

**<sup>1</sup>Rizulla A.R., <sup>2</sup>Kabakova M.P., <sup>3</sup>Tashimova F.S.**

<sup>1</sup>PhD student of general and applied psychology department, Al-Farabi Kazakh National University, Kazakhstan, Almaty, e-mail.: arizulla@mail.ru

<sup>2</sup>candidate of psychological science, professor, al-Farabi Kazakh National University, Kazakhstan, Almaty, e-mail.: pobedovna\_70@mail.ru

<sup>3</sup>doctor of psychological sciences, professor of the department of general and applied psychology, Al-Farabi Kazakh National University, Kazakhstan, Almaty, e-mail.: fatima\_tashimova@mail.ru

## **SUBJECTIVE WELL-BEING INVESTIGATIONS: DOMESTIC AND FOREIGN PSYCHOLOGY**

Article presents the concept of subjective well-being. Starting from the philosophic point that describes the concept from the perspective of two forms: "hedonic" and "eudaimonic". The necessity of studying subjective well-being and its actuality, which became a red flag that straightened in the wind through the centuries until nowadays. Why do human beings strive to obtain subjective well-being? What are the benefits for a person and society? To answer these questions paper refers to investigations made by popular organizations and scientists. The investigation history of subjective well-being concept, which is derived from theoretical and empirical studies. The theoretical studies represented by the ideas of E. From, Z. Freud, A.Adler, A.Maslow and other. The empirical studies that started in 1930s and used simple graphical scales or list of main categories. Later composed a list of factors of satisfaction that measured happiness. Then in 1990s scientific acknowledgement of happiness category was described. The meaning and matching of terminology: "happiness" and "subjective well-being". Finally, subjective well-being predictors and the concept in domestic and foreign psychology were presented.

**Key words:** subjective well-being, happiness, hedonic, eudaimonic.

<sup>1</sup>Ризулла А.Р., <sup>2</sup>Кабакова М.П., <sup>3</sup>Ташимова Ф.С.

<sup>1</sup>жалпы және қолданбалы психология кафедрасының докторанты, әл-Фараби атындағы Қазақ ұлттық университеті, Қазақстан, Алматы қ., e-mail.: arizulla@mail.ru

<sup>2</sup>п.ғ.к., профессор, әл-Фараби атындағы Қазақ ұлттық университеті, Қазақстан, Алматы қ., e-mail.: pobedovna\_70@mail.ru

<sup>3</sup>п.ғ.д., профессор, әл-Фараби атындағы Қазақ ұлттық университеті, Қазақстан, Алматы қ., e-mail.: fatima\_tashimova@mail.ru

### **Субъективті саламаттылықты зерттеу: шетелдік және отандық психология**

Бұл мақалада субъективтік әл-ауқаты тұжырымдамасына теориялық талдау жасалды. Философиялық көзқарастардан бастап субъективті әл-ауқаты гедонистік және эвдемонистік тәсілдер қарастырылады. Осы феноменнің психологияда пайда болу тарихы ашылады: З. Фрейд, А. Адлер, Э. Фроммның және басқа теориялық көзқарастары тақыланды; эмпирикалық шетелдік және отандық ғылыми орта зерттеулеріне талдама жасалды. Осы феноменін зерттеу тарихы көбіне шетелдік психологияда бастау алады, 1930 ж. қарапайым графикалық шкаланың және негізгі санаттары, содан кейін бақытты өлшейтін қанағаттану факторлармен анкета пайда болады. 1990 ж. субъективті әл-ауқаты феноменнің зерттеуі "бақыт" ұғымы ғылыми ортада пайда болды. Мақалада "бақыт" және "субъективті әл-ауқаты" терминдердің мән-мағынасы, сондай-ақ олардың предикторларына талдама жасалады. Предикторларды саламаттылықты арттыра отырып, субъективті әл-ауқаты дамыту мүмкіндігі ашылады. Сонымен қатар мақалада осы феноменнің өзектілігін зерделеу мәселесі және арттыру маңыздылығы талқыланды.

**Түйін сөздер:** субъективтік әл-ауқаты, бақыт, гедонистік тәсіл, эвдемонистік тәсіл.

<sup>1</sup>Ризулла А.Р., <sup>2</sup>Кабакова М.П., <sup>3</sup>Ташимова Ф.С.

<sup>1</sup>докторант кафедры общей и прикладной психологии, Казахский национальный университет им. аль-Фараби, Казахстан, г. Алматы, e-mail: arizulla@mail.ru

<sup>2</sup>к.п.с.н., профессор, Казахский национальный университет им. аль-Фараби, Казахстан, г. Алматы, e-mail: pobedovna\_70@mail.ru

<sup>3</sup>д.п.с.н., профессор, Казахский национальный университет им. аль-Фараби, Казахстан, г. Алматы, e-mail: fatima\_tashimova@mail.ru

### **Исследование субъективного благополучия: зарубежная и отечественная психология**

Настоящая статья раскрывает концепцию субъективного благополучия. Обзор начинается с философских воззрений, описывающих субъективное благополучие в рамках гедонистического и эвдемонистического подходов. Раскрывается история появления данного феномена в психологии: теоретические воззрения З. Фрейда, А. Адлера, Э. Фромма и др.; эмпирические исследования субъективного благополучия как в зарубежной научной среде, так и в отечественной. История исследования данного феномена берет начало преимущественно в зарубежной психологии, когда в 1930 г. впервые начали использовать элементарные графические шкалы и список основных категорий, затем в опросниках появляется список факторов удовлетворенности, измеряющих счастье. В 1990 г. исследования данного феномена приводят к признанию понятия «счастья» в научной среде. Статья раскрывает смысловое значение терминов «счастье» и «субъективное благополучие», а также проводит обзор предикторов субъективного благополучия, повышая которые, возможно развить уровень субъективного благополучия. Затронут вопрос актуальности изучения данного феномена, который красной нитью проходил сквозь века, волнует умы ученых, а также важность повышения субъективного благополучия как для личности, так и для общества в целом.

**Ключевые слова:** субъективное благополучие, счастье, гедонистический подход, эвдемонистический подход.

#### **The philosophic view on subjective well-being**

From a more philosophic point of view, well-being is sometimes distinguished in two basic forms: a “hedonic” form representing the sum of an individual’s positive affective experiences (Ryff et al., 2004), and a deeper “eudaimonic” form that results from striving toward meaning and a noble purpose beyond simple self-gratification (Ryan, Deci, 2001). Hedonic well-being approach incorporates both emotions, feelings, satisfaction with life and suggests therefore that a good life can be achieved when people experience maximum pleasure (Diener et al., 1999). On the other hand, the Eudaimonic wellbeing approach understands that well-being is not simply achieved as the result of pleasure, but rather, embraces elements of truth, meaning, purpose in life, freedom, positive relations with others, growth, self-acceptance and autonomy (Keyes et al., 2002; Ryff, 1989). Accordingly, Hedonic well-being is often referred to as subjective well-being (i.e., happiness and life satisfaction), whilst Eudaimonic well-being is usually understood within a psychological framework (Diener et al., 1999). Well-being has also been defined as the total sum of a cognitive and an emotional or affect component (Galinha, Pais-Ribeiro, 2011). Diener (1984) defined “subjective well-being” (SWB) as people’s evaluations of their lives - including cognitive judgments, such as life satisfaction; and affective evaluations (moods and emotions), such

as positive and negative emotional feelings (Lucas, Diener, Suh, 1996). People are said to have high SWB if they are satisfied with their life-conditions, and experience frequent positive emotions and infrequent negative emotions. SWB is the psychological term for “happiness” and is preferred due to the many connotations of the latter term. Within the literature, the terms are used interchangeably (Argyle, 1997).

#### **The importance of subjective well-being concept**

Why SWB? Why it is important to develop people’s happiness? There are huge amount of scientific evidence that prove the importance of 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 (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). Thus, the higher the level of SWB the wealthier and more productive people are and finally, this makes government functioning more fruitful. Continuing the interest of governments in developing the level of SWB, a lot of evidence showing that statement. The Cross National Security Study began in 1981,

conducted as part of the World Values Survey (WVS), which initially included 10 countries, by 2010 the number of countries had increased to 52. In total, 80 nations were studied. For the study of the Security Council, the questions were as follows, “taking into account how satisfied you are with your life as a whole, these days?”, Answers from 1 (dissatisfied) to 10 (satisfied). The next global study of the well-being of Gallup World Poll (GWP), launched in 2006. The survey was conducted among people from 132 countries, issues covered areas such as life satisfaction, happiness and mood, as well as health, family and economic status. A US study of behavioral risk factors (Behavioral Risk Factor Surveillance System –BRFSS, 1984) has been evaluating behavior that is a risk to health, prevention and evaluation of support, since 2005. The Health Survey for England (HSE), which included both health questionnaires, residents interviewing and medical examinations, as well as questions about affective and cognitive state of the respondents.

SWB is an important goal of human beings and, increasingly, the pursuit of SWB is a common rationale behind (inter)national and local policies as well as research agendas (van Hoorn, 2007). Being happy is associated with healthy lifestyle behaviors and longevity (Veenhoven, 2008). Happiness promotes positive behavior. People with high life satisfaction use more effective coping strategies, they experience more positive emotions and have better overall health. Lack of life satisfaction associated with low level of general health, depressive symptoms, and personality problems. There is suggestion that depression is one of the signs that should be considered in suicide prevention (Aaaa.org, 2015). Statistics of World Health Organization 2009, showed that American teenagers (350 mln.), among which from twenty teenagers (12 years old) one consumes antidepressants, suffering from depression. The obstacle for depression is the happiness (Lever, Pinol, Uralde, 2005). It seems that the higher level of happiness the lower depression level, which is crucial for suicide prevention strategy. Taking all together, people’s quality of life an important factor for society and government’s prosperity. In a democratic world, the weights that policymakers give to different aspects of life should reflect the importance for the whole population. In other words, policymakers take the subjective well-being of the population as their goal and equally consider it among all other goods like education, health and income. Best societies are those in which there is the most happiness and the least misery.

### **The history of SWB exploring**

The history of SWB exploring starts from theoretical and empirical research of happiness. Let us start from theoretical studies of happiness in psychology. Freud in his psychoanalyses framework made a theoretical analysis of happiness that reflects the meaning of human life and is defined as the experience of pleasure and enjoyment, as well as the avoidance of displeasure. Depending on the direction of energy libido, the understanding of happiness is differentiated. In particular, happiness as the pleasure of love for loved ones (parents, siblings), for all of humanity, for a sexual partner. Happiness as a pleasure from the state of the rest associated with concentration on inner experiences, aimed at overcoming the primary drives. Happiness as the pleasure of creativity, because of which the libido is able to switch to other ways of human self-realization and become more flexible and creative. Happiness as the pleasure of transforming activities aimed to eliminate the unbearable sides of the social and objective world around us and establishing the desired. Unfortunately, this pleasure is not always effective, and therefore, people are less happy from this angle. And finally, happiness as pleasure from drug consuming, experiencing pleasure from drugs consuming, stimulating peak moments of pleasure, separation from reality and one’s own problems, as well as isolation from objects of the real world. The effect of the drug becomes stronger than the influence of the sexual partner. In the works of Freud, the decisive experience of happiness is the measure of man’s control of the energy movement.

Another great scientist E. Fromm (Fromm, 1941), who represented humanistic psychology, defined happiness as pleasure that relates to the state of the whole organism, personality, and linked to the life meaning, values and priorities that the person make. In this regard, he identifies several types of orientations that reflect the meaning of life and the way of human existence, which determine a different understanding of happiness: receptive, acquisitive, exploitative, market-oriented and fruitful. Each type is characterized by its own understanding of happiness. In particular, for a receptive orientated person (person, who is oriented to receive something from the environment and others), happiness is a pleasure associated with “belonging” to another and is achieved through adaptation to another person, in extreme cases it is a parasitism. In the case of a possessive orientation, happiness is a pleasure associated with property and material wealth, achieved through savings and accumulation, in which the personality of a person associated with the

property. With an exploitative orientation, happiness is the pleasure of power, achieved either by force or by cunning. It is the pleasure of manipulating others. Love comes down to the power over others. With a market orientation, happiness is popularity, allowing you to sell your services as expensive as possible. Love in this direction presents as a good. With a fruitful orientation, happiness is a pleasure associated with creativity and self-development, determined by the growth of reproductive and creative abilities. Love in this direction acts as a co-creation of two connected individuals and associated with care, responsibility, respect and stimulation of each other's development. Thus, various types of personality orientations stimulate a certain variability in the understanding of happiness as a pleasure, determined by the specifics of the meaning of life and the way people interact with the world.

E. Fromm suggested that pleasure associated with person's productivity precisely defines happiness understanding. In contrast to Z. Freud, who emphasized the significance of sexual pleasure as a factor that stimulates highest peak of happiness, E. Fromm, emphasized the significance of productivity (fruitfulness) in happiness phenomena. "Fruitful love is the form of the deepest kinship between two people while maintaining the integrity of each of them, is a phenomenon of excess, and the capacity for such love is evidence of human maturity. Joy and happiness are companions of fruitful love (Fromm, 1941:505). Thus, fruitfulness (productivity) is the main indicator of happiness. He accentuated the importance of the procedural characteristics of the life. Particularly, the pleasure obtained from overcoming or coping various life problems is no less a pleasure, reflecting the person's strength, his/her ability to creatively interact with the world. This pleasure he defines as a delight. Thus, Fromm states that happiness is the result of a person's activity, his/her chosen way of an interacting with the world, achieving the mastery in the "art of living", and not a gift of fate, not a "God's grace". The experience of pleasure associated with feeling of delight that is a single act of happiness, and the happiness as itself is a continuing process maintaining and developing the feeling of delight. Thus, happiness in the Fromm's paradigm is the criteria of achieving the perfection in the life quality.

Another interesting concept of happiness presented in A. Adler (Adler, 1964) individual psychology. He suggested that happiness is the achievement of self-improvement and a sense of superiority provided by a system of goals aimed at compensating and over-compensating an inferiority

complex. The sources of an inferiority complex include: (1) Inferiority of organs; (2) Feeling of an inferiority complex associated with the perception of parents' overpower; (3) The feeling of an inferiority complex associated with the siblings relationship, related to the order of birth. The higher the awareness of inferiority, the higher the motivation to achieve. According to A. Adler, the need for excellence is a fundamental law of life, stimulating the dynamics of self-improvement and overcoming life's difficulties. This need must be balanced by a sense of community. In this regard, all three main areas of human life are: activity (work), relationships with others (communication) and relationships with opposite sex representatives (love, friendship). The realization level of these needs determines the level of life satisfaction and happiness that depends on the way of regulation these needs, which person make in order to meet the needs of superiority and community, domination and subordination. In recent works, Adler highlighted the need to strive for a sense of community, which determines the possibility of cooperation with others that facilitate the happiness.

A. Maslow (Maslow, 1997) describes happiness as a peak of experience. During these moments the highest values of being, the sensations of life fullness are revealed to the person. The values hierarchy that ensures the achievement of self-actualization according to Maslow reminds a hierarchy of achieving true happiness according to al-Farabi .

The representative of existential psychology, V. Frankl (Frankl, 1990) defined happiness as a transcendence provided by a person's contribution to the world. He emphasized several ways of happiness understanding. The first is death phenomena, happiness understanding comes when facing the death. Death represented as a responsibility to oneself, to others and to God, this an awareness of the inevitability of the end. The earlier a person realizes the meaning of the death, the less he/she is in a life meaning search. The feeling that you live, create and achieve results that are significant for yourself and for others is truly happiness. The second is children, happiness also in children in which a person must invest spiritually and materially in order their successful self-realization throughout the life. In the absence of children case, a person's happiness can be ensured by successful implementation both vertically, reflecting the successful and productive completion of the dynasty and horizontally, investing in a wider space of the world, environment. V. Frankl identifies different areas of life that can provide the



happiness. According to V. Frankl, happiness is stimulated by work that allows a person to realize his/her potential resources and thus experience his/her own importance. Next is love. Happiness is love that defined as the highest degree of co-presence, co-existence and co-participation in life of beloved one. This process allows to discover the world of another person that is valuable for him/her. True love is built on a high level of spiritual interaction that facilitates resources and abilities of both persons. Taking this together, love is not just an emotional state, it is an act aimed at comprehending meanings, values, and also facilitation the growth of each other. In the case of one-sided contribution to love, with the inequality of partners, we have the option of unhappy love. The great importance in achieving happiness is spiritual work that aimed not only to cope with the life problems, but also a way to achieve happiness.

The abovementioned paradigms of happiness related to the theoretical concepts, the next section aims to review the empirical researches of happiness. In 1930th appeared first empirical research of happiness (Watson, 1930), where they used simple graphical scales or list of main categories. Later Thorndike (Rock, 1940) composed a list of factors of satisfaction with life, which he called the “conditions of a good life”. However, these early works were sporadic and did not rely on the extensive practice of strict social and psychological research. In the second half of the XX century appeared the works of humanistically oriented psychologists. In the 1960s American research organizations began to question people about happiness and satisfaction, which led to the emergence of such works as: “The Model of Human Concerns” by Kentril (The pattern of Human Concerns, Cantril, 1965) - a sample of international level, 23,875 respondents; «The structure of psychological well-being» N. Bradburn (The Structure of Psychological Well-Being, Bradburn, 1969) and others. In 1967 Wilson The published the first comprehensive review on “avowed happiness”. This review had a limited impact on the field, however, despite the fact that it was published in Psychological Bulletin (cited under Journals), one of the most prestigious journals in psychology. In 1984 replicated Wilson’s review and in 1999 he renewed the happiness review (Diener et al, 1999). Further happiness exploration was made by the organizations that studied public opinion such as Gallup Institute and The Standard Eurobarometer, which questioned people about happiness, the survey covered territories of America and Europe. In 1974 the first descriptions of happiness category appeared in major reference publications, among

which was the scientific journal of Personality and Individual Differences that contained the papers exploring individual differences in happiness perception. The next is The Journal of Personality and Social Psychology started to public the articles about happiness. In 1999 the Journal of Happiness Research appeared in scientific research area.

In 1994 R. Veenhoven released his three-volume book “Correlates of Happiness”, where 603 of the largest studies from around the world were re-analyzed. Finally, in the late 1990s. M. Seligman, E. Diener, M. Csikszentmihalyi and others initiated the new branch of psychological knowledge - positive psychology, within which the category of happiness was one of the priority research direction (Argyle, 2003).

The happiness definitions were given by various researchers, among them E. Diener (Diener, 1999) suggested that happiness is an experiencing the positive affect related to the high level of life satisfaction.

M. Csikszentmihalyi and colleagues (Csikszentmihalyi, 2005) emphasized that “happiness it is not merely that happens to us. It is not the result of luck, cannot be bought for money or achieved by force. It does not depend on external events and situations, it depends on our interpretation of these events. Happiness is the internal state that everybody should maintain, develop and save. Individuals, who learned to control their life perception are able to influence their life quality. This is the way to become closer to happiness”.

Thus, defining happiness let us look for the dictionary definition of happiness that is “the state of pleasurable contentment of mind; deep pleasure in or contentment with one’s circumstances,” but this meaning can be a little ambiguous in so far as it reflects individual subjectivity (Oxford English Dictionary, 2016). Therefore, it is mainly preferred for the researchers to use the term subjective well-being, which focuses on subjective judgments including emotional and cognitive aspects (Diener, Scollon, Lucas, 2003). SWB composed of affective component that involves a hedonistic individual balance, the frequency with which people experience positive and negative emotions and cognitive component refers to the result of the evaluation of information processing that people make about their lives (Lyubomirsky, Tkach, DiMatteo, 2006).

Another words, when psychologists measure SWB, they measure how people think and feel about their lives, another words SWB includes emotions and cognitions. There are three components of SWB: life satisfaction, positive affect and negative

affect. This concept is supported by results from factor analytic research on well-being and by findings with multitrait-multi method analysis (Andrew, Withey, 1976; Lucas, Diener, Suh, 1996). The factor analyses of 12 measures engendered three factors: cognitive evaluations, which is life satisfaction, PA and NA. The affective parts are independent factors that should be measured and studied separately. This means that the presence of positive affect does not mean the absence of negative affect and vice versa. Emotions both positive and negative can be divided into specific emotions as determined and pride. The same situation with negative, where specific emotions such as shame and sadness can be separated. The cognitive component represented by life satisfaction (i.e. global cognitive evaluations from one's own life perspective) (Diener, Suh, Lucas, Smith, 1999). Global life satisfaction can be broken down into domains such as friendship and these domains can in turn be divided. The important thing is that the cognitive and affective components are highly interrelated. Cognitive judgments may be expressed in terms of affect. People who considered to have high SWB experience frequent positive emotions (i.e. joy etc.), life satisfaction and only infrequently experience unpleasant emotions such as anxiety. People who considered to have low SWB are dissatisfied with life, experience deficit of positive emotions and frequently occupied by negative emotions (Diener, Suh, Lucas, Smith, 1999). Additionally, PA has a stronger relationship with life satisfaction than NA, and at the same time PA is not equal to life satisfaction. NA is more distinct from life satisfaction and is related to distress, such as depression (Lucas, Diener, Suh, 1996).

### Measuring SWB

Before evaluating the correlates and predictors of SWB, it is worth noting the instruments used in measuring the components of SWB. Life satisfaction can be measured using a questionnaire such as the 5 item satisfaction with life questionnaire (Diener, Emmons, Larsen Griffin, 1985). Affectivity can be measured by for example, the positive affect negative affect schedule (PANAS; Watson, Clark, Tellegan, 1988). Both of the previous measures are examples of self-report measures that reflect the idea mentioned above about the subjectivity of judgments, which means that SWB deals with the well-being of a person as she is, 6 and not as someone else thinks she ought to be.

SWB predictors and the concept in foreign psychology

### Seligman's SWB formula

Every scientist in positive psychology aimed to explore SWB phenomena from different frameworks

in order to obtain deeper understanding. The interesting concept offered M. Seligman (Seligman, 2002), who made 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, the 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.

### Personality type and SWB

The studies that emphasized the significance of personality type in SWB (e.g., Andrews, Withey, 1976; Diener, Suh, Lucas, Smith, 1999). Personality traits account for as much as 40% to 50% of the proportion of the variability in well-being (Diener, Suh, Lucas, Smith, 1999); thus, traits and dispositions appear to be critical to happiness. D. Myers and E. Diener (Myers, 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 researchers have convincingly demonstrated such as the "Big Five" (e.g., Watson, Suls, Haig, 2002). Empirical evidence shows high correlations between measures of happiness and self-esteem (ranging from 0.36 to 0.58) (Campbell et al., 1976; A. Campbell, 1981). Self-esteem is often used as an index of global happiness or psychological well-being (Ryff, 1989; Whitley, 1983). It seems that the link between self-esteem and happiness in cognitive component. Self-esteem depends on your positive thoughts about yourself, 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 it is not the unique solution that may help

with happiness. Happiness is complex phenomena and there are many factors that can influence it.

#### **Positive emotions and SWB**

The definition of SWB includes affective component. The affective component, which R. Veenhoven (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, excitement versus contentment, pride versus contentment, happiness versus peacefulness, happiness versus calmness, and non-relaxed versus relaxed positive emotion. B. Fredrickson (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 attentional, cognitive, and motivational scope to allow for new perspectives and experiences.

#### **Social relationships and SWB**

In addition to abovementioned studies let us refer to M. Argyle’s review of happiness research (Argyle, 2002), which showed that SWB has positive correlation with social relationships, marriage, religion and spirituality, physical exercises, subjective health. Negative correlation showed physical attractiveness, money, gender, educational level, having children, security level in society, house quality. Research made by Brickman, Coates, and Janoff-Bulman (Brickman, Coates, Janoff-Bulman, 1978) found that people who were million-dollar winners in a lottery were generally not any happier than the control subjects. B. McKenzie and J. Campell (McKenzie, Campell, 1978) measured such variables as educational background and personal income, and did not find happiness to be significantly correlated with income and education.

#### **Income, education and SWB**

Income has weak association with SWB, changes both positive or negative have slight effect on SWB (Diener, Suh, Lucas, Smith, 1999). The study investigating people who won lottery showed

no difference in SWB between lottery winners and control group (Brickman, Coate, Janoff-Bulman, 1978). Nevertheless, financial problems acknowledged to be a risk factor for depression.

Interesting findings were revealed related to education. In wealthy countries, education shows a weaker correlation with SWB, in poor countries vice versa (Cambell, 1981). People who have low income and motivated to obtain education that associated it with higher income and occupational status (Cambell, 1981). In this regard, it looks like figure and the environment, we focusing on figure, which is valuable for us and striving to obtain the value that becomes a correlator of SWB.

#### **SWB in domestic psychology**

Another situation in domestic psychology. Foreign psychology closed the discussion of happiness definition and concern it as a subjective well-being, they focused their attention on 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 and empirical concepts of domestic scientists. Also, 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 is practically not considered, as a rule, it is examined from the position of an objective approach, the external indicators. Let us start reviewing happiness concept of domestic psychology. One of the first domestic scientists who researched well-being was L. Kulikov (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. Next scientists from CIS members states, T. Shevelenkova and P. Fesenko (Shevelenkova, Fesenko, 2005), which based their concept on C. 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 assessment based on norms and standards that person keeps on through the life course. The authors

emphasize actual and ideal psychological well-being, and the concept of ideal psychological well-being becomes the most important criteria in life satisfaction assessment.

According to the concept of O. Shiryaeva and E. Vesna (Vesna, Shiryaeva, 2009) psychological well-being described as personal resources that help individual successfully adapt to the environment, be successful in the relationship 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 is 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-environment system and harmonious activity of this system. 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.

I.A. Dzhidaryan 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, 2016: 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, 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.

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, Suh, Lucas, Smith, 1985) that measures cognitive component, Positive and Negative Affect Scale (PANAS, Watson, Suls, Haig, 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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