being, subjective well-being, psychological well-being, material and financial well-being, social and interpersonal well-being concepts. They suggested that these terms have narrow meaning context and offered to use personal well-being concept, which is defined as systemic state of mind (psyche). The systemic state of mind includes the idea that personal well-being based on productive life activity from one side, and positive evaluation of external aspects, as the result personal well-being integrated evaluation all factors in the level of emotional state and thoughts that allow person experience life satisfaction. They invented the model of structured organizational system of personal well-being, which is comprised of four levels: external factors, psychological, interpersonal and subjective factors. The external level includes three subgroups: biological, social and material well, which influence personal well-being from the perspective of their actuality for the person. The psychological factor describes the type of personality that positively influence on life of the individual. The next is interpersonal factor that contains: positive actions, positive relationships, and success in socialization activity. This factor facilitates personal well-being in case of external positive evaluation of social activity by other people. Finally, subjective factor that includes affective and cognitive evaluation of person's life in the framework of abovementioned factors.

Models of happiness by V. Petrov and K.Zlygosteva. V.G. Petrov and K.V. Zlygosteva (2015) reviewed theoretical domestic and foreign literature, and divided them on three theoretical

models of happiness that described abovementioned literature: the content model, structural-dynamic model and cultural-historical model. Based on these models they conducted a study of happiness among young people (145 students) using questionnaires, and offered their own theoretical concept that describes the structure of happiness understanding, based on subjective level of happiness assessment, which includes 3 components: the existential level of ideas (current experiences); operational level of ideas (necessary psychological resources and limitations); existential-semantic level of representations (experiences, developed in time). Referring this concept happiness is a complex cognitive construct that comprised of internal and external social (determined by culture) notions, which defines subjective view (e.g., evaluation, awareness, perception and experiencing) of happiness. They revealed three types of happiness indicators that describe their model. The first is satisfaction. Experiencing happiness closely associates with high level of life satisfaction index and SWB (existing awareness about happiness). Next important indicators were life resilience and lack of irrational attitudes that represent operational level of perceptions such as statement of the presence or lack of necessary resources and restrictions. This indicator represents a belief system about yourself, the world, about relationships with the world and includes three relatively autonomous components: involvement, control, risk taking. The last indicator referred to the presence of expressed existential-semantic orientations (existential-semantic level of representations). The level of existential fulfillment shows whether a person has the meaning in life, how harmonious his/her inner consent, whether decisions and actions correspond to his/her essence, how productive his/her input into the life. Thus, this concept displays happiness in the framework of the subjective assessment of a person one's own life.

Happiness concept of I.A. Dzhidaryan. I.A. Dzhidaryan based her analyses on the concept Rubinshtein and Abulkhanova. She suggested that "happiness is a way of subjective existence/living of a person, through the framework of self-concept, life activity that refers to realization of personal meanings and life aspirations, and the relationship between the reality of the ideal perspective, value acquisitions and losses/fails, hopes and disappointments" (Dzhidaryan, 1996:61). This concept emphasizes the importance of holistic view in happiness phenomena and she used the term "subjective well-being" that represents happiness more clearly from the perspective of scientific view. Happiness and

satisfaction are the characteristics of person from the perspective of his/her life existence. The evaluation of one's own happiness level based on the process of socialization and cultural peculiarities to which belong the person. She highlights the background and the core in experiencing happiness. Background is an emotional component, the core is cognitive component that refers to reflection, evaluation and comparison. She emphasized dependence of happiness experiencing from cultural and traditional values and their actualization in the future, stressing the ethical basics of relations with the world.

At the present time Russia actively explores SWB of a person in the extreme life conditions (N.S. Arutyunova, T.I. Alekseyeva, Yu.A. Aleksandrovskiy, T.I. Andronova, O.V. Baroyan, N.M. Voronin, N.M. Dementyeva), this interest refers to the fact that two third of its territory classified as areas with extreme climatic conditions. The scientists interested in personal resource mobilization that are necessary for SWB and personal growth in the conditions of extreme life.

Conclusion

The review of concepts and studies showed that foreign psychology stepped forward in exploring SWB. They gave a definition of SWB, there are certain instruments that measure SWB, such as Life Satisfaction Scale (Diener, 1985) that measures cognitive component, Positive and Negative Affect Scale (PANAS, Watson., 1988), Mood Adjective Checklist (Clark, Tellegen, 1988) measuring affective component, daily saliva samples analyses etc. Based on given definition they are exploring the factors that positively correlate with happiness. Domestic psychology explores two main concepts: subjective well-being and psychological well-being. Moreover, representatives of these two concepts still arguing in the meaning, its assessment, and the criteria that explores and describes both of them (subjective and psychological well-being). Generally, domestic psychology explores well-being from the theoretical and methodological framework and operates by abstract-logical generalizations. Nevertheless, the recent studies also showed that there is a shift from theoretical discussion to empirical exploration of actual problems related to SWB. Domestic scientists started to use well-known and proved instruments to measure SWB, validate them on Russian sample and explore SWB. This positive dynamic in science expanding the understanding phenomena of SWB that gives us possibility to develop it and thus make better our life quality and the society.

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