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**Approbation results of technique
«diagnostics of psychological
well-being of a person» (DPBO)**

In the article the problem of diagnosing the peculiarities of psychological well-being on the basis of its structural components is observed. The relevance of the study phenomenon is expressed, above all, the need to identify and explain the individual psychological characteristics of a psychologically safe person that is able to defend their position in life, overcoming obstacles; to function in society, live in harmony with oneself and the world, capable of personal development and self-improvement. The results of testing of the author's technique of «Diagnosis of psychological well-being of the individual» (DPBO). The results of testing this technique on the diagnostic value of all the requirements of psychometrics that showed sufficient degree of reliability and validity. The methodology of the study of the essential characteristics of the psychological well-being based on a conceptual view of the authors who have studied this perspective, as well as the peculiarities of diagnostics instruments – «Scale of psychological well-being C. Ryff», adaptation T.D. Shevelenkova and P.P. Fesenko, the technique «Eudemonic scale well-being» by A.S. Waterman, technique «Scale of mental well-being» Warwick-Edinburgh Mental Well-being Scale (WEMWBS)», the method of «General psychological well-being index» by H.J. Dupuy. Summing up the above said it should be noted that the features of psychological well-being of the individual can be studied not only in the scientific literature, but also in the empirically-practical aspect, referring to the different approaches of creating diagnostics instruments. Thus, the data complement the well-known theoretical and empirical foundations for the study of this phenomenon. Created by our method can be used for the production of psychological diagnosis, psychological correction and scientific study of individual features of the severity of psychological well-being of the individual.

Key words: well-being, psychological well-being, questionnaire, scale, reliability, validity, diagnostics.

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**«Тұлғаның психологиялық
амандығының диагностикасы»
(Дпбо) әдістемесін сынақтан
өткізу нәтижелері**

Мақалада психологиялық әл-ахуалдың ерекшеліктерін диагностикалау мәселесі оның құрылымдық компоненттері негізінде қарастырылған. Зерттеудің өзектілігі ең алдымен, өзінің өмірлік ұстанымдарынан бас тартпай қиындықтарды еңсере білетін, қоғамда дұрыс функцияланатын, өз бетінше және қоршаған ортасымен үйлесімділікте өмір сүретін, тұлғалық даму мен өзін-өзін дамытуға қабілетті, психологиялық ауқатты тұлғаның индивидуалды-психологиялық ерекшеліктерін анықтау мен түсіндіру қажеттілігі болып табылады. Автордың «Тұлғаның психологиялық әл-ахуалын диагностикалау» атты авторлық зерттеулерінің нәтижелері жарияланған. Аталған әдіснаманың диагностикалық құндылығы психометриканың барлық талаптары бойынша тексеріліп, сенімділік пен валидтіліктің деңгейі анықталған зерттеулердің нәтижелері келтірілген.

Түйін сөздер: әл-ауқат, психологиялық әл-ауқат, тест-сауалнама, шкала, сенімділік, валидтілік, диагностика.

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**Результаты апробации
методики «диагностика
психологического благополу-
чия личности» (ДПБО)**

В статье раскрыта проблема диагностирования особенностей психологического благополучия на основании ее структурных компонентов. Актуальность исследования данного явления выражается, прежде всего, необходимостью выявить и объяснить индивидуально-психологические особенности психологически благополучной личности, которая в состоянии отстаивать свои жизненные позиции, преодолевая препятствия; нормально функционировать в социуме, жить в гармонии с собой и миром, способная к личностному развитию и самосовершенствованию. Представлены результаты апробации авторской методики «Диагностика психологического благополучия личности» (ДПБО). Приведены результаты проверки указанной методики на диагностическую ценность, по всем требованиям психометрики, что выявило достаточное степень ее надежности и валидности. Методология изучения существенных характеристик психологического благополучия базировалась на концептуальных представлениях авторов, изучавших данную проблематику, а также особенностях психодиагностических методик – Шкала психологического благополучия С. Ryff», в адаптации Т.Д. Шевеленковой и П.П. Фесенко, методика «Анкета эвдемонистического благополучия», автор А.С. Waterman, методика «Шкала психического благополучия» Warwick-Edinburgh Mental Well-being Scale (WEMWBS)», методика «Индекс общего психологического благополучия», автор Н.Д. Дюпу. Подытоживая выше сказанное, стоит отметить, что особенности психологического благополучия личности можно исследовать не только в научной литературе, но и в эмпирически-практическом аспекте, обратившись к различным подходам создания психодиагностических методик. Таким образом, полученные данные дополняют общеизвестные теоретические и эмпирические основы по изучению данного феномена. Созданная нами методика может быть использована для постановки психологического диагноза, психокоррекции и научного исследования индивидуальной степени выраженности особенностей психологического благополучия личности.

Ключевые слова: благополучие, психологическое благополучие, тест-опросник, шкала, надежность, валидность, диагностика.

**APPROBATION RESULTS
OF TECHNIQUE
«DIAGNOSTICS OF
PSYCHOLOGICAL
WELL-BEING OF A PER-
SON» (DPBO)****Statement of a problem**

The study of psychological well-being has its own history. Historical retrospective of the studying of the given phenomenon is connected with appearance of interest in American psychology in the second half of the last century, when for the first time this concept is found in the work of the American researcher N. M. Bradburn «The structure of psychological well-being» [8] in 1969.

This study describes the structure of psychological well-being as a kind of balance achieved by the permanent interaction of the two types of affect, namely positive and negative. The scientist believes that events that bring into our lives positive emotions such as joy, pleasure, enthusiasm, accumulate positive affect, and that upsets us, causes worry, feeling of tension – is summarized in negative affect. There is a difference between these two oppositely directed self-feeling (positive and negative), which is an indicator of psychological well-being and reflects the general feeling of life satisfaction [8].

It should be noted that the notion of psychological well-being we understand as coherence of mental processes and functions, a sense of integrity, inner balance. As a holistic subjective experience of psychological well-being is important for a person who is experiencing, since it is associated with basic values, such as happiness, happy life, optimism etc. Well-being depends mainly on the presence of clear goals, the success of implementation of plans and activities of human behavior, the presence of resources and conditions for achievement life goals despite the existing difficulties.

Analysis of recent researches and publications

In the Ukrainian psychological science the studying of the problem of psychological well-being of the individual has started only from the second half of 90-ies of the last century, but the real growth of the researching of this phenomenon can be noticed in the last few years. Among the Ukrainian researchers, who studied the specificity of psychological well-being of a person the following prominent scientists are allotted: V. M. Dukhnevich, S. V. Kar-skanova, Yu. M. Oleksandrov, E. M. Kologrivova, T. M. Titarenko, E. L. Nosenko, A. M. Znanetska, A. V. Kurova, O. M. Gryniv and oth-

ers. Also scientists examined different particular aspects of this phenomenon, notably A. M. Vasilchenko (reproductive performance in the structure of the well-being of the individual), O. M. Dukhnevich (the study of the characteristics of psychological well-being psychologists), E. I. Kologrivova (the influence of personal aspirations on the experience of well-being a young man), L. M. Korobka (individual well-being in the context of the problem of poverty as a lifestyle), T. M. Titarenko (the influence of life aspirations of personality on satisfaction with own life), A. M. Znanentska (linking self-concept with the psychological well-being), I. I. Semkiv (well-being as a psychological compensation for social activities).

It should be noted that in the foreign psychological science, phenomenon of well-being is being studied more widely and is the subject of scientific interest in E. L. Deci, E. Diner, R. M. Ryan, C. Ryff, D. Kahneman, C. L. Keyes, R. King, M. Csikszentmihalyi, M. Seligman, Carol D., B. Signer, M. Argyle, H. J. Dupuy, A. S. Waterman, N. Schwarz, and others. In foreign psychology there are two key approaches to the study of well-being of the person: eudemonistic and hedonistic. Hedonistic theories of R. M. Ryan [10] include all those ideas in which psychological well-being primarily described in terms of «satisfaction-dissatisfaction», while pleasure itself is interpreted in a broad sense, is not only physical pleasure but also satisfaction from the achieved goals and results of activity. This subgroup includes the concept of researchers D. Kahneman, N. M. Bradburn, E. Diner. That is understanding of the nature of psychological well-being consistent with the basic theoretical and methodological principles of necessary and needed. Eudemonistic is the point of the problem, which is based on the issue that personal growth is a central aspect of psychological well-being of the person. This approach is characteristic of the theoretical views C. Ryff [11] and A. S. Waterman [12].

Thus, nowadays, individual factors of psychological well-being are marked out (M. Argyle, N. Bradburn, D. Carol, M. Norman, A. Patricio, I.A. Dzhydaryan, L.V. Kulikov, M. Seligman), proposed the model of structure and formation (C. Ryff, O. A. Idobayeva, P. P. Fesenko, O.S. Shiryayeva), established relationships with health (G. Morgan, M. Ryan), cross cultural studies are conducted as well (H. Frost, K. Minyard), the link with the consciousness of life is found (P.P. Fesenko), value-semantic entities (D.A. Leontiev, R. M. Shamionov), sovereignty of psychological space (O

.N. Panin), tolerance (N.K. Bakhareva), profession activity (V.M. Dukhnevych, I.V. Zausenko, S.V. Karskanova, L.B. Kozmina, R. M. Shamionov), conditions of environment (O.S. Shiryayeva), also determined age specificity (A.V.Voronin, Yu. B. Dubovik, O.M. Gryniv) etc.

Analysis of current scientific developments points to a promising research of construct of psychological well-being. Specificity of the given investigation consists in the need of the previous empirical diagnostics of this personal feature. That is the reason scientists often face the request of adequate choice of psychodiagnostic instruments as measuring psychological well-being is a difficult diagnostic problem that lies in the interdisciplinary theoretical and practical developments.

The purpose of the given article is article is presenting the results of testing of the author's research methodology of structural components of psychological well-being. The objectives of the article is to highlight existing ideas about psychological diagnosis of personality well-being, to identify existing methodological approaches to elaboration of psychodiagnostic methods, empirical validation of psychometric characteristics of established methods.

The main body of research

One of the goals of the study of psychological well-being is the search, description and study of its concrete indicators and analysis of existing psychodiagnostic methods, studying the features of the diagnostic procedures of the trait. Nowadays, quantity and quality of diagnostic techniques of psychological well-being is still insufficient, because they are mostly elaborated in English language, which significantly limits the application. One of the most common methods is the «Psychological well-being scale of C. Ryff» [5], which consists of 84 questions and is adapted as a Russian version of the English method «The Scales of Psychological Well-being». Psychological well-being stands as integral exponent of human orientation to implementation of the main components of positive functioning (personal growth, self-acceptance, control environment, autonomy, purpose in life, positive relations with others) and the degree of feasibility of the direction that subjectively expressed in positive emotions, satisfaction with self and personal life. Also adapted into Russian language is method is «Index of general psychological well-being» by H.J. Dupuy [6], the English version of the methodology «Psychological General Well-being Index».

These techniques are approbated, being reliable and valid diagnostic tools.

The stages in creation of the method «Diagnostics of psychological well-being of a person» (DPBO)

Now we consider the creating procedure of the test-questionnaire «Diagnostics of psychological well-being of a person» (DPBO). For the creation of the author's technique inductive and deductive strategies were used. The basis for their selection of them is the matching task. Deductive strategy made possible generalization of the theoretical understanding of personality, its structure and functioning, and the tasks of the worked-out test that could assess and describe a concrete psychological construct. Inductive strategy involves the use of factor analysis and other statistical procedures [2, p. 87-88].

Important stages of elaborating of any psychodiagnostic methods are procedures of determining the reliability and validity of it. The first step comprises retest reliability and reliability of parallel forms or parts of the test. In the context of the second most frequently used following methods: apparent validity – describes the idea of the test, which had the respondent; competitive validity – measured by correlations with other developed techniques, the validity of which is already measured; predictive validity – is set by the correlations between test indices and some criterion that characterize the measured property, but later in time. Incremental validity refers to the case when a battery of tests may have a low correlation criterion, but not overlap with other tests battery. Content validity is determined through evidence that the test objectives reflect in all aspects of the behavior being studied. Constructive validity demonstrates as full as possible description of variable measuring, for which the test was created. The last stage of the development of the test is its standardization. This is the most important in cases where there are the comparison parameters of respondents. In formulating of a sample standardization should take into account its size and representativeness [4, p. 126-135].

It is noteworthy to mention, that final theoretical construct of the author's method consists of 11 scales of psychological well-being, namely: I – psychophysical, II – socio-economical, III – ethnocultural, IV – existential, V – worldview, VI – axiological, VII – emotional, VIII – behavioural, IX – cognitive, X – volitional, GW – general well-being.

To avoid ambiguity of understanding of questions, we have formed an array of statements that correspond to each of the structural parameter of psychological well-being – scales of established test-questionnaire. The final version of the methodology consists of 120 indicators-statements that are necessary to assess the degree of compliance with personal own behavior, response, emotional experience and daily life on a 7-point Likert scale: «Completely disagree», «Disagree, but there are exceptions», «Mostly cannot agree», «Sometimes agree, sometimes can't agree», «Mostly agree», «Agree, but there are exceptions», «Absolutely agree». Answers are rated from 1 to 7 points. Each of the 10 scales consists of 11 indicators, the scale of lies – 10. Figure calculation of individual assessments for each scale (components) is the summary of points for each of the indicators. Possible answers to «backward» statements are estimated the opposite way. The highest score on each scale is 77 points, minimum – 7. The overall psychological well-being index is calculated by adding all points after all statements. Counting the «raw» scores is carried out according to the key. Structure of the method includes written instructions, a list of questions, which proposes seven provided answers to each question, the «keys» to handle the data. In result this technique would determine the level of expressing the individual components of psychological well-being and the overall level of its manifestation.

Standardization sample to the test-questionnaire was conducted involving 219 full-time students of the Odessa State Agrarian University of the following specialties: veterinary medicine, plant protection, accounting and auditing, agronomy. The total number surveyed – 265 respondents. Test-re-test conducted with the participation of 168 people. Selection of studied people for developing psychometric test-questionnaire was carried out by random sampling based on distribution of groups by different grounds: age, sex, level of education. The study was conducted within the period from February to September 2016. Data processing was carried out with the use of a mathematical and statistical program SPSS 21.00 for Windows [3].

It should be underlined that empirical research preceded staged work to create test-questionnaire, which included the development of a theoretical construct, the selection of specific indicators for the diagnosis of psychological well-being for each scale, the assessment of experts as relevant test specifications and others. Thus, one could justify content and constructive validity in the final test-questionnaire.

Discussing of the received data

Let us fix our attention on the correlation analysis data of the given questionnaire of structural

components of psychological well-being. The inner consistency of indicators in the elaborated test is realized by determination of interrelations between particular structural indices (see Table 1).

Table 1 – Results of correlation analysis between the indices of the test

	I	II	III	IV	V	VI	VII	VIII	IX	X
I	1	712*	612*	660*	718*	686*	627*	712*	655*	720*
II	712*	1	639*	560*	704*	575*	565*	598*	561*	630*
III	612*	639*	1	735*	691*	701*	575*	686*	685*	672*
IV	660*	560*	735*	1	715*	747*	627*	734*	790*	706*
V	718*	704*	691*	715*	1	702*	594*	652*	683*	688*
VI	686*	575*	701*	747*	702*	1	660*	759*	751*	752*
VII	627*	565*	575*	627*	594*	660*	1	642*	580*	618*
VIII	712*	598*	686*	734*	652*	759*	642*	1	758*	736*
IX	655*	561*	685*	790*	683*	751*	580*	758*	1	719*
X	720*	630*	672*	706*	688*	752*	618*	736*	719*	1
GW	844*	780*	834*	706*	688*	752*	618*	736*	719*	862*

Notations: here and further 1) $n=265$; 2) without a mark – significance on the level $p \leq 0,05$; mark * – significance on the level $p \leq 0,01$. 3) system of reductions of indices: I – psychophysical, II – socio-economical, III – ethnocultural, IV – existential, V – worldview, VI – axiological, VII – emotional, VIII – behavioural, IX – cognitive, X – volitional, GW – general well-being.

The table shows the relationship and interdependence of allotted components of psychological well-being. All the components of psychological well-being correlate at 1% positive connection. Also, general psychological well-being demonstrates a positive 1% level of significance correlation with all primary structural parameters of this phenomenon.

Split-half procedure defines correlation coefficients between two similar parts of the test, that is, between the two halves of each of the scales; re-test method – is aimed to finding out the correlation coefficients between the two «cuts» (an interval from two to six months) of an author's test; parallel test method – searching for correlations between the two tests, one of which is a new original technique, the other – technique of «Psychological Well-being

Scale of C. Ryff», adapted by T.D. Shevelenkova and P.P. Fesenko [7] method «The Questionnaire for Eudaimonic Well-Being» by A.S. Waterman [12], The Warwick-Edinburgh Mental Well-being Scale (WEMWBS) [9], technique «General psychological well-being index» by H.J. Dupuy [6]. The similarity of diagnosed qualities, measured through four parallel techniques, allow concluding the justification of their comparing.

Therefore, to determine the reliability and validity established original methods we tested: firstly, the reliability of parts of the test to verify the extent of internal consistency test content; secondly, test reliability of test-retest to check the stability test results in time (2 months later); thirdly, the reliability of parallel forms to verify the consistency of answers of respondents on different sampling tasks [1].

Constructive and content validity were checked by split-half method. To test the internal consistency between the test indicators correlation analysis was held, the results of which are given in the table below.

The results of correlation analysis between the indices of parallel test forms and questionnaire are represented (see Table 2).

Table 2 – The correlation coefficients, received during reliability and validity check of method “Diagnostics of psychological well-being of a person” (DPBO)

Psychological well-being indicators	<i>Means of checking of questionnaire validity and reliability</i>											
	Split-half	Test-re-test reliability (xI-xII)	Parallel form reliability (n = 265)									
			«Psychological Well-being Scale of C. Ryff», adapted by T. D. Shevelenkova and P. P. Fesenko							«General psychological well-being index»	«The Questionnaire for Eudaimonic Well-Being»	The Warwick-Edinburgh Mental Well-being Scale (WEMWBS)
			PR	A	CS	PG	PL	S	PW			
I	712*	823*	455*	392*	486*	431*	452*	441*	518*	415*	446*	316*
II	639*	831*	414*	343*	490*	347*	414*	365*	463*	391*	382*	279*
III	735*	875*	422*	320*	448*	413*	415*	356*	463*	370*	451*	336*
IV	715*	848*	436*	339*	467*	458*	478*	392*	501*	374*	482*	360*
V	747*	880*	393*	306*	435*	323*	397*	349*	430*	400*	476*	289*
VI	594*	847*	445*	411*	472*	462*	519*	412*	529*	383*	421*	276*
VII	759*	834*	422*	427*	456*	367*	412*	399*	483*	347*	342*	162*
VIII	580*	875*	458*	431*	474*	406*	453*	401*	511*	390*	490*	332*
IX	736*	872*	438*	353*	494*	442*	507*	415*	516*	383*	480*	329*
X	855*	873*	446*	418*	487*	385*	477*	476*	524*	379*	466*	293*
GW	862*	957*	515*	445*	561*	480*	538*	476*	588*	456*	528*	354*

Notations: PR – positive relations, A – autonomy, CS – control of surrounding, PG – personal growth, PL – purpose in life, S – self-acceptance, PW – psychological well-being.

Accomplishment of correlation analysis of the results after used split-half procedure for indicators-expressions showed relatively high positive correlation significant at 1% level between all indicators of psychological well-being. That testifies the internal consistency of a created test-questionnaire.

Correlation analysis of the results of the applied test-re-test showed the presence of positive connections on the 1% significant level. The use of parallel tests also displayed the consistency of the results.

The use of factor analysis for indicators-phrases made possible reducing the dimension of space of measured components in the psychological well-being structure. In our case it was needed to confirm the adequacy and effectiveness of the scales used in the test. The phenomenon of psychological well-being and regularity of its development, as well as several other mental and psychological phenomena may be

learned through a set of features in certain combinations, not in isolation or in other combinations, otherwise these signs do not provide information [5, p. 26-27]. Thus, factor analysis confirmed the presence of 10 factors, which included indicators-statements of a proposed questionnaire. It should be noted that test results on the diagnostic value (with all requirements of psychometrics), which included the use of complex techniques and procedures demonstrate a sufficient level of validity and reliability of the author's technique.

Conclusions and perspectives to the further investigations

Summing up the all above said it should be noted that the characteristics of psychological well-being of the individual can be explored not only through the scientific literature but also in empirical and practical aspects, referring to the creation of different approaches of psychodiagnostic methods. The most important indicators of psychological

well-being scientists consider a system of relationships of a person to self and the world in general, personal qualities, including emotional and volitional, the ability to maintain own sense of psychological well-being, control optimal background of functional states. Thus, subjective assessment of psychological well-being or ill-being is an individual criterion to assess and analyze the level of their own self-efficacy.

Empirically proved that the author's questionnaire «Diagnostics of psychological well-being of a person» (in Ukrainian it is called DPBO) corresponds all standards of psychometrics, and is reliable and valid for usage. Correlation and factor analysis

of indicators confirmed that the theoretical construct of methods and techniques of checking the reliability and validity using the methods of parallel and test-re-test showed a sufficient degree of reliability and validity. Thus, the received data contribute to the theoretical and empirical basis for studying this phenomenon. The possibility to use this questionnaire to survey different age and gender samples, the technique can be used, starting with the youth (17-18 years). Created technique can be used for the formulation of psychological diagnosis, correction and scientific study of individual measures of psychological well-being peculiarities of the individual.

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