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THE SALUTOGENIC BASIS OF AN INDIVIDUAL'S MENTAL HEALTH AND PSYCHOLOGICAL WELL-BEING

Serdiuk Liudmyla, Otenko Svitlana. The salutogenic basis of an individual's mental health and psychological well-being.

Introduction. The stressfulness of modern society necessitates studying the factors in human positive functioning. As the practice of such research shows, the leading role in advancing toward an individual's high-quality life belongs actually to his/her psychological resources, in particular his/her salutogenic orientation as a resource helping a personality remain stable in various circumstances of life.

Aim. To identify salutogenic factors in an individual's psychological well-being.

Methods. J. Crumbaugh, L. Maholic's Purpose-in-Life-Test; Maddi's Hardiness Survey; the test-questionnaire of self-attitude proposed by V. Stolin, S. Pantileev; C. Riff's model of psychological well-being; Wiesbaden Inventory (WIPPF) developed by N. Peseschkian and X. Deidenbach; R. Lazarus and S. Folkman method examining coping strategies of (the General Causality Orientation Scale of E. Deci, R. Ryan; A. Antonovsky's Sense of Coherence scales).

Results. Psychological resources maintaining and strengthening health and tolerance to stress, maintaining and developing personal opportunities are associated with the presence and awareness of life goals, positive self-acceptance, positive relationships with others and the ability to influence life events. An individual's salutogenic orientation is based on a humanistic worldview, which is a sign of personal maturity, and such personal abilities as hope, love, trust, justice, politeness and others that are behavioural norms and ensure personal freedom and responsibility.

Conclusions. From the standpoint of the salutogenic approach, human psychological health is considered as a state characterized by a certain position in the continuum between mental disorder and psychological well-being. An individual's salutogenic orientation is the psychological basis for achieving the positive functioning states – psychological hardiness, life satisfaction and psychological well-being.

Key words: psychological well-being, personal resources, autonomy, self-acceptance, hardiness, coherence.

Сердюк Людмила, Отенко Світлана. Салютогенетична основа психічного здоров'я та психологічного благополуччя особистості

Вступ. Стресогенність сучасного суспільства формує замовлення на дослідження, спрямовані на виявлення чинників позитивного функціонування людини. Як показує практика такого роду досліджень, провідна роль у просуванні до реалізованої якості життя особистості власне і належить її психологічним ресурсам, зокрема, її салютогенетичній спрямованості як ресурсу стійкості в різних обставинах життя.

Мета дослідження полягає у виявленні салютогенетичних чинників психологічного благополуччя особистості.

Методи. Тест життєстійкості С. Мадді; тест-опитувальник самоставлення особистості В.В. Століна, С.Р. Пантілєєва; шкала психологічного благополуччя К. Ріфф; вісбаденський опитувальник (WIPPF) Н. Пезешкіана та Х. Дайдєнбаха; опитувальник копінг-стратегій Р. Лазаруса та С. Фолкмана; методика «Шкала каузальної орієнтації» Е.Дессі, Р.Райана; шкала почуття пов'язаності А. Антоновського.

Результати. Психологічні ресурси збереження і зміцнення здоров'я, резистентності до впливу факторів стресу, підтримання і розвитку особистісних можливостей пов'язані з наявністю і усвідомленням життєвих цілей, позитивним самоприйняттям, наявністю позитивних взаємин з оточуючими та здатністю впливати на життєві події. Чинниками салютогенетичної спрямованості особистості є гуманістичний світогляд, заснований на особистісній зрілості, та таких особистісних здібностях як надія, любов, довіра, справедливість, ввічливість та інші, що є нормами поведінки і забезпечують особистісну свободу і відповідальність людини.

Висновки. З позицій салютогенетичного підходу психологічне здоров'я людини розглядається як стан, що характеризує певну позицію в континуумі між психічним розладом і психологічним благополуччям. Салютогенетична спрямованість особистості є психологічним підґрунтям досягнення нею станів позитивного функціонування – життєстійкості, задоволеності життям та психологічного благополуччя.

Ключові слова: психологічне благополуччя, особистісні ресурси, автономія, самоприйняття, життєстійкість, когерентність.

Сердюк Людмила, Отенко Светлана. Салютогенетическая основа психического здоровья и психологического благополучия личности

Вступление. Стрессогенность современного общества формирует заказы на исследования, направленные на выявление факторов положительного функционирования человека. Как показывает практика такого рода исследований, ведущая роль в продвижении к реализованному качеству жизни личности собственно и принадлежит ее психологическим ресурсам, в частности, ее салютогенетической направленности как ресурсу устойчивости в различных обстоятельствах жизни.

Цель исследования состоит в выявлении салютогенетических факторов психологического благополучия личности.

Методы. Тест жизнестойкости С. Мадди; тест-опросник самоотношение личности В. Столина, С. Пантилеева; шкала психологического благополучия К. Рифф; висбаденский опросник (WIPPF) Н. Пезешкиана и Х. Дайденабаха; опросник копинг-стратегий Р. Лазаруса и С. Фолкмана; методика «Шкала каузальной ориентации» Э. Десси, Р. Райана; шкала чувства связанности А. Антоновского.

Результаты. Психологические ресурсы сохранения и укрепления здоровья, резистентности к влиянию факторов стресса, поддержанию и развитию личностных возможностей связаны с наличием и осознанностью жизненных целей, положительным самопринятием, наличием положительных отношений с окружающими и способностью влиять на жизненные события. Факторами салютогенетической направленности личности являются гуманистическое мировоззрение, основанное на личностной зрелости, и таких личностных способностях как надежда, любовь, доверие, справедливость, вежливость и другие, являющиеся нормами поведения и обеспечивающие личностную свободу и ответственность человека.

Выводы. С позиций салютогенетического подхода психологическое здоровье человека рассматривается как состояние, характеризующее определенную позицию в континууме между психическим расстройством и психологическим благополучием. Салютогенетическая направленность личности является психологической основой достижения ею состояний положительного функционирования – жизнестойкости, удовлетворенности жизнью и психологического благополучия.

Ключевые слова: психологическое благополучие, личностные ресурсы, автономия, самопринятие, жизнестойкость, когерентность.

Introduction. The stressfulness of modern society leads to the necessity of studies identifying the factors of human positive functioning. As the practice of such research shows, the leading role in advancing toward an individual's high-quality life belongs actually to his/her psychological resources, in particular his/her salutogenic orientation as a resource helping a personality remain stable in various circumstances of life. The study on the factors of an individual's psychological well-being is important because there is the need to have an objective feedback to the socio-cultural policy implemented by society and the state. After all, the main health criterion determined by the World Health Organization (WHO) is the concept of well-being, as it is more conditioned by self-esteem and a sense of social belonging than by biological functions of the body (World Health Organization, 2018).

Analysed works in the criteria of an individual's mental health shows that the main role has harmonious organization of his/her psychological space and his/her adaptive capabilities, in particular, the ability to change behaviour adequately in accordance with changes in the environment, as well as accepted moral and ethical norms, commitment and responsibility to loved ones, the ability to realize their life plans (Bowling, Banister, Sutton, Evans, & Winsdor, 2002). Numerous empirical studies (Bowling, Banister, Sutton, Evans, & Winsdor, 2002; Rigby, & Huebner, 2005 et al.) suggest that subjective self-assessment of one's own well-being and health are more important variables than objective economic or socio-demographic factors characterizing quality of life. The key factors assessing psychological well-being are, in particular, adaptation, self-control and self-efficacy, morale, self-esteem, perceived as control over life (locus), expected life, optimism-pessimism, social values, beliefs, aspirations, etc. (Bowling, Banister, Sutton, Evans, & Winsdor, 2002; Shamionov, 2004; Serdiuk, et al.).

Thanks to the work of A. Antonovsky, a medical sociologist (Antonovsky, 1993), scientific interest in salutogenic (health) factors of an individual's functioning has significantly increased in psychological studies. According to the concept of salutogenesis proposed by A. Antonovsky, efforts should be made not so much to eliminate pathogens, but to support the health-promoting factors. The author proposed as an overcoming stress factor the construct of «a sense of coherence (coherence)» as a certain style of seeing the world and experiencing one's interactions with it. A key idea in Antonovsky's theory is how specific personal attitudes support people's tolerance to stress due to the «sense of coherence».

The representatives of the described salutogenic approach included the following into the generalized resources resisting to crisis situations: favourable socio-economic status; knowledge, good intelligence; social support; the power of «I»; preventive attitude to health issues; stable cultural environment; the body's own resistance to environmental hazards (Леонтьев, 2011).

The predictors of mental health and well-being were identified as follows: locus of control; disclosure of one's experience about a trauma to significant others; a sense of group identity and a positive feeling because an individual belong to a group; perception of personal and social resources that can help in recovery from a traumatic experience; altruistic or prosocial behaviour; the ability to find the meaning and significance in a traumatic experience and life after it; connections and social interactions with friends or colleagues (Wilson, & Raphael, 1993).

Thus, an individual's psychological health does not mean the absence of a disease, but it is as a state on the continuum between mental disorder and psychological well-being. Therefore, the examined problem should be stated as the following: how to preserve and strengthening health, maintain and develop existing internal resources and reveal an individual's potential capabilities.

Aim. To identify salutogenic factors of an individual's psychological well-being, in particular to examine the relationship between the components of an individual's salutogenic orientation and the components of the structure of his/her psychological well-being.

Methods.

The study is based on the modern methodology of post-non-classical psychology (the humanistic existential approach, the theories of self-organization and self-determination, modern theories of personality).

The following examining methods were used in the empirical study: Maddi's Hardiness Survey (Leontiev & Rasskazova, 2006); the test-questionnaire of self-attitude proposed by V. Stolin, S. Pantileev (Stolin, & Pantileev, 1988); C. Riff's model of psychological well-being (Shevelenkova, & Fesenko, 2005); Wiesbaden Inventory (WIPPF) developed by N. Peseschkian and X. Deidenbach (Peseschkian, & Deidenbach, 1988; Serdiuk, & Otenko, 2021); R. Lazarus and S. Folkman method examining coping strategies of (Kryukova, & Kuftak, 2007); the General Causality Orientation Scale of E. Deci, R. Ryan (Dergacheva, 2002); A. Antonovsky's Sense of Coherence scales (Antonovsky, 1993).

The obtained data were processed with the software for statistical data processing - SPSS Statistics 21.0.

Sample. The sample consisted of 370 people, including: general school students; university students; persons who were improving their skills in the method of positive psychotherapy and working professionals. The age of the respondents ranged from 18 to 57 years.

Results.

According to the salutogenic theory, an individual with high coherence is motivated to manage his/her own life situation and work on its development, that is, to be happy.

Table 1 shows the correlations between the coherence, its components-indicators and the respondents' personal characteristics. The obtained data revealed correlations with the indicators of psychological well-being and hardiness.

Table 1

Correlations of salutogenic indicators with personal parameters

	Positive relations with others	Autonomy	Environmental mastery	Personal growth	Personal growth	Self-acceptance	Commitment	Control	Challenge
Comprehensibility	.39*	.33*	.58**	.22*	.56**	.58**	.59**	.45**	.44**
Manageability	.24*	.23*	.21*	.31**	.12	.17	.19	.14	.17
Meaningfulness	.33*	.31*	.34*	.21*	.24*	.23*	.34*	.26*	.18
Coherence	.21*	.26*	.44**	.22*	.27*	.37**	.36**	.21	.22

** A correlation is significant at the level of 0.01 (2-sided); * A correlation is significant at the level of 0.05 (2-sided).

Thus, as we know, a sense of coherence helps an individual to assess and understand a situation where he/she is, to find meanings for actions towards health promotion and to be able to apply such actions (Koltko-Rivera, 2004).

According to A. Antonovsky (1987), a sense of coherence help health promotion because a sense of coherence correlates with a stable and dynamic belief that: the stimuli we receive from the external and internal environment during all our lives are structural, predictable and understandable; an individual has all the necessary resources to respond adequately to these stimuli; stimuli requirements are always a challenge that is worth responding to. The sense of coherence is characterized via three main points: a) the stimuli of the external and internal environment are clear and understandable (comprehensibility); b) an individual is able to manage the situation formed by these stimuli (manageability); c) because an individual knows the meaning of events, these events are perceived as a challenge that requires acceptance and a decent response, so they are not an unbearable burden (meaningfulness).

Dividing the sample by the criterion of coherence into two groups, we obtained data (table 2) revealing characteristic differences for psychological well-being and hardiness of the respondents from two groups.

Table 2

Comparison of personality characteristics between the respondents with high and low coherence

	Positive relations with others	Autonomy	Environmental mastery	Personal growth	Personal growth	Self-acceptance	Commitment	Control	Challenge
High coherence	65.2	63.4	78.7	78.4	79.7	67.2	40.2	33.4	15.2
Low coherence	58.2	56.4	53.6	61.6	51.6	65.1	35.3	27.3	13.1

Based on the data, we can say that the general resistance resources which make an individual happier, relieve influence of stressors and promote life satisfaction are associated with the presence and awareness of life goals, self-acceptance, positive relationships with others and the ability to influence life events.

The factors of an individual's salutogenic orientation were analysed with the factor analysis of empirical data (the method of main components). The sample consisted of the respondents with high coherence indicators.

Kaiser-Meyer-Olkin measure of sampling adequacy was 0,69, Sig for Bartlett's test of sphericity was less 0,5. Therefore, we can assume that the results of the performed factor analysis are reliable. We identified 3 factors; their contribution to the total data variance was 71.6% (table 3).

Discussion.

The first factor in the structure of salutogenesis, explaining 36.2% of the variance, includes indicators of hardiness, psychological well-being, autonomy. This factor is also formed by the primary actual abilities - hope, love and trust, which form humanistic worldviews.

The second factor, explaining 24.1% of the variance, includes the secondary actual abilities, such as fidelity, justice, diligence, obedience, punctuality, politeness and others, which form behavioural norms and ensure personal responsibility.

The third factor in the model of salutogenesis explains 11.3% of the variance and is represented by an individual's abilities to control the events of his/her life and influence them.

Thus, we can say that an individual's salutogenic orientation is based on his/her humanistic worldview, which is the basis of personal maturity.

Psychological hardiness and psychological well-being can be interpreted as key concepts in salutogenesis, they describe an individual's ability to pursue their own way to the mental health resources, or to

public health in the context of culture (Boyden, Mann, 2005). That is, psychological hardiness and psychological well-being are signs of healthy and socially acceptable functioning of an individual (Minkler, Wallerstein, 2003). When the concept of a healthy individuality is examined, the attention is paid, first of all, to such important ideas as hope, individual potential, resources, life meanings, inclusion into society and, within the theory of learning, behavioural potential.

Table 3

The factors of an individual's salutogenic orientation

Parameters forming factors (<i>factor loads</i>)		
36.2 %	24.1 %	11.3 %
Hardiness (.91)	Time (.59)	Environmental mastery (.68)
Commitment (.89)	Fidelity (.59)	Search for social support (.66)
Positive relations with others (.87)	Justice (.59)	Manageability (.59)
Self-efficacy (.81)	Diligence (.57)	Coherence (.58)
Self-acceptance (.79)	Obedience (.57)	Meaningfulness (.55)
Control (.72)	Punctuality (.57)	Self-focus (.46)
Self-esteem (.71)	Politeness (.56)	Sincerity (.44)
Challenge (.71)	Accuracy (.53)	
Autonomy (.65)	Acceptance of responsibility (.52)	
Hope (.63)	Relatedness (.48)	
Problem Solving Planning (.61)		
Love (.59)		
Trust (.59)		
Internal motivational orientation (.52)		

Thus, salutogenesis is not simply an opposite of pathogenetically oriented view on health. Antonovsky's (1987) idea of health origins were influenced by systemic theoretical considerations: health is not a normal, passive state of equilibrium, but a labile, active and dynamically regulated event, as an individual's well-being or illness significantly depends on his/she psychological attitudes to the world and his/her life (Antonovsky 1993). The salutogenic way of thinking is used primarily to promote health. Antonovsky sees health not as a goal, but as a means to enable people to positively influence their lives and the life of their society. Here we talk about strengthened competencies, personal responsibility and the ability to self-help.

Salutogenic thinking challenges classical psychotherapy by encouraging us to discuss aspects of resource activation, reconsider our views on a human, define modern concepts of health and disease, understand the context of clients' lives and environments and evaluate treatment strategies and psychotherapy goals.

An example of salutogenic treatment in psychotherapy is N. Peseschkian's Positive Psychotherapy. As a humanistic model of therapy with a psychodynamic understanding of conflicting and behavioural therapeutic elements, Positive Psychotherapy is very close to the salutogenic concept because it identifies the factors necessary for effective salutogenic work:

- A positive, humanistic image of an individual that leads to confidence in his/her individual abilities and capabilities.
- Positive interpretation of diseases, which means that therapy traditionally aimed to find diagnosis with existing symptoms and to determine deficits should be turned to the development of resources.
- A holistic approach. Through concepts such as the Balance Model, an individual's body, mind, emotions and soul is fully examined and all these elements are taken into account in therapy. The balance model is, thus, a model of health and it explains what health is and what it looks like in practical life (salutogenic thinking).

Conclusions.

1. From the standpoint of the salutogenic approach, human psychological health is considered as a state characterized by a certain position in the continuum between mental disorder and psychological well-being.
2. An individual's salutogenic orientation is the psychological basis for achieving the positive functioning states – psychological hardiness, life satisfaction and psychological well-being.
3. Psychological resources maintaining and strengthening health and tolerance to stress, maintaining and developing personal opportunities are associated with the presence and awareness of life goals, positive self-acceptance, positive relationships with others and the ability to influence life events.
4. An individual's salutogenic orientation is based on a humanistic worldview, which is a sign of personal maturity, and such personal abilities as hope, love, trust, justice, politeness and others that are behavioural norms and ensure personal freedom and responsibility.

We see **prospects for further research** in the development of effective means supporting an individual's salutogenic orientation to help strengthen his/her mental health and improve psychological well-being.

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