



PERSONAL FACTORS OF THE SUBJECTIVE WELL-BEING OF YOUNG MEN DURING THE WAR PERIOD

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Abstract

Relevance. The purpose of the article is to investigate the personal factors of the subjective well-being of young men during the period of martial law in Ukraine.

Methodology. To achieve the goal, the modified BBC subjective well-being scale (BBC-SWB), the depression, anxiety and stress scale (DASS-21), the Connor-Davidson stress tolerance scale (CD-RISC-10) and the positive mental health scale (PMH-scale) were used. Correlation analysis, Student's t-test, Mann–Whitney U-test and multiple linear regression were applied. The study involved 86 students (18–21 years old), including 16% boys and 84% girls, representatives of students from various higher education institutions in Ukraine.

Results. The essence of the concepts: subjective well-being, stress resistance, anxiety, chronic stress, positive orientation of mental health was revealed. The relationships between variables were analyzed. As well as the impact of stress resistance, anxiety, stress, depressive states and positive orientation of mental health on the level of subjective well-being of young men. A gender analysis of the psychological characteristics of the respondents was conducted. The results of the statistical analysis indicate strong inverse correlations of subjective well-being with depressive states, stress and anxiety, as well as positive correlations with stress tolerance and positive orientation of mental health. Regression analysis showed that the most significant predictors of subjective well-being are positive orientation of mental health (positive impact) and depressive states (negative impact). Other variables, such as gender, anxiety, stress and stress tolerance, did not have a statistically significant impact. At the same time, girls were more prone to experiencing stress.

The conclusions of the study confirm that maintaining a positive mental resource and reducing depressive symptoms are key conditions for maintaining the subjective well-being of young men in crisis conditions. The data obtained can serve as the basis for creating psychoprophylactic programs aimed at strengthening the psychological resilience of young men in war conditions.

Keywords: subjective well-being, young men, war, chronic stress, positive orientation of mental health.

Relevance

The problem of the phenomenon of subjective well-being is caused in our realities by chronic stress experienced by the population of Ukraine in conditions of war. Direct threats to existence are atypical for the usual rhythm of life, constant information background about military actions - increase the uncertainty of the future. The personality is subjected to constant traumatization, which actually exacerbates the issue of preserving the subjective well-being of the population and its support. Since it is this phenomenon that acts as the basis for a full-fledged life of the individual. A high level of subjective well-being provides the opportunity to be an active subject of one's own existence, the desire for self-development.

Among foreign scientists studying the issue of subjective well-being were: N. Bradburn, E. Diener, E. Fromm, C. Ryff, R. Biswas-Diener, T. Kashdan, L. King, T. Rath and J. Harter, M. Csikszentmihályi, M. Seligman, C. Keyes. Among domestic researchers, there are works by I. Danylyuk, I. Horbal, I. Galetska, V. Omelyanska, B. Pakhol, A. Tverdostup, Yu. Shvalba. The impact of war on subjective well-being was studied by: S. Lukomska and O. Melnyk, T. Tytarenko, L. Karamushka, as well as foreign representatives - T. Collins, C. Niemiec.

Adolescence is one of the critical periods of personality formation, during which the processes of social adaptation and the formation of a person's life trajectory occur. It is at this time that social connections are established, the search for the meaning of life, professional self-determination, and the development of cognitive and emotional regulation take place. In conditions of war, the psychological state of young people undergoes changes in the form of high anxiety, stress, and emotional exhaustion. Young people often have to make adult decisions in an unstable environment, which can affect their ability to maintain a stable sense of well-being. It is precisely such a psychological state that will determine the quality of the decisions they make, the level of their social activity, and overall productivity. Conditions of uncertainty, the crisis nature of events can provoke a loss of motivation for learning, professional development, and activity. That is why, in our opinion, there is a need to investigate the personal factors of the subjective well-being of young people and develop an effective program to support it.

Theoretical background

The study of the phenomenon of subjective well-being begins with the construct of "happiness," which was considered back in Antiquity. It acted as a measure of a person's subjective well-being. The phenomenon of "happiness" is closely related to the existential dimension of a person's life, as well as to their perception of the world and understanding of the nature of humanity as a whole (Abramyuk & Lipetska, 2018).

Subsequently, two approaches to examining happiness emerged in psychological science. hedonistic and eudaemonistic approaches to well-being. The first one interprets well-being through pleasure, identifying it with various types of pleasures, which can differ in both duration and intensity. That is, the main value is to receive pleasant sensations and at the same time avoid suffering. The eudaemonistic approach,



based on the views of Aristotle, pointed to the idea of inner freedom. It is achieved through the awareness of the individual of his own essence and independence from external circumstances. Aristotle believed that focusing on sensual pleasures enslaves a person, making him a hostage to his own desires (Aristotle, 2002). The concepts of “happiness” and “well-being” within the hedonistic concept were expanded by behavioral and psychoanalytic approaches, considering them through the prism of experiencing discomfort or pleasure in accordance with the personal perception of positive and negative aspects of life. N. Bradburn (2004) introduced the term “psychological well-being”, identifying it with a subjective feeling of satisfaction or dissatisfaction with life and states of happiness and unhappiness. His model of psychological well-being assumes a balance between positive and negative experiences in everyday life. At the same time, these affects are not poles of the same scale and do not depend on each other. Thus, the dominance of positive affects contributes to the formation of a sense of confidence and happiness, which in turn characterizes a high level of psychological well-being (Bradburn, 2004).

N. Bradburn’s follower, E. Diener (2009), proposed the term “subjective well-being”. He considered it as one of the components of general psychological well-being. According to the scientist, well-being includes emotional and cognitive aspects of self-acceptance; they are subjective in nature, since they are based on personal experience (Diener, 2009).

The problem of subjective well-being has also attracted the attention of sociologists who have studied the influence of demographic factors on it. Studies by cognitive and social psychologists have shown that the more positive associations a person has formed, the more life events can serve as a trigger for the emergence of pleasant memories and a sense of happiness (Lukasevich, 2017).

Humanistic psychology developed the ideas of eudaemonism, the key idea of which is a person’s desire for self-realization and the search for the meaning of life, where well-being is considered as a consequence of a fulfilled and meaningful life. In fact, E. Fromm distinguished between two types of needs: those that are subjectively perceived as urgent and whose satisfaction brings short-term pleasure, and those that correspond to the deep nature of a person. The realization of the latter contributes to personal growth and the formation of a sustainable sense of well-being (Fromm, 2010).

C. Ryff (1995), as a representative of the eudaemonistic approach, developed her own multidimensional model of psychological well-being, which includes six components: self-acceptance, autonomy, positive relationships with others, environmental management, purposefulness and personal growth (Ryff & Keyes, 1995). Based on these components, the scientist developed a methodology for assessing psychological well-being. In her opinion, a psychologically well-being person does not necessarily feel satisfaction with life or the dominance of positive emotions; it is simply a mature and fully functioning person. Rath and Harter (2010) describe well-being as a

multidimensional phenomenon that encompasses five key areas of life: physical well-being, financial well-being, professional well-being, social well-being, well-being in the living environment. Researchers emphasize that success is important in each of these areas, as they cannot fully compensate for each other. Failure in any of these aspects can negatively affect the overall level of well-being (Rath & Harter, 2010).

In modern research, there is a tendency to combine hedonic and eudaimonic approaches. Biswas-Diener, Kashdan, and King (2009) propose an integrated approach, because both aspects of well-being, in their opinion, can function interrelatedly. They note that the emphasis on studying different aspects of well-being contributes to greater efficiency and productivity of research in this area (Biswas-Diener, Kashdan & King, 2009, p. 208).

Thus, scientists initially investigated external conditions that affect the level of subjective well-being. However, long-term studies have shown that such factors have a negligible effect on this indicator. In addition, research results show that subjective well-being is relatively stable over time and has a high correlation with stable personality traits and is able to change after significant life events (Lukasevich, 2017).

According to the American psychologist M. Csíkszentmihályi, a person can achieve subjective well-being only if he is in a state of flow. The concept of “flow” implies complete immersion in an activity, which is accompanied by deep satisfaction from the process. This state occurs if there is a balance between the complexity of life challenges, the tasks set and the individual dual abilities of the individual. Thus, successful completion of tasks and compliance of challenges with the level of human competence contribute to the formation of a sense of well-being (Chumakova, 2019).

The founder of positive psychology M. Seligman (2012) developed a dynamic theory of well-being, which evolved from his previous concept of happiness. He considers well-being as an abstract concept consisting of positive emotions, involvement (flow state), quality relationships, meaning of life and achievements. The theory emphasizes the development of personal potential and the creation of resources for a harmonious life. Seligman emphasizes that the pursuit of success in each component contributes to the overall prosperity of a person (Seligman, 2012).

Ukrainian scientists are also engaged in research into the phenomenon of subjective well-being. I. Danylyuk (2021) criticizes the hedonistic approach because of its contradiction: a person can simultaneously exhibit both positive and negative behavior. The scientist explains this by the desire to stand out and restore the authority of the “I”. Instead, he emphasizes the importance of the eudaemonistic direction, which takes into account personal growth and self-actualization as indicators of subjective well-being. Well-being, in his opinion, is the constant activity of the individual, since passivity destroys it. Psychological health is often considered a synonym for psychological well-being, which is defined as the dynamic balance of a person with his environment, necessary for effective functioning (Danylyuk, 2021).

I. Horbal (2012) defines subjective well-being as a cognitive-emotional assessment of the quality of life, which is formed under the influence of external conditions and



personal characteristics. It combines positive emotions, the absence of negative experiences, and the correspondence of life to the personal ideal. The researcher considers psychological health to be a manifestation of subjective well-being (Gorbal, 2012). V. Omelyanska (2021) considers psychological well-being as a multidimensional phenomenon with subjective, emotional, adaptive and social components. I. Galetska (2007) defines it as a combination of emotional, social and spiritual well-being, which ensures activity, harmonious interaction and achievement of goals. It includes general satisfaction with life, assessment of its spheres, predominance of positive affect and low level of negative (Galetska, 2017). B. Pakhol (2017) interprets psychological well-being as a state that encompasses self-actualization, positive emotional background, self-acceptance, adaptability and effective social interaction.

A. Tverdostup (2024) notes that the diversity of approaches to defining psychological well-being is due to the fact that each person evaluates it through the prism of their own life values and goals. Since this is a purely subjective phenomenon, it is impossible to create a universal model of happiness that would be equally relevant for everyone. Therefore, it is especially important to study the factors that contribute to subjective well-being and overall life satisfaction (Tverdostup & Khomenko, 2024).

Ukrainian researchers pay significant attention to studying the negative impact of the war in Ukraine on the psychological well-being and mental health of the population. It is noted that the scale of this impact is extremely significant, since its consequences can manifest themselves both in the short term and in the long term. The impact of military events on mental health can persist for decades and be passed on to subsequent generations (Lukomska & Melnyk, 2018; Tytarenko, 2018).

This trend is confirmed by data from the World Health Organization, which indicates that about 22% of people living in armed conflict zones may experience various forms of mental disorders over the next decade, ranging from mild depression and anxiety to more serious disorders (Collins, 2023). The main reason for this is the chronic stress that the population is experiencing. In Ukraine, full-scale war is the most significant factor in psycho-emotional distress. T. Tytarenko (2018) explores psychological well-being in war conditions, emphasizing that constant traumatization changes values, interpersonal relationships, and life prospects. She emphasizes that the development of well-being is an important factor in post-traumatic growth, as it contributes to a rethinking of life values, awareness of one's role in society, and responsibility for the future. In this context, the eudaemonistic approach, which emphasizes personal development and the search for meaning even in difficult circumstances, is particularly relevant (Niemiec, 2014).

Ukrainian researchers study psychological well-being during a full-scale invasion. Empirical analysis of students revealed differences between groups based on gender and psychological characteristics (Kostruba & Polischuk, 2022).

A study by Malimon, Pashkina, and Maksymchuk (2023) showed that the level of well-being affects socio-psychological adaptation. Individuals with low well-being are more likely to use coping strategies such as self-control, avoidance, and planning, while high well-being is associated with responsibility. Low well-being of the students is also accompanied by emotional instability, disorganized behavior, and difficulties in predicting social problems (Malimon, Pashkina & Maksymchuk, 2023).

Adolescence is a key stage in the formation of self-awareness, worldview, and responsibility. During this period, friendship, love, and the search for one's place in society become especially important. Young people define professional and personal goals, which contributes to self-determination. It is also a time for structuring the idea of the "flow of life" and forming a connection between the past, present, and future (Panok & Rud, 2006). Thus, adolescence is a critical stage of development during which personal values are integrated, life priorities are established, and preparation for adulthood occurs.

Researchers also note that the subjective well-being of young people is an indicator of their mental health and emotional stability. In this case, the determining factors are social support, the level of self-esteem and resilience. Positive self-perception and effective coping strategies contribute to an increase in the level of subjective well-being (Molchanova, 2025).

Y. Shvalb (2021) focuses on the influence of the environment in which a young person grows on the subjective well-being of the individual. Important factors here are environmental conditions, social connections and adaptive capabilities of the individual. Unstable living conditions, such as various crises, can cause increased anxiety and a decrease in the level of subjective well-being (Shvalb et al., 2021).

Social networks also have a contradictory effect: they contribute to expanding contacts, sharing experiences and support, but at the same time can cause comparisons with others, form unrealistic expectations and cause information overload (Shavaryn, 2024).

Revenko (2020) found that the psychological well-being of young people, in particular students, decreases under the influence of lifestyle changes, increased emotional and cognitive stress. The uncertainty of the future negatively affects young people, causing an increase in apathy, dehumanization, infantilism, simplification of thinking and a decrease in the rationality of consciousness, which, in turn, affects the level of their subjective well-being (Korobka, 2022).

In the realities of life in our country, the topic of chronic stress permeates everyone's everyday life. Podgornova and Tserkovna (2024) consider the biological mechanism of stress. With prolonged exposure to an anxiety stimulus, the hypothalamic-pituitary-adrenal system is activated, which causes the production of glucocorticoids for adaptation. If the stimulus cannot be overcome, stress becomes chronic, glucocorticoid receptors lose sensitivity, and high levels of stress mediators weaken immunity and damage organs. Symptoms of chronic stress are: headache, insomnia, irritability, anxiety, depression (Podgornova & Tserkovna, 2024). Scientists



also note that chronic stress among students has the most negative impact on the endocrine and nervous systems, which leads to changes in behavior. In particular, it can cause social procrastination, eating disorders, and substance abuse. Such consequences not only worsen physical and mental health, but also complicate social adaptation, hindering the effective functioning and self-development of a young person (Podgornova & Tserkovna, 2024).

As for the concept of “anxiety”, there is a problem of distinguishing it from the concept of “anxiety”. G. Gulko notes that these phenomena are complex and multidimensional, as they contain many common components, in particular affective ones, which play a key role in their understanding (Gulko, 2017).

K. Jaspers defines anxiety as an indefinite emotional state without a clear cause or object, different from fear, which is always associated with a specific threat (Jaspers, 1963). Anxiety, in turn, is considered a stable personality trait, manifested by a tendency to frequent experiences of anxiety, regardless of the situation. In contrast, anxiety is a temporary state of concern that arises in response to certain stimuli (Gromova, 2020). Manifestations of anxiety include emotional tension, alertness, a feeling of internal discomfort, as well as a tendency to constantly expect a threat. It can be accompanied by feelings of guilt, increased vulnerability to difficulties and underestimation of one’s own capabilities in uncertain situations (Atamanchuk, 2022).

Chronic stress depletes the psychological and physiological resources of the individual, which leads to apathy, loss of motivation, development of depression and decreased immunity. Prolonged exposure to stress activates evolutionarily ancient brain structures responsible for survival mechanisms, which reduces the ability to rational analysis and causes impulsive reactions of the “fight”, “flight” or “freeze” type (Atamanchuk, 2022).

Anxiety plays an important role in the formation of stress resistance, as it can both reduce the adaptive capabilities of the individual and contribute to the mobilization of resources to overcome difficulties (Yarosh, 2018).

As for depressive states, they are characterized by: depressed mood, loss of interest in life and inability to enjoy usual activities. Also typical manifestations are low energy levels, neurovegetative disorders, feelings of guilt, suicidal thoughts, difficulties in social and professional activities, problems with concentration. At the same time, in some cases, depression can be accompanied by increased anxiety, emotional instability and irritability (The National Institute for Health and Care Excellence, 2022).

Depressive states also significantly affect the subjective well-being of the individual, reducing the level of life satisfaction and overall happiness. Studies show that people with high levels of subjective well-being tend to have better health, function more effectively in society and at work, while anger, depression or chronic stress negatively affect the functioning of the individual (Diener, 2022).

Turning to phenomena that can positively affect subjective well-being, let's first consider stress resistance. Currently, there are four approaches to interpreting this concept.

The first approach considers stress resistance as an individual property of a person, which ensures his ability to self-realize, maintain health, work capacity and social adaptation (Lebid, 2016). Some researchers define it as a structural-functional, dynamic and integrative characteristic that is formed as a result of a person's interaction with stress factors (Korolchuk, 2009). Others focus on its role in maintaining psychophysiological stability and effective interaction with emotionally tense external conditions (Stelmashchuk, 2014).

The second approach treats stress resistance as a complex quality of a person. As L. Karapetyan notes, this phenomenon is formed on the basis of the relationship of different levels of integral individuality. This allows to ensure the stability of the entire body system and allows a person to effectively adapt to changing environmental conditions (Kudinova, 2019).

The third approach defines stress resistance as the ability to resist the negative impact of stress factors. It is manifested in the ability to maintain mental balance, not succumbing to the influence of adverse circumstances, which allows to prevent the development of pathological conditions (Melnyk, 2016). In addition, some researchers believe that stress resistance is the result of a combination of innate and acquired psychophysiological characteristics that determine the level of stress resistance (Mygal & Protasenko, 2008).

The fourth approach considers stress resistance as a complex systemic characteristic that reflects the dynamic process of adaptation to adverse conditions (Masten, 1994). It is also considered as a personality trait that contributes to protection from negative influences and reduces the risk of developing mental disorders (Block & Block, 2014).

Young people are characterized by specific psychological characteristics that affect their stress resistance. At its high level, the following are noted (Zapeka & Lytvyn, 2023): high self-control of emotions; optimism, even in a situation of hopelessness; flexible thinking; the ability to use stressful situations for personal development; strong social ties, a large amount of external support.

As for the concept of positive mental health orientation, it is defined as an internal resource of the individual that contributes to psychological well-being, resistance to stress and adaptation to life difficulties. It includes such aspects as: optimism, psychological flexibility, resilience, emotional regulation, self-esteem and self-confidence. Thanks to these characteristics, the individual is able to maintain a positive emotional background and actively interact with the social environment, which contributes to overall mental health. The positive orientation of mental health gives a person's life an optimistic color, which helps to maintain stress resistance and establish interaction with others. This, in turn, is an important element of subjective well-being,



since social isolation and tension in significant relationships with others destroy well-being.

The purpose of this article is to reveal the personal factors of subjective well-being of young men during wartime, by establishing relevant personal predictors of subjective well-being of young men.

It is seen that the relationship between the positive orientation of mental health and subjective well-being is two-way and mutually reinforcing. On the one hand, the presence of positive psychological resources, such as optimism and emotional stability, contributes to an increase in the level of subjective well-being. On the other hand, a high level of subjective well-being can enhance the positive direction of mental health, creating a kind of cycle of mutual reinforcement (Karamushka, Tereshchenko & Kredentser, 2022).

Methodology

To prove the objectivity of the created conceptual model of personal factors that underlie the support of subjective well-being of Ukrainian young men during the war period, an empirical study was organized.

The sample of the empirical study. The study was conducted by 86 young men aged 18 to 21 years old, representing students from various higher education institutions in Ukraine of various professional orientations, of whom 16% were boys (14 people) and 84% were girls (72 people).

To achieve the goal, the following psychodiagnostic methods were selected: "Modified BBC Subjective Well-Being Scale" (BBC-SWB), "Depression, Anxiety and Stress Scale" (DASS-21), "Connor-Davidson Stress Resilience Scale-10" (CD-RISC-10), "Positive Mental Health Scale" (PMH-scale). The following methods of mathematical and statistical data processing were also used: Shapiro-Wilk test, correlation analysis using Pearson and Spearman correlation coefficients, Mann-Whitney U test, T-test for paired samples, multiple linear regression.

Results

First, we conducted a correlation analysis between the study constructs. First, we examined the relationship between subjective well-being and factors that can reduce it (Table 1).

Anxiety has inverse weak relationships of high statistical significance with the scales "Subjective Well-being", "Psychological Well-being" and "Physical Health and Well-being". Thus, with increasing anxiety, the level of subjective, psychological and physical well-being decreases. Increased levels of anxiety negatively affect general well-being, although less destructively than depression. People with high levels of anxiety can remain active, but their emotional state remains unstable, which makes it difficult to feel well-being. Anxiety also has a negative but weak relationship with the scale of

relationship satisfaction, which may indicate that social support partially compensates for its effect.

Table 1. Relationships of subjective well-being with anxiety, stress and depressive states

	Subjective well-being	Psychological well-being	Physical health & well-being	Relationships
	Spearman's rho	Spearman's rho	Spearman's rho	Spearman's rho
Anxiety	-0.410***	-0.402***	-0.433***	-0.222*
Stress	-0.491***	-0.454***	-0.512***	-0.307**
Depressive states	-0.745***	-0.716***	-0.626***	-0.573***

Note: "*" — p-value <0.05; "**" — p-value <0.01; "***" — p-value <0.001

There is also a strong inverse relationship of high statistical significance between depression, subjective and psychological well-being. Depression is likely to lead to a loss of motivation, reduced energy, and a negative view of the future, which interferes with a sense of well-being, even under favorable conditions. It has a significant negative correlation with physical health and relationship satisfaction. This may be related to somatic symptoms such as chronic fatigue, sleep disturbances, and decreased physical activity. Depression also impairs social interactions, as people tend to avoid contact, which reduces the level of social support. The stress scale has inverse weak relationships of high statistical significance with subjective and psychological well-being. This emphasizes the destructive impact of stress on the psycho-emotional state of young men. With the variable "Physical health and well-being", stress has a negative statistically significant relationship of medium strength; and with satisfaction with relationships with others, the variable "Stress" has an inverse weak correlation of medium statistical significance. This may be explained by the physiological consequences of chronic stress, such as exhaustion, sleep disturbances, increased fatigue, and psychosomatic manifestations. It may also be related to the fact that people experiencing intense stress may be less involved in social interactions, experience decreased trust in others, or have difficulty communicating due to increased irritability and emotional tension.

We also examined the relationships between subjective well-being and stress resilience and positive mental health orientation (Table 2).



Table 2. Relationships of subjective well-being with stress resilience and positive mental health orientation

	Subjective well-being	Psychological well-being	Physical health and well-being	Relationships
	Pearson's r	Pearson's r	Pearson's r	Pearson's r
Stress resilience	0.598***	0.631***	0.468***	0.401***
Positive mental health orientation	0.827***	0.815***	0.684***	0.636***

Note: «***» — $p < 0,001$

A direct relationship of medium strength and high statistical significance was found between stress resistance, subjective well-being and its component, such as psychological well-being. The relationship with the subscales "Physical health and well-being" and "Relationships" also has high statistical significance, but its strength can be described as weak. It is likely that subjective and psychological well-being are closely related to stress resistance, as they reflect the internal resources of the individual that help to overcome stressful situations. In contrast, physical health and satisfaction with relationships have a weaker relationship with stress resistance, as they largely depend on external factors, such as social interaction and the state of the body, which are more dynamic and variable.

There is also a positive strong relationship of high statistical significance between the positive orientation of mental health, subjective and psychological well-being. It is likely that young men who have a more pronounced positive orientation of mental health adapt better to stressful conditions, demonstrate higher stress resistance and the ability to maintain internal balance, which contributes to the preservation of psychological stability and emotional well-being. A direct relationship of high statistical significance, but of medium strength, exists between the positive orientation of mental health, physical health and well-being, as well as with satisfaction with relationships with others. That is, the variables increase proportionally. This may indicate that although a positive perception of one's own mental state contributes to improving physical health and the quality of interpersonal interactions, these aspects also depend to a large extent on external factors, such as access to medical services, social support and the nature of relationships with loved ones.

The results of the search for relationships between stress resilience and positive mental health orientation, anxiety, stress and depressive symptoms are presented in Table 3.

The study found a positive correlation of medium strength and high statistical significance between the positive orientation of mental health and stress resistance. It

is likely that a positive perception of one’s psychological state contributes to adaptive coping strategies that facilitate adaptation to stress. Stress resistance helps maintain a positive attitude towards mental health, which increases the level of subjective well-being.

Table 3. Relationship between stress tolerance and positive mental health orientation, anxiety, stress and depressive symptoms

	Positive mental health orientation	Anxiety	Stress	Depressive symptoms
	Pearson’s rho	Spearman’s rho	Spearman’s rho	Spearman’s rho
Stress tolerance	0.625***	- 0.407** *	- 0.487** *	- 0.571***

Note: «***» — $p < 0,001$

Stress resistance has an inverse correlation of medium strength and high significance with depression: with the increase in depressive manifestations, it decreases. This may be due to the deterioration of the physical and psychological state during depression, which weakens adaptive mechanisms. At the same time, a higher level of stress resistance contributes to faster recovery from emotional shocks, maintaining motivation and a positive vision of the future, which reduces the risk of depression.

Stress resistance also has a negative, but weaker correlation with anxiety and stress. This indicates its role in reducing these states, although situational factors remain influential. In military conditions, stress resilience performs a buffering function, contributing to adaptation to uncertainty and maintaining psychological well-being.

The relationship between the positive orientation of mental health and anxiety, stress and depressive symptoms was also investigated (Table 4).

There is a strong negative relationship between the positive orientation of mental health and depression: as one indicator increases, the other decreases. This indicates that people with a positive attitude towards their psychological state are less prone to emotional exhaustion and loss of motivation. Statistically significant inverse relationships of medium strength were also found between this variable and anxiety and stress. A positive perception of mental health contributes to emotional resilience, adaptation to stressful situations and, probably, the effective use of coping strategies. Since anxiety and stress are more dynamic reactions, their relationship with positive mental health orientation is less pronounced, but remains significant.



Table 4. Relationship of positive mental health orientation with anxiety, stress, and depressive symptoms

	Anxiety	Stress	Depressive symptoms
	Spearman's r	Spearman's r	Spearman's r
Positive mental health orientation	-0.509***	-0.596***	-0.747***

Note: «***» — $p < 0,001$

The next task was to find differences between groups of boys and girls. Here, a statistically significant difference was found only on the stress scale ($p = 0.026$) - girls have higher indicators. This result may be related to gender-specific emotional reactions to stressful situations. It is known that women, compared to men, more often demonstrate higher sensitivity to stress factors, which may be due to both biological and sociocultural factors. In particular, women are usually more prone to emotional involvement in difficult situations, experience uncertainty more strongly and have a higher level of anxiety, which may contribute to an increased perception of stress. At the same time, boys may use other mechanisms to cope with stress, in particular, they are more prone to external forms of reaction, which may reduce their subjective assessment of the level of stress. In addition, boys may be less inclined to openly admit or record their stressful experiences, which could also have affected the results of our study.

The last task of our empirical study was to develop a regression model. When calculating the regression model, it turned out that in our sample there is no statistically significant effect on subjective well-being of the following variables: stress tolerance, anxiety and stress. The gender factor also has no statistically significant effect. Thus, the following independent variables were included in the regression model: positive orientation of mental health and depressive states. Our model has the following characteristics:

- The calculated model can be considered adequate, since the multiple correlation coefficient is 0.841, and the multiple determination coefficient is 0.707. The adjusted multiple determination coefficient is 0.700, therefore, the variation of the independent variables explains approximately 70% of the variation of the dependent variable. So our regression model is good;
- The model is also statistically significant, since the p value is less than 0.05;

- According to the Durbin-Watson coefficient, there are no systematic relationships (autocorrelations) between the residuals of neighboring cases - this is indicated by the value of the coefficient 1.79 (about 2);

- In addition, the VIF indicator is less than 5, which indicates the absence of multicollinearity;

- The quality of our model is also indicated by the statistical significance of the influence of the constant, and therefore it is stable.

The multiple regression equation looks like this:

Subjective well-being = 34.062 - 0.227(Depression) + 0.657(Positive orientation of mental health).

Discussion

Thus, our study shows that the positive orientation of mental health and depressive states are among the key factors determining the level of subjective well-being. At the same time, the positive orientation of mental health has a significant positive impact on the dependent variable, much greater than the negative impact of depressive states.

Based on our empirical study and the developed regression model of personal factors of subjective well-being of young men during the war period, it is possible to conduct further research into the study of this psychological phenomenon, its features in young men living in wartime conditions. As well as develop a training program to increase and prevent the level of subjective well-being in young men.

Conclusions

As a result of the analysis of psychological literature, empirical research and statistical processing of the data obtained, the article found that the subjective well-being of young people is an emotional and evaluative attitude of a young person to his own life, himself and interaction with the environment, which is manifested in a feeling of satisfaction with both individual spheres of life and life in general. It plays a key role in the processes of post-traumatic growth in wartime and is an important condition for the self-realization of young people.

Chronic stress that occurs in young people due to living in war conditions affects both the psychological and physical state, worsening the health, social adaptation and self-development of young people. Anxiety is defined as a state of emotional tension, alertness and increased sensitivity to situations of uncertainty, which disrupts the psychological balance of the individual. As for depressive states, they significantly affect the subjective well-being of the individual, reducing the level of life satisfaction and overall happiness.

Stress resistance is an integral and systemic property of the personality of a young person, which determines his ability to resist stress factors and maintain emotional balance in stressful situations. The positive orientation of mental health associated with it is an internal resource of the individual, which contributes to maintaining his psychological well-being, stress resistance and adaptation.



Statistical analysis of the data allowed us to confirm the hypotheses about the positive correlation of subjective well-being with stress resistance and the positive orientation of mental health; as well as about the inverse correlation of stress resistance and the positive orientation of mental health with anxiety, stress and depressive states.

Comparative analysis showed that girls have higher stress indicators, which can be explained both by gender-specific emotional responses and social roles and expectations. Boys probably use other mechanisms to cope with stress, which reduces their subjective assessment of the level of its experience.

It was also found that the key factors influencing the level of subjective well-being of young men during the war period are depressive states and a positive orientation of mental health. Variables such as anxiety, stress and stress resistance did not confirm a statistically significant effect on the subjective well-being of young men as a dependent variable.

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ОСОБИСТІСНІ ЧИННИКИ СУБ'ЄКТИВНОГО БЛАГОПОЛУЧЧЯ ЮНАКІВ У ВОЄННИЙ ПЕРІОД

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Анотація

Актуальність. Мета статті - дослідити особистісні чинники суб'єктивного благополуччя юнаків у період воєнного стану в Україні.

Методологія. Для досягнення мети використано модифіковану шкалу суб'єктивного благополуччя БіБіСі (BBC-SWB), шкалу депресії, тривоги та стресу (DASS-21), шкалу стресостійкості Коннора—Девідсона (CD-RISC-10) та шкалу позитивного ментального здоров'я (PMH-scale). Застосовано кореляційний аналіз, t-критерій Стьюдента, U-критерій Манна—Уїтні та множинну лінійну регресію. У



дослідженні взяли участь 86 студентів (18–21 років), серед яких 16% — хлопці та 84% — дівчата, представники студентства різних закладів вищої освіти України.

Результати. Розкрито сутність понять: суб'єктивне благополуччя, стресостійкість, тривожність, хронічний стрес, позитивна спрямованість ментального здоров'я. Було проаналізовано взаємозв'язки між змінними. А також вплив стресостійкості, тривожності, стресу, депресивних станів та позитивної спрямованості ментального здоров'я на рівень суб'єктивного благополуччя юнаків. Проведено гендерний аналіз психологічних особливостей респондентів. Отримані результати статистичного аналізу вказують на сильні обернені кореляції суб'єктивного благополуччя з депресивними станами, стресом і тривожністю, а також позитивні кореляції зі стресостійкістю і позитивною спрямованістю ментального здоров'я. Регресійний аналіз показав, що найбільш значущими предикторами суб'єктивного благополуччя є позитивна спрямованість ментального здоров'я (позитивний вплив) і депресивні стани (негативний вплив). Інші змінні, такі як: фактор статі, тривожність, стрес і стресостійкість не мали статистично значущого впливу. Водночас, дівчата виявилися більш схильними до переживання стресу.

Висновки дослідження підтверджують, що підтримка позитивного ментального ресурсу та зниження депресивних симптомів є ключовими умовами збереження суб'єктивного благополуччя юнаків у кризових умовах. Отримані дані можуть слугувати основою для створення психопрофілактичних програм, спрямованих на зміцнення психологічної стійкості юнаків в умовах війни.

Ключові слова: суб'єктивне благополуччя, юнаки, війна, хронічний стрес, позитивна спрямованість ментального здоров'я.

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