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ISSUES OF PSYCHOLOGICAL WELL-BEING RESEARCH OF PREGNANT WOMEN

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Psychological well-being is a complex concept that reflects a state of life satisfaction, harmony and inner peace. It includes subjective emotional and objective cognitive components that reflect positive personality functioning. Different researchers approach the understanding of this phenomenon through the hedonistic approach, which emphasizes happiness and life satisfaction, and the eudaemonistic approach, which focuses on personal growth and self-realization. Important components are subjective well-being, which reflects the experience of positive emotions and satisfaction with life. A state of psychological well-being depends on the satisfaction of basic needs such as autonomy and positive relationships. Achieving psychological well-being means the harmony of mental processes and a sense of wholeness.

Pregnancy and childbirth are natural processes that represent physiological stress for a woman. The psychological state during pregnancy can affect the psychosomatic health of both the mother and the child. Important factors are a woman's psychological well-being, stress resistance, psychological protection mechanisms and the attitude of others. Negative emotions during pregnancy can lead to various psychophysiological problems. Research shows that the mother's psychological stress can negatively affect the child, causing the risk of developing various pathologies. The optimal psycho-emotional state of the mother contributes to the healthy development of the fetus and the establishment of a strong "mother-child" bond.

The issue of psychological well-being of pregnant women is very relevant in modern scientific research, which is due to many objective factors. Pregnancy is accompanied by significant physiological and psychoemotional changes that affect women's health and fetal development. The state of the mother's psychological well-being can directly affect the intrauterine development of the

child, so research in this area is important. Socio-psychological factors, such as family and community support, also play an important role in shaping the emotional state of a pregnant woman. The study of these factors makes it possible to create support and prevention programs aimed at improving the condition of pregnant women and ensuring the well-being of the mother and child.

Recently, researchers are increasingly paying attention to the principles of a positive approach to the psychological functioning of an individual. This is how the concept of "psychological well-being" of an individual appeared in psychology, which for a long time before was considered only as a contrast to psychological ill health [7].

Under the influence of transformational changes to the study of personality at the beginning of the 21st century, there was an awareness of the inadequacy of medical criteria for assessing psychological well-being. The need to expand the worldview and go beyond the "health - illness" discourse with an emphasis on positive aspects of personality functioning became obvious. The term "psychological well-being" was used for the first time in N. Bradburn's book "The Structure of Psychological Well-Being", which was published in 1969. The author emphasized the importance of research and the inclusion of evaluation factors that would reflect the level of happiness or unhappiness, as well as the subjective feeling of general satisfaction or dissatisfaction with the life of a certain person [2].

It is important to emphasize that the concept of "psychological well-being" is associated with many similar but not identical concepts, such as: "mental health", "norm", "positive lifestyle", "emotional comfort", "quality of life", "internal picture of health", "self-actualized personality", "fully functioning personality" and others (J. Bügenthal, A. Maslow, K. Rogers, E. Erikson, V. Frankl, K. Jung, V. E. Kagan and others).

Psychological well-being is characterized by positive aspects of personality functioning. It is based on a person's comparison of his life with his own subjective norms, standards and ideals. In modern psychology, there is a difference in the interpretation of the concepts of "subjective well-being" and "psychological well-being". Some researchers consider subjective well-being a part of psychological (E. Diener, K. Riff, A.E., etc.), others consider psychological well-being as a component of subjective, however, in some works these concepts are considered synonymous [9].

The difference in the views of researchers regarding the essence and components of psychological well-being is due to the fact that it is evaluated by a specific person, his values, views and has the limit of his own outlook. Since these values and goals are always individual and depend on personal factors, there is no universal formula for well-being for everyone. Therefore, it is important to study a set of factors that affect the subjective feeling of satisfaction with life [12].

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There are two main approaches to understanding well-being. One of them is called hedonistic and focuses on the feeling of happiness and satisfaction with life. Scientists such as N. Bradburn and E. Diener, vividly presented this approach in their works. N. Bradburn defines psychological well-being through criteria that reflect the level of happiness or unhappiness. THERE ARE. Diener, for his part, includes in the concept of subjective well-being the experience of positive emotions, a low level of negative emotions and high life satisfaction. He also emphasizes that well-being should be seen in the context of the individual, taking into account their values, motives and attitudes. Thus, the main components of the hedonistic approach are happiness, positive emotions, life satisfaction and subjective well-being [14].

Another approach, eudaemonistic, holds that a key aspect of well-being is personal growth achieved through full self-realization. This approach focuses on the development of opportunities and talents of each person, which contributes to his life realization. Psychologists believe that psychological well-being arises due to the realization of creative potential and optimal functioning [16].

Eudaemonistic models of well-being usually include more components than hedonistic ones. The most complete among them is the K model. A riff based on Aristotle's Nicomachean Ethics, which states that "the purpose of life is not to feel good, but to live virtuously."

There is also a model of self-determination by R. Ryan and E. Deci, which is based on the concept of basic human needs: competence, autonomy and positive relationships. Researchers believe that the satisfaction of these needs directly depends on the social context: a favorable environment increases the level of well-being, while an unfavorable one lowers it [19].

The methods of determining psychological well-being go beyond only the hedonistic and eudaemonistic approaches, but these two directions are the main and most theoretically grounded in the study of the phenomenon of well-being. Psychological well-being can be described as the harmony of mental processes and functions, a sense of integrity and internal balance [17].

The issue of realizing one's potential and achieving self-actualization is also important. A psychologically healthy person is a person who feels in his place in life, regularly experiences incentives for happiness and is satisfied with his life path and decisions. Her activities are aligned with her needs, and existential experiences and the search for meaning play an important role. Since perceptions of well-being are individual, understanding one's own well-being is a goal that each person strives for throughout life. Psychological well-being is achieved when a person finds answers to difficult life questions such as death, freedom, isolation, identity and happiness.

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