

Psychological Resilience of Residents of Pre-Retirement Age in Southern Siberia

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Abstract: The development of resistance to life phenomena or other social reactions is based on the study of social response, which can be considered as the basis for the functioning of the socio-economic system in crisis conditions. For residents of the pre-retirement age, this is more important, since the opportunity to actively influence their personal sources of income and the development of trajectories of personal development is being lost. The relevance of the study is conditioned by lack of methods that study the features of the psychological well-being of an individual in modern realities in psychological science. In this regard, the paper aims to research psychological well-being, which measures certain components, aspects, types, and levels of psychological well-being. To achieve this purpose, the following methods were used in the paper: theoretical (method of system analysis of theoretical scientific approaches and concepts); empirical (survey method, testing); statistical methods of data processing (correlation, factorial, multiple regression analyses), the method of qualitative data analysis. The authors show that a significant function of sustainability in the social environment allows to fully implement development programmes that are involved in the design of documents for socio-economic development. The paper proves that the necessity of forming such a response is based on the long-term impact of political, social, and economic crises. The practical significance of the study is determined by the fact that social response allows to ensure resilience not only for the generation that is moving away from active social life, but also to ensure the continuity of individual structures that need to be implemented to develop sustainability in the socio-economic environment.

Keywords: Psychological well-being, social response, stability, pre-retirement age, personal development.

INTRODUCTION

The concept of “psychological well-being” describes the state and features of a person's inner world that determine the experience of well-being, as well as behaviour that produces and displays situational well-being. It is customary to distinguish the following indicators as the basic components of psychological well-being: positive relations with others; self-acceptance (positive assessment of oneself and one's life); autonomy (the ability to follow one's own beliefs); competence (control over the environment, the ability to effectively manage one's life); having goals that give direction and meaning to life; personal growth as a sense of continuous development and self-fulfilment.

Approaching a detailed consideration of the factors of psychological well-being of an individual, authors note that there have been various approaches to differentiating factors that affect psychological well-being of a person in the history of psychology, such as psychophysiological factors, life satisfaction; the concept of psychological health was conceptualised; the so-called internal subjective factors of personality, which affect “harmony, balance” were studied. The

above are the concepts that are described by the author as psychological health, also referring to the problem of psychological well-being. The factors of psychological well-being are considered by researchers from the standpoint of an objective (health psychology), subjective, and psychological (personal approach), psychotherapeutic and spatial-environmental approaches. The most studied are the factors of the personal approach, while the matters of spatial and environmental factors of psychological well-being remain understudied.

An important place in the study of the features of well-being is occupied by objective and subjective factors of the psychological well-being of an individual, which will be discussed below. The authors note that objective factors are subdivided into social, material, and physical, as well as relations with society (stability: social, economic, political); labour processes (profession, income, professional group, professional communication); life processes (needs, safety, health); social experience (ways to overcome distressing states, a repertoire of behaviour patterns, social orientation. The main sources of well-being and happiness are social relations, work, leisure, such types of relationships as love, marriage, and friendship.

Considering the subjective factors of well-being, it is necessary to address the idea underlying the classical

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concept of psychological well-being, which claims that everyone has free will and is capable of achieving psychological well-being despite external conditions. Such subjective factors as extraversion, neuroticism, openness to experience, self-confidence, internal locus of control, and high self-esteem are highlighted, absence of intrapsychic conflicts, tendency to leadership, etc.). Thus, internal (subjective) factors come to the fore. At the same time, psychological well-being is based on the positive functioning of the individual, the basic components of which are autonomy, control over the environment, personal growth, positive relations with others, self-acceptance, and the presence of goals in life. The highlighted personality traits provide the psychological well-being of the individual, therefore, constitute the subjective factors in particular.

The idea of the structure (model) of psychological well-being was created, which represents the balance achieved by the constant interaction of two types of affect: positive and negative. Subjective well-being has three main components: satisfaction, pleasant emotions, and unpleasant emotions, which together form a single measure of subjective well-being (Watling 2014). This refers to the cognitive (intellectual assessment of satisfaction with various areas of one's life) and emotional (the presence of a bad or good mood) sides of self-acceptance (Eaton *et al.* 2011). Most people, one way or another, assess what happens to them in terms of "good or bad", and such an intellectual assessment always has a correspondingly coloured emotion under it (Aldwin *et al.* 2001).

Subjective well-being is intended to demonstrate how much one person is happier than another, i.e. subjective well-being is equated with the experience of happiness (Koenig *et al.* 2008). It can be argued that a person has a high level of subjective well-being if in most cases one experiences satisfaction from life, and only in certain situations does this person experience unpleasant feelings (Hagemeyer *et al.* 2013). The phenomenon of "psychological well-being" is understood as a holistic experience expressed in a subjective feeling of happiness, satisfaction with oneself and one's own life, as well as associated with basic human values and needs (Loehlin *et al.* 2005). Describing a person's experience of psychological well-being, authors note that any experience involves a comparison of this experience with the norm, standard, ideal, which are present in the consciousness of the

experiencing person themselves in the form of a kind of self-assessment, self-attitude (Huesmann *et al.* 1984).

Among the "objective" factors of psychological well-being, most literary sources indicate economic resources, political freedoms and health (Greenier *et al.* 1999). A direct correlation has been found between income and overall life satisfaction (Sussman and Ha 2011). In particular, people with high income are 17% more likely to declare that they are happy. According to the theory of prospects, it is easier for people to increase their aspirations, increase their needs, than to reduce them and deny themselves something, which is why the sharp rates of economic growth of a country do not lead to a rapid increase in the psychological well-being of its citizens, while at the same time the deterioration of the economic situation significantly affects its overall performance (Weeks and Pasupathi 2011).

People who are successful in various spheres of life earn more in the future than those who have lower levels of psychological well-being, because it adds self-confidence and encourages further development and self-improvement (Izard *et al.* 1987). They often demonstrate the opposite influence of the value of money and love on the level of a person's well-being (Rohr *et al.* 2013). The search for financial enrichment often occurs at the expense of neglecting the satisfaction of other vital needs, and sometimes neglecting one's own values and moral principles, which is why it is quite difficult for materialists to feel contentment (Gustavson *et al.* 2018). Professional fulfilment is of considerable importance in determining psychological well-being (Na *et al.* 2019). Cross-cultural studies of the impact of social support on psychological well-being in Iran, Jordan, and the United States have proven that family support is a predictor of well-being (balance of affect, life satisfaction, self-fulfilment, etc.) in all of these countries. At the same time, the support of friends determines all aspects of well-being only in societies with a less stable lifelong connection with the parental family and less importance of traditional values.

MATERIALS AND METHODS

The practical significance of psychodiagnostic techniques is tested through their practical application. The psychology of individuality, which is measured, is represented by two systems: the psychodiagnostic method and the system of theoretical models associated with it, which constitute subsystems of a

higher order – a complex of means of knowledge and its results. Therefore, ignoring the processing of differential psychology in the interpretation of the appearance and development of individual features leads to the decline of science in this direction. To optimise the study of psychological well-being, an original questionnaire was developed, which corresponds to the developed and described theoretical construct and allows to measure certain components, aspects, types, and levels of psychological well-being.

The creation of the author's questionnaire was dictated, first of all, by the fact that in psychological science there are still not enough methods for studying the features of the psychological well-being of an individual in modern realities. Approbation of the author's methodology was carried out with the involvement of 265 persons of pre-retirement age from 47 to 65 years. To check the psychometric parameters of the created author's methodology, the following were used: Psychological Well-being Scale, External Well-being Questionnaire, Warwick-Edinburgh Mental Well-being Scale (WEMWBS), Index of General Psychological Well-being. The authors further provide a description of the qualitative composition of the research sample. The main sample of the study comprised 408 people. In total, 754 people took part in the study. The research was conducted during 2016-2020. The sample size and its composition ensure the statistical reliability of the results obtained.

The instrumental part of the empirical research programme includes: a review of psychodiagnostic tools aimed at studying psychological well-being; development of an original method "Diagnostics of the psychological well-being of an individual"; presentation of the results of testing the said method for reliability, validity, and discriminatory power; selection of a particular set of psychodiagnostic techniques aimed at studying psychological resources and factors of psychological well-being and personality traits, considered in relation to this phenomenon. The following methods were used to fulfil the purpose of the study and accomplish the research tasks: theoretical (the method of system analysis of scientific approaches and concepts presented in psychology and related disciplines); empirical (survey method, testing); statistical methods of data processing (correlation, factorial, multiple regression analyses, the use of Student's t-test to find significant differences between groups), which were performed with the use of

computer statistical software SPSS 21.0 for Windows; qualitative data analysis method.

RESULTS AND DISCUSSION

To date, the number and quality of methods for diagnosing psychological well-being is still insufficient, because they, as a rule, are in English, which significantly limits the possibilities of their application. One of the most common methods is the Psychological Well-being Scale, which comprises 84 questions and is an adapted version of the English-language method "The Scales of Psychological Well-being". Psychological well-being acts as an integral indicator of the degree of a person's orientation towards the implementation of the main components of positive functioning (personal growth, self-acceptance, environmental control, autonomy, setting life goals, positive relations with others), as well as the degree of fulfilment of this orientation, which is subjectively expressed in positive emotions, satisfaction with oneself and one's life. Another method adapted in Russian is the Index of General Psychological Well-being, the English version of which is the Psychological General Well-being Index. These techniques constitute proven, reliable, and valid diagnostic tools.

When creating the original methodology "Diagnostics of the psychological well-being of an individual", inductive and deductive strategies were used. The deductive strategy allowed to generalise the theoretical ideas about the personality, its structure and functioning. Therewith, test tasks are developed to evaluate and describe a certain psychological construct. An inductive strategy involves the use of factor analysis and other statistical procedures. An important stage in the design of any psychodiagnostic technique is the procedure for determining the reliability and proving its validity. The last step in developing a test is to standardise it. This is most important in cases where the comparison of the indicators of the subjects is carried out. When formulating a standardisation sample, its size and representativeness should be considered.

The authors note that the final theoretical construct of their original methodology comprises 11 scales of psychological well-being: I – psychophysical, II – socio-economic, III – ethnocultural, IV – existential, V – worldview, VI – value, VII – emotional, VIII – behavioural, IX – cognitive, X – volitional. For the sake of levelling social desirability and other negative effects, the authors also provide XI – the scale of lies.

To prevent ambiguity in understanding the questions of the questionnaire, the authors formed an array of statements that correspond to each of the structural parameters of psychological well-being – the scales of the created test questionnaire. The final version of the method comprises 120 indicator-statements, which must be assessed according to the degree of compliance with testees behaviour, response, emotional experiences, and their daily life on a 7-point scale: “Completely disagree”, “Disagree, but there are exceptions”, “Somewhat disagree”, “Partially agree”, “Somewhat agree”, “Agree, but there are exceptions”, “I completely agree”. Answers are rated from 1 to 7 points. Answer options for “reverse” statements are rated in reverse. The maximum score on each scale is 77 points, the minimum is 7.

The overall score for psychological well-being is calculated by adding the scores for all statements. Calculation of “raw” points is carried out in accordance with the key. The structure of the method includes: written instructions, a list of questions, a developed form, “keys” for processing the received data. Based on the results of the methodology, the level of severity of individual components of psychological well-being and the general degree of its manifestation are determined. The selection of subjects for psychometric test development was performed according to the method of random selection, considering the distribution of the sample into groups by different criteria: age, gender, level of education. Compliance with the “purity” of the contingent of the studied according to the indicated features allowed to consider it as a sample of not only approbation, but also validation and standardisation of the questionnaire. The data processing procedure was performed with the use of the computer mathematical-statistical software SPSS 21.0 for Windows.

Below the authors consider each stage individually. The first stage is theoretical. At this stage, an attempt was made to comprehend the psychological phenomenon of psychological well-being and to develop a theoretical construct of the future methodology, which presents the author’s ideas about the structure and component composition of indicators of psychological well-being. Based on the description of the parameters, scales of the test questionnaire were developed. The second stage – based on theoretical and empirical studies, the system of indicators that make up the phenomenological field of the diagnosed personality trait, is detailed.

The result of this stage was the developed system for describing the qualitative indicators of psychological

well-being, which were combined into the appropriate scales that describe psychological well-being; the stability of the experience of psychological well-being; the breadth of distribution of psychological well-being; the severity of the manifestation of psychological well-being. It should be noted that each of the parameters is a bipolar continuum, at the poles of which the highest (positive pole) and extremely low (negative pole) manifestations of psychological well-being are located. The values of the indicators for each of the parameters reflect the individual specificity of the psychological well-being of the individual, its qualitative originality. Based on the description of the parameters, test scales were developed.

The third stage is described by work aimed at constructing questions (stimulus material) about manifestations of psychological well-being. At this stage, instructions for the surveyed were also outlined, a form for answering questions was developed, which is attached in the appendices hereto. The fourth stage included the empirical correction of the stimulus material of the technique. At the same stage, a “key” is developed for processing the received data. The fifth stage – verification of the test construct – confirmation (or adjustment) of the correct grouping of indicators for the diagnosis of specific indicators (scales) and clarification of the “keys”. The last, sixth stage of work on the creation of an original methodology was the testing of the final version of the questionnaire, i.e. verifying its reliability and validity. The results of this stage of the development of the original questionnaire are set out below. Below are the data of the correlation analysis of the author’s questionnaire of the structural components of psychological well-being. The internal consistency of test indicators was verified by establishing the interrelation between individual test parameters with the use of the correlation analysis (Table 1).

These tables indicate the interrelation and interdependence of the identified components of psychological well-being. All components of psychological well-being are correlated at a 1% positive relationship. Also, the general level of psychological well-being demonstrates a positive 1% level of significance, correlations with all the primary structural parameters of this phenomenon. According to the results of the application of the Kolmogorov-Smirnov criterion for the indicators of psychological well-being of the individual, no significant difference from the normal species was revealed, however, the standardisation procedure requires a deeper consideration of the issue of the normal distribution.

Table 1: Test Indicators Correlation Analysis Results (N=265)

	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**	708**	688**	752**	618**	736**	719**	1
OPW	844**	780**	834**	706**	688**	752**	618**	736**	719**	862**

Notes: 1) * – statistical significance of relation at the level $p \leq 0.05$; ** – statistical significance of relation at the level $p \leq 0.01$. 2) indicator abbreviation system: I – psychophysical, II – socio-economic, III – ethnocultural, IV – existential, V – worldview, VI – value, VII – emotional, VIII – behavioural, IX – cognitive, X – volitional, ОПП – overall psychological well-being indicator.

Constructive and meaningful validity were tested according to the split-half method, which is based on the assumption that not only the individual test forms are parallel, but so are the individual tasks within the test itself. To calculate the reliability factor according to the splitting method, the test is divided into separate groups of tasks. The most common procedure is to “split” the test into two parts: one part collects the results of paired tasks, and the other – unpaired ones. This procedure lies in determining the correlation coefficients between the two halves of each of the ten scales of psychological well-being. Since the measurement error can be determined by repeated testing, repeated testing of a sample of subjects with the same test was applied after a certain period and under the same conditions.

Thus, when applying the repeated test (in this study, after 2 months), authors searched for connections between the indicators of the same name in the first and second sections, performed on the same sample. As a parallel test method – the search for correlations between two tests, one of which is a new original method, the other – Psychological Well-being Scale (adaptation), External Well-being Questionnaire, Warwick-Edinburgh Mental Well-being Scale (WEMWBS), Index of General Psychological Well-being. The similarity of the diagnosed qualities, measured by four parallel methods, suggests the validity of their comparison.

To determine the reliability and validity of the created original methodology, the authors performed

verification as follows. Firstly, the reliability of the test parts was proven to estimate the measure of internal consistency of the test content; secondly, reliability was proven to control the stability of test results over time; thirdly, the reliability of parallel forms was confirmed to ensure the consistency of the responses of the subjects to different sets of problems. To verify the internal consistency between the test indicators, a correlation analysis was performed, the results of which are presented in Table 2 below. Authors also present the correlation results for the indicators of parallel forms of the test and the questionnaire developed (Table 2).

Correlation analysis based on the results of the application of halving the indicator-statements showed quite high direct significant correlations at the level of 1% between all indicators of psychological well-being, which testifies to the internal consistency of the test questionnaire developed. Correlation analysis based on the results of the test-retest showed the presence of positive relationships of 1% significance level. The use of parallel tests also showed consistency of the results. To check the correspondence of the theoretical construct of the methodology, the factorisation of the correlation matrix of the indicators of psychological well-being was carried out. Specifically, the authors used one of the common methods of multivariate analysis – the principal component analysis and rotation method for the obtained factors.

Factor analysis is a system of models and methods that transform the initial set of features to the simplest

Table 2: Values of the Correlation Coefficients Obtained during the Verification for Reliability and Validity of the Method “Diagnostics of the Psychological well-being of an Individual” (N=265)

Indicators of psychological well-being	Test reliability verification method													
	Half-splitting	Test reliability	Reliability of parallel forms										External Well-being Questionnaire	Mental Well-being Scale
			Scale of Psychological Well-being Methodology							General Psychological Well-being Index methodology				
			Positive relationship	Autonomy	Environment management	Personal growth	Place in life	Self-acceptance	Psychological well-being					
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**		
VI	759**	834**	422**	427**	456**	367**	412**	399**	483**	347**	342**	162**		
VII	580**	875**	458**	431**	474**	406**	453**	401**	511**	390**	490**	332**		
IXII	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**		
OPW	862**	957**	515**	445**	561**	480**	538**	476**	588**	456**	528**	354**		

and most meaningful form. It is based on the assumption that the behaviour that the subject exhibits can be explained with the use of a small number of “hidden” features that are called factors. Thus, the main task of factor analysis is to simplify the description of data by reducing the number of required variables, i.e. factors. The ten-factor model corresponded to the criteria for evaluating the factorial model to the greatest extent: all factors of the chosen model are relatively proportional; most indicators were evenly distributed (included in one factor with a sufficient factorial weight).

A multistage verification of the correctness of the allocation of scales of the test questionnaire of psychological well-being of the individual was performed, including not only a theoretical and methodological analysis of the literature, but also ensured empirical verification with the use of the methods of mathematical statistics. Since by nature the empirical set of scaling is divided into physical and psychological, authors refer to psychological scaling, because the objects are the subjective, psychological features of an individual, i.e. psychometric scaling was performed. The result of scaling is the construction of

scales, i.e. “certain sign (numerical) models of the investigated reality, which can be used to measure this reality”.

Also, a factor analysis of the indicators-statements was performed, which allowed to reduce the dimension of the space of the existing indicators of psychological well-being and thus could indicate the need and sufficiency of the scales identified. To determine the number of factors, the scree-test was used – a criterion developed by R. Cattell (1966). The number of factors is determined approximately by the inflection point on the eigenvalues graph before it goes straight after a sharp decline (if K is the inflection point, then the probable number of factors is K, K-1, K+1) It is this test that is most widely used in psychology to establish the optimal number of hidden parameters. The results of factorial analysis of indicators are presented in Table 3.

In the process of factor analysis, ten factors were identified, which accounted for 41.7 % of the variance. Thus, in particular, the first factor – 8.14 % of the variance, the second – 5.94 % of the variance, the third – 4.25 %, the fourth – 4.17 %, the fifth – 3.74 %

Table 3: Selected Results of Factor Analysis of the Ten-Factor Model

Grouping of psychological well-being indicators									
Factor 1		Factor 2		Factor 3		Factor 4		Factor 5	
Indicator	Actual value	Indicator	Actual value	Indicator	Actual value	Indicator	Actual value	Indicator	Actual value
I 12	441	II 3	253	III 6	229	IV 2	117	V 10	163
I 15	297	II 5	237	III 13	317	IV 17	101	V 42	259
I 63	-104	II 18	147	III 16	238	IV 23	132	V 54	111
I 80	335	II 26	567	III 19	129	IV 33	112	V 62	106
I 87	346	II 67	428	III 29	259	IV 38	-256	V 64	110
I 99	302	II 71	-107	III 36	283	IV 47	111	V 69	-113
I 102	494	II 76	407	III 40	112	IV 56	113	V 72	209
I 112	397	II 85	130	III 52	162	IV 81	169	V 82	112
I 113	-148	II 91	398	III 58	-103	IV 92	137	V 101	123
I 114	229	II 98	101	III 74	210	IV 97	134	V 106	112
I 116	203	II 107	165	III 94	109	IV 118	117	V 110	114
Factor 6		Factor 7		Factor 8		Factor 9		Factor 10	
Indicator	Actual value	Indicator	Actual value	Indicator	Actual value	Indicator	Actual value	Indicator	Actual value
VI 8	123	VII 1	105	VIII 14	286	IX 20	204	X 22	111
VI 11	178	VII 4	112	VIII 31	113	IX 24	117	X 27	109
VI 21	117	VII 25	138	VIII 49	225	IX 30	112	X 35	-148
VI 32	239	VII 28	244	VIII 57	-245	IX 41	103	X 37	143
VI 34	-217	VII 48	132	VIII 70	-102	IX 44	101	X 46	121
VI 43	123	VII 77	101	VIII 73	211	IX 45	125	X 55	-103
VI 51	109	VII 78	-259	VIII 75	111	IX 50	106	X 79	107
VI 61	104	VII 84	-115	VIII 83	-133	IX 53	112	X 88	112
VI 86	166	VII 104	-111	VIII 105	192	IX 65	118	X 90	106
VI 95	137	VII 115	-120	VIII 108	117	IX 96	117	X 93	124
VI 100	327	VII 117	156	VIII 111	109	IX 119	106	X 109	126

Note: 1) the index of the indicator means the number of the statement; 2) the negative sign (-) indicates that this factor includes the opposite pole of this indicator.

variance, the sixth – 3.44 %, the seventh – 3.19 %, the eighth – 2.95 %, the ninth – 2.95 %, the tenth – 2.93 % of the variance. The authors note that some of the statement indicators were simultaneously included in several factors, which testifies to the integrity of the psychological well-being of an individual and the absence of an extremely homogeneous internal structure – this is precisely what renders the elimination

of the interpenetration of the questionnaire items impossible.

The factors were distinguished as follows: 1 – psychophysical scale, 2 – socio-economic scale, 3 – ethno-cultural, 4 – existential, 5 – ideological, 6 – value, 7 – emotional, 8 – behavioural, 9 – cognitive, 10 – volitional. Thus, factor analysis confirmed the presence

of 10 factors, which included confirmation indicators of the questionnaire proposed for the study. Notably, the results of testing for diagnostic value (for all the requirements of psychometrics), which included the use of a set of techniques and procedures, indicate a sufficient level of validity and reliability of the original method. The sequence of the factors is insignificant here. The results of factor analysis confirm the correctness of identifying ten scales of psychological well-being. In each factor, the highest values of the factor weight were obtained by indicators describing ten scale-components theoretically identified above: psychophysical, socio-economic, ethnocultural, existential, worldview, value, emotional, behavioural, cognitive, volitional.

CONCLUSIONS

Features of the psychological well-being of an individual can be studied not only in the scientific literature, but also in an empirical and practical aspect. Nowadays, among the most important indicators of psychological well-being, scholars most often distinguish the system of an individual's attitude towards oneself and the world, personal qualities, including the emotional and volitional sphere, the ability to maintain a sense of one's own psychological well-being, to maintain an optimal background of functional states. Thus, a subjective assessment of psychological well-being or distress constitutes an individual criterion that allows to assess and analyse the degree of personal self-efficacy. It has been empirically proven that the created author questionnaire "Diagnostics of the psychological well-being of an individual" meets all the norms of psychometrics, is quite reliable and valid.

Verification of this methodology for reliability and validity with the use of the methods of parallel and repeated tests showed a sufficient degree of its reliability and validity. Consequently, the data obtained supplement the generally known theoretical and empirical grounds for studying this phenomenon. The possibility of applying this questionnaire to examine various age and sex samples: the method created in this study can be used to make a psychological diagnosis, psychocorrection, and scientific research of the individual measure of the severity of the features of the psychological well-being of an individual.

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