

INTERRELATION OF PERSONAL PSYCHOLOGICAL WELL-BEING AND THE SOVEREIGNTY OF THE PERSONAL PSYCHOLOGICAL SPACEMENT

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Abstract: *The article is devoted to studying of the sovereignty of psychological space as component of psychological well-being of the person. The results of research are the structural features of interrelation of the sovereignty of psychological space with such parameters of the personal psychological well-being as a degree of purposefulness of a life, its intelligence, personal capacity to resist to stressful situations have been revealed and to come into positive contacts to associates. In research it is revealed interrelation between psychological well-being of the person and the sovereignty of its psychological space: the level of the sovereignty of psychological space of the person influences on parameters of meaning of the life, hardness, satisfactions with life and psychological well-being. It is proved, that the tendency to the control and protection of the psychological space can be considered as correct strategy of.*

Keywords: *sovereignty of the personal psychological space, psychological well-being*

This research is devoted to the problem of psychological well-being of a person in the context of his/her interrelations with other personal qualities, in particular, with the parameters of the psychological sovereignty of a person which is treated as the capacity of a person to manage, protect and develop the psychological placement based on the generalized experience of successful independent behaviour. The research has been implemented during 2010, it involved 55 women and 45 men of 20 - 50 years old. For the implementation of the research there were used such psychodiagnostic procedures as the tests «The sovereignty of psychological placement» of S.K.Nartova-Bochaver, «Scales of psychological well-being» after K.Riff, «Purpose-in-life test» of J.S.Crumbaugh (in D.A.Leontev's adaptation), «The hardness test» of S.Maddi (after D.A.Leontev's, E.I.Rasskazova's adaptations), and «The scale of reactive and personal uneasiness» of C.D.Spilberger. The research hypothesis was verified by the method of correlation analysis which allowed to define the particular

interrelations. The scales of the test «The sovereignty of psychological spacement of a person» has got the interrelation with the scale of the test of K.Riff «Management of social environment» and the general parameter of psychological well-being of a person in the same test.

Table 1

Correlation analysis of the data taken from the scales of the tests «The sovereignty of psychological spacement» and «Scales of psychological well-being»

	Management of social environment	p
Sovereignty of things	0,33	0,01
Sovereignty of body	0,25	0,01
Sovereignty of territory	0,27	0,01
Sovereignty of values	0,4	0,001
Sovereignty of habits	0,26	0,01
Sovereignty of psychological spacement	0,4	0,001

Sovereignty is the ability of a person to own, supervise, protect and develop the psychological spacement. This fact enables to assume that sovereignty is one of the qualities which cause the successful mastering of various activities by a person, the ability to achieve the desideratum, to overcome the difficulties on the way for the achievement of own objectives, to define the borders in the interoperability with other people. At the low level of sovereignty the respondent has got the sense of own powerlessness and incompetence, inability to change or improve anything in life.

There was stated the interrelation between the scale «The sovereignty of habits» and the scales «Personal growth» ($r=0,26, p\leq 0,01$) and «Self-acceptance» ($r=0,31, p\leq 0,01$). The notion «personal growth» in this context means the aspiration to develop, study and perceive the new, as well as the sensation of own progress. If the personal growth is subjectively estimated as low one, consequently, there appeared the feeling of boredom, stagnation, absence of faith in the ability to changes, and in mastering of new skills and crafts.

Self-acceptance is the feeling of self-satisfaction of own's past and the life as a whole. The sovereignty of habits means the self-acceptance of the temporary form of organization of human life. It may be concluded that the way of life of a person will develop on the basis of his/her aspiration to progress or stagnation which, consequently, affects the level of self-satisfaction and sense of life fulfillment.

The scale « Purpose-in-life» is related to the scales «The sovereignty of values» ($r=0,3, p\leq 0,01$) and « The sovereignty of habits» ($r=0,26, p 0,01$). The latter is interconnected with the scale «Satisfaction of a life». It can be treated as the evidence of interrelation between life goals, outlooks and, as consequence, the temporary form of human life organization as availability of goals in future gives the meaningfulness to human life as well as directionality and temporal perspective.

Life goals and the ways of their achievement are individual at every man and

mean the freedom of tastes and outlooks. Our mode of life, its goals and strategies of the achievement is formed on the basis of the values.

Table 2

Correlation analysis of the data taken from the scales of the tests «The sovereignty of psychological spacement» and «Purpose-in-life test»

	Life productivity	p
Sovereignty of things	0,33	0,01
Sovereignty of social communications	0,3	0,01
Sovereignty of values	0,35	0,001
Sovereignty of habits	0,29	0,01
Sovereignty of psychological space	0,38	0,001

The scale «Productivity of a life» and the general parameter of intelligence of life correlates with all scales of the test «The sovereignty of psychological spacement of a person», except for the scales of «Sovereignities of physical body» and «Sovereignty of territory» which have no correlation with the scales of other tests, i.e. somatic well-being and territorial limits of physical spacement are nominally related to the psychological well-being. At the same time, the outlooks, tastes, habits and social life are interconnected with the parameters of psychological well-being of K. Riff.

Table 3

Correlation analysis of the data taken from the scales of the tests «The sovereignty of psychological spacement» and «The hardiness test»

	Control	Risk acceptance	Hardiness	p
Sovereignty of body	0,31	0,29	0,37	0,01 0,001

The somatic well-being depends on the hardiness of a person, his/her ability to risk, keep the control over stressful situations and to overcome them.

The scale «I-myself-locus-control» has interrelation only with the scale «The sovereignty of values» ($r=0,34$, $p\leq 0,001$) that means that the person possessing the freedom of tastes and outlooks, has the sufficient level of freedom in the choice how to construct the life in the conformity with the concepts of its sense.

The personal uneasiness is interconnected with the sovereignty of the world of things, the sovereignty of values, the sovereignty of social communications and the general parameter of the sovereignty of psychological spacement of a person. This interrelation is reverse.

Table 4

Correlation analysis of the data taken from the scales of the tests «The sovereignty of psychological spacement » «The scale of reactive and personal uneasiness»

	Personal uneasiness	p
Sovereignty of things	-0,35	0,001
Sovereignty of social communications	-0,26	0,01
Sovereignty of values	-0,33	0,001
Sovereignty of psychological spacement	-0,34	0,001

The reactive uneasiness also has negative interrelation with the sovereignty of social communications ($r = -0,26$ at $p \leq 0,01$) and the general parameter of psychological space ($r = -0,27$ at $p \leq 0,01$). Thus, the lower the level of uneasiness is, the higher the level of his/her psychological well-being is.

The level of autonomy is interconnected with the degree of sovereignty of social communications of a person ($r = 0,31$ at $p \leq 0,01$). This correlation proves the interrelation between the ways of organization of personal spacement and distances of interoperability with the meaningful others. It is necessary to note that this correlation is unique for the scale «Autonomy». Thus, we can conclude that the concepts of «The sovereignty of psychological spacement» and «Autonomy» are intersected and interconnected only in the social area of person life. It means that cooperating with society any person does not only aspire not to depend on someone but to manage the social environment as well.

Thus, the sovereignty of psychological spacement of a person is related to the degree of purposefulness of life, its intelligence, with the ability of a person to resist to stressful situations and to come into positive contacts to associates.

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VZTAH SUVERENITY A PSYCHOLOGICKÉHO PROSTORU ČLOVĚKA A JEHO DUŠEVNÍ ZDRAVÍ

Abstrakt: Tento článek se věnuje studiu suverenity psychologického prostoru jako součásti duševního zdraví člověka. Výsledky výzkumu mají strukturální charakter vzájemného vztahu suverenity psychologického prostoru s takovými parametry duševního zdraví jako jsou míra cílevědomost v životě, inteligence, schopnost člověka zvládnout stresové situace. Výzkum odhaluje vzájemný vztah mezi duševním zdravím člověka a suverenity psychologického prostoru: úroveň suverenity psychologického prostoru na požadavky významu lidského života, pracovitost, spokojenost v životě a duševní zdraví. Je dokázáno, že sklon ke kontrole a ochraně psychologického prostoru může být považován za správnou strategii ve snaze o zachování a rozšíření duševního zdraví člověka.

Klíčová slova: suverenita psychologického prostoru člověka, duševní zdraví