

(когнитивный, аффективно-мотивационный, антиципационный, поведенческий) и особенности каждого из них. Показаны типы использования больными невротами методов психокоррекции (лимитированной, дефицитарной и аттитюдной).

Ключевые слова: невротические расстройства, механизмы формирования невротических расстройств, психологическая коррекция, психотерапия.

Zavatsky V. Y.

Theoretical and methodological approaches to the mechanism of formation of neurotic disorders and their correction

The paper presents the theoretical and methodological approaches to the mechanism of formation of neurotic disorders and their correction. Antinotologichnaya disclosed, neurophysiological, psychological and pathophysiological platform nevrozogenezua The stages of the formation of neurotic symptoms (cognitive, affective-motivational, antiticipacionnoj, behavioral) and the characteristics of each of them. Shows the types of neurotic patients use methods of psychological correction (limited, deficit and attitudnoy).

Key words: neurotic disorders, mechanisms of neurotic disorders, psychological correction, psychotherapy.

Завацький Вадим Юрійович – магістрант спеціальності «Психологія» Східноукраїнського національного університету імені Володимира Даля, м. Северодонецьк.

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Zavatsky Yu.A.

PSYCHOLOGICAL PROBLEMS OF SUBJECTIVE WELL-BEING OF A MARRIED COUPLE

The socio-psychological analysis of the problem of subjective well-being of a married couple is conducted in the article; social aspects affecting personalities and their development in marriage relations are analyzed.

Key words: personality, family, socio-psychological factors, subjective well-being.

Problem definition. Currently the society is in the process of changes and conversions in all spheres of life. These transformations have touched upon the family system in which the central place is occupied by marital relations. Further continuation of development of a personality and interaction of spouses are the basis of the family well-being and psychological comfort of its each member. The quality of marital relations is greatly determined by the well-being of a person in marriage, his/her social and psycho-physical well-being. Well-being of a person in marriage is not unimportant and can be determined by socio-psychological aspect. Social psychology has significant theoretical and practical material on marital well-being and well-being of a person in marriage, but rather few researches are given to socio-psychological adaptation and functioning of a personality in society.

Analysis of the recent researches and publications. Study of various socio-psychological aspects of a personality in marriage is made in the researches by S.S. Sedelnikova (motives and reasons for divorce), L.A. Gordon, E.V. Klopova (family life cycle), I.A. Gerasimova, V.L. Ruzhze, A.G. Volkov (expected duration of marriage), N.V. Malyarova (typology of marital conflicts), T.J. Gurko (young family), and others.

The purpose of the article is to reveal socio-psychological problems of a personal well-being of the family and determine the way of their solution.

Presentation of the basic materials and research results. Families are quite different. Depending on the members of the family, family relations with its members and all those who are around, a person looks at the world positively or negatively, forms his/her views, relations with others. Family relations also affect the way persons will continue to build their careers, which way they will go. Accordingly, the social environment affects the development of a personality and interaction of individuals with the family [5].

Among various social factors that influence formation and further development of a personality, one of the most important is the family. Traditionally, the family is the main institution of upbringing. What a person acquires in the family, he/she retains throughout the whole life, embodies what he had seen as a child during the formation of one's own family. The importance of the family is explained by the fact that a human remains in it for a large part of his/her life. Basis of a personality is being formed and developed in the family. In course of close relations with mother, father, brothers, sisters, grandparents and other relatives the structure of a personality of a child begins forming from the first days of life. Family enhances a child's social experience [1].

All aspects of development requires adaptation to new social conditions, helps a person to get new experience, to become more socially mature.

Young people, getting married and establishing rules for family life, have to think about the most important things: a place to live, what to live on, who will take the responsibility to provide for the family financially or the spouses will share this responsibility at least for a while. Love and money, concepts that do not fit well aurally, in many cases, are the key to the very existence of the family, especially nowadays.

T.A. Gurko, considering the problem of stability of a young family, believes that complications in relations of young spouses are determined primarily by the fact that in the modern family behavior patterns of husband and wife become less rigid. In the past, such traditional patterns of behavior of husband-father and wife-mother dominated when a man played a role of the head of the family, its breadwinner and carrier of social status, and a woman - a homemaker, a housewife and educatress of children. Currently, due to the massive involvement of women into productive activities, increase of their level of education, broad dissemination of ideas of equality, husband and wife often have almost the same social status and income, equally participate in family decision-making. At the same time the ideas about family roles and responsibilities of the spouses which are not rather relevant to the reality are functioning in the society nowadays: on the one hand, expectations of a certain part of the population are connected with a traditional family; on the other - the opinion of the direct equality of men and women in family functions is getting firmer [3]. Historically, the measurement of well-being was made in two different ways: by measuring the objective conditions of life and by measuring the subjective assessments of life. Within those two approaches well-being was considered in terms of two models: the objective one and the psychological one. Objective model defines well-being as the result of a combination of various statistical indicators of life. Psychological model is based on the assumption that the true meaning of well-being is reflected in subjective feelings of individuals, which is based on the level of their intellectual development, their life experiences, emotional state, and so on. While studying well-being it is necessary to consider the complexity of interactions of objective and subjective conditions of life. Well-being depends on objective conditions, such as marital status and social status, it is also linked to the way of thinking - with the way we look at things. Optimism is good, but there is "unrealistic optimism"! It's wonderful when a person has an aim, but what if the level of claims is too high? People say that money is not particularly important for happiness, and they are right; nevertheless, their behavior indicates that they attach great importance to them (Loewenstein & Schkade, 1999). At two samples of respondents-Americans King and Napa (King & Napa, 1998) showed that happiness and the meaning of life are much more meaningful for "good life" than money or moral virtues. According to Argyle, the main sources of well-being are social relations, work and leisure. Today we know that such types of relations as romantic love, marriage and friendship are the main

causes for positive emotions and happiness, as well as other aspects of well-being, such as mental and physical health. They play this role because they give social support to a person, which is manifested in the form of practical help, emotional reinforcement and joint pastime for enjoyable activities. The following review contains just some of the factors which have research data about their impact on subjective well-being.

Income (level of material well-being). There have been received a lot of evidence that the level of income and the level of subjective well-being positively correlate, but the absolute value of the correlation is not too great. Researchers attribute this to the fact that the main effect of income is not direct but mediated, for example, through the improvement of living conditions and health promotion. Studies in this area have identified several patterns of influence of income on the level of subjective well-being:

a) income's effect is large only at a relatively low level of well-being: as soon as basic needs are met, the impact of income falls sharply;

b) income's effect on subjective well-being is mediated by such factors as status and power - they have relative character in the society and do not rise in direct proportion to income;

c) income's effect may be of a direct nature, but depends on social comparison, people can determine whether they are satisfied only by comparing their state with the state of others;

d) income is not only direct benefit, but also difficulties that reduce the overall positive effect of income on subjective well-being: for example, high incomes may be connected with increased responsibility, stress, etc.

Some studies have revealed that the unemployed demonstrate the lowest level of satisfaction, but there is no evidence that, for example, housewives are less happy comparing to working women.

A number of studies allow suggesting that education has subjective influence on well-being (generally more educated people testify about higher subjective well-being, but this effect is small and is associated with other factors, such as income). For example, higher education can serve as a source of income's increase, which reinforces the positive effect of education on subjective well-being, but at the same time education increases the level of needs, which may negatively affect subjective well-being.

Since religiosity is understood differently, the data in this field are contradictory. Faith and religious traditionalism usually have positive effect on subjective well-being, although it has been also found that religiosity negatively correlates with good mood. There has been revealed that religion has a significant impact on people younger than 65 years old, but not older. In general, the issue of the influence of religion on subjective well-being is still unclear. The faithful believe that the secret of life is in their holy book. Muslims, speaking in this way, are convinced that psychological researches are useless, because everything is already written in the Koran. If everything was just so, then believers would have been happier than all the others.

Despite the fact that the literature on subjective well-being does not have information about what statistically significant effect of marriage on subjective well-being has been revealed, almost all the correlations are positive. It has been found out that although married women can testify about greater stress than unmarried, they also testify about greater life satisfaction. It has been also found out that marital status is a strong factor, determining the level of subjective well-being, even when education, income and employment are controlled.

The studies that has been carried out on samples of elderly people support the point of view, consisting in the fact that active life contributes to the feeling of happiness. These studies have revealed that certain types of activity have significant effect on subjective well-being, and others – don't. Relations between activity and subjective well-being depend on the personality of a respondent. The ambiguity of the results was largely determined by uncertainty of the concept of activity, because it meant such different characteristics as physical activity, hobbies and participation in formal organizations.

As a rule, women testify of more intense feelings, they are experiencing greater joy and greater depression than men. There is evidence of connection of satisfaction with not only

gender, but also with age; young women are happier than young men and older women are less happy than older men. Statistically significant differences have been found between the following three core values of happiness. This is, first of all, "to love and to be loved» ($r = 0,71$); secondly, "the ability to enjoy life and what you have» ($r = 0,93$) and, thirdly, "family well-being, when there is mutual understanding and cordial relations with relatives» ($r = 0,76$). It is these major emotional and humanistic values of emotionally-personal relations - especially love – which has been given significantly greater role in the structure of women's happiness than in men's one. And the opportunity to love and to be loved is a synonym of happiness for many women.

In addition to statistically significant differences, identified in connections among three above-mentioned values, there are less distinct differences in value preferences of happiness for men and women. So, women, except for love, family and the ability to enjoy life, appreciate the need and the opportunity to feel a sense of life, peace of mind and sense of inner peace more than men. In fact, men's beliefs about happiness preferably include: firstly, "luck, fortune, destiny"; secondly, "search and aspiration into the unknown, sharpness of the struggle and joy of victory," and, thirdly, the presence of "specific targets and active steps to their implementation". Finally, it is more important for inner well-being of women that there will be "better than now", and in positive attitude of men the other principle - that there will be "no worse than now" - prevails.

In contrast to the above-mentioned points, the most neutral position for male and female samples concerning significance for happiness was occupied by such factors as material prosperity, hedonism, the need to be needed, opportunity to benefit people, consciousness of usefulness of their existence, and some other points. In our opinion, it is these values that are equally characterized as "feminine" and "masculine" happiness.

There is human health among the important determinants of subjective well-being of a person, closely associated with the sense of happiness and manifested differently in men and women. And according to its significance for a happy life, it is usually placed on the very first places by respondents. It is especially characteristically for the elderly and for those who have health problems.

Many data suggest that women have worse health than men on average. In any case, they have a greater degree of depression; they have more expressed anxiety and other symptoms of stress, although their excessive emotionality and subjectively greater attention to their health are likely to effect. Women, according to the observations of physicians, listen to everything that is happening in their bodies more sensitively, and treat all their ailments more seriously than men.

Let us consider a number of personal characteristics and traits that affect the sense of satisfaction and features of happiness experiences of men and women in one way or another. Special studies of emotionality have shown that women are generally more emotional and their experiences, both positive and negative, are more intense and deep. It can be assumed that their level and range of happiness and unhappiness are generally wider than men's. And they experience depression and negative feelings more likely than men. Scientists believe that there is a level of emotionality, which is optimal for psychic well-being and health, a balance of positive and negative experiences, in respect of which friendship, ability to establish social bonds play an important role. Women, as has already been noted, use these contacts and connections that help them to manage and carry out their normal emotional life balance better than men.

It is believed that men have a strongly developed sense of ownership of their lives and a sense of "internal control". It is extremely important to be sure that they, and not other people or set of circumstances, define and control the course of events; that they affect the situation and have a wide range of activities. Men appreciate the status and the opportunity to be in leadership positions, to occupy high posts. And it is important to feel constantly strong and independent, capable of decisive action. It is not accidentally that Nietzsche, one of the most ardent followers of traditional views on gender relations, said that "the happiness of men is called "I want".

Self-esteem (self-respect), which according to some scientists characterizes men and women in varying degrees, is also stably correlated with subjective well-being, and some even

believe that the strongest association characterizes the ratio of these two variables. In addition, men spend their leisure time more actively and they are more likely to be happy with themselves.

A number of studies suggest that stable personality traits such as temperament have the greatest impact on subjective well-being. There is an interconnection of subjective well-being and tolerance to unfavorable and frustrating situations both during the lifetime of an individual and society. One of the most important factors determining the degree of family well-being is self-esteem; however relations between these two variables can be bidirectional.

Another feature of a person which has close relations with the level of subjective well-being is internality. Nature of this relation can be either positive or negative, depending on cultural norms. Happiness and sociability are closely interrelated. One could assume that intelligence should significantly correlate with the level of subjective well-being, as a socially-desirable quality. However, this hypothesis was confirmed only in some works, in others the correlation between the range and subjective well-being was either absent or was negative. Perhaps there are some factors, closely associated with intelligence, which can reduce the level of subjective well-being (e.g., higher demands). It has been found that individuals experience the greatest well-being when the situation corresponds to characteristics of their personality, although this effect is not very expressed.

Thus, we can say that the problem of interaction between personal traits and levels of subjective well-being requires further study. For example, it is unclear whether such personal traits as, for example optimism, is a cause or a consequence of favorable events. The works of T. Holmes and his colleagues have disclosed that only unpleasant life events are predictability for the stressors. In papers of Peykal, Prusoff and Ulenhut [200] the correlation between unfavorable life events and physiological distress, caused by them, was confirmed. The lack of pleasant events in life can lead to depression, as well as depression can lead to negative assessment of life events and lead to inability to experience pleasure from normally pleasurable things. Investigation of the relations directly between changes in the current situation and attitude to life events by L. Clark and J. Collins has shown that the current state of satisfaction, caused by love, has positive effect on the assessment of what is happening at this time. More complex relations have been found in works by J. Brown and K. McGill, which provide data about the fact that positive life events negatively affect the health of those who have negative opinion about themselves.

On the scale of society large social transformations become frustrating factors of subjective well-being. In the context of an individual way of life there may be changes in personal, family and professional spheres, which increase the demands on an individual's ability to adapt to changes.

As the results of studies show, subjective judgments of a human about satisfaction with individual aspects of life have a close correlation with the level of subjective well-being than objective conditions. Satisfaction of people with themselves have the greatest impact on subjective well-being, satisfaction with a way of life and family also highly correlates with subjective well-being, while correlations with job satisfaction are more moderate, and correlations with satisfaction with health and society (social environment) is even lower.

In the study of S.N. Zherebtsova there have been found that such important life situations that occur in the fields of "I-Others" and "I-I" are more likely to result in subjective well-being of seniors than events occurring in any other sphere.

It should be noted that in some approaches subjective satisfaction with specific aspects of life in general is not considered as a factor of subjective well-being. It is assumed that there must be a direct correlation between objective external conditions and subjective well-being.

Conclusions. Factors, affecting subjective well-being, are the determinants of various kinds, level and generality. Their analysis leads to the conclusion that none of the variable, whether they are demographic data or personality characteristics, does not determine the level of subjective well-being on the whole, but only makes a certain contribution.

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Завацький Ю.А.

Психологічні проблеми суб'єктивного благополуччя подружжя у шлюбі

В статті проведений соціально-психологічний аналіз проблеми суб'єктивного благополуччя, проаналізовані соціальні аспекти впливу на особистість та її розвиток у шлюбних відносинах.

Ключові слова: особистість, сім'я, соціально-психологічні чинники, суб'єктивне благополуччя.

Завацький Ю.А.

Психологические проблемы субъективного благополучия супругов в браке

В статье проведен социально-психологический анализ проблемы субъективного благополучия супругов в браке, проанализированы социальные аспекты, влияющие на личность и ее развитие в брачных отношениях.

Ключевые слова: личность, семья, социально-психологические факторы, субъективное благополучие.

Завацький Юрій Анатолійович – здобувач кафедри психології Східноукраїнського національного університету імені Володимира Даля, м. Северодонецьк.

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Задорожна О. М.

ІННОВАЦІЙНІ ПІДХОДИ ЩОДО ОРГАНІЗАЦІЇ ВЗАЄМОДІЇ МІЖ ЗАКЛАДАМИ СЕРЕДНЬОЇ ТА ВИЩОЇ ОСВІТИ

В даній статті розглянуто інноваційні підходи щодо організації взаємодії між закладами середньої та вищої освіти, а також визначено фактори, які впливають на процеси такої взаємодії.

Ключові слова: взаємодія, зміст освіти, навчальні заклади, структура, чинники, механізми, процеси, засоби.