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## **Results of the study of psychological quality of life**

In recent years, researchers' interest in studying the theory of psychological health has increased. Many studies have been conducted on the psychological health of a person. The purpose of this work is psychometric verification and standardization of the scales of the PERMA-Profiler questionnaire for the population of Kazakhstan. To achieve this goal, we have translated the perma-Profiler questionnaire into Kazakh. For the accuracy of the translation, the original version of the questionnaire and its previously published Russian version were compared with the Kazakh version. The final version of the translation was presented to respondents from among the Kazakh people. The psychological well-being of men and women is shown and determined in comparison.

*Keywords:* psychological health, happiness, prosperity, men and women, Kazakh version of the PERMA-Profiler psychological health questionnaire.

### *Introduction*

The problem of quality of life has been relevant over the past four decades, along with this, the number of various multidisciplinary studies of the problem is also steadily growing. Interest in developing the problem of the subjective quality of life in psychology is due to both social changes and new trends in the development of psychological science. The changes taking place in all spheres of life (political, economic, social, information, etc.) are associated with the implementation of the strategy of innovative development of the state, aimed at improving the quality of life of people. These changes, as a situation of novelty, uncertainty, and the need to adapt and overcome difficulties in finding one's place in new conditions, can generate tension, internal resistance, anxiety, and instability. When a person can appreciate these changes and see the prospects for his development in them, they can be considered as conditions for actualizing his potential in new life circumstances, conditions for self-development, and an opportunity to be in the «stream of life». In such settings, little attention is paid to the psychological well-being and quality of life of women, particularly young women. The real



psychological state of young women, their uncomfortable state, their helplessness, and feeling of loneliness and unhappiness, is not fully explored. The ongoing domestic violence leads to them becoming victims of difficult life situations. The general situation, as well as the priority of human rights all over the world, and the positive dynamics of the development of society and the competitive conditions of people's lives encourage a person to have a comfortable, harmonious life, to maintain his productiveness, to keep the positive and negative aspects of his mental moods in balance[1].

### *Research methods*

In the course of the study, a version of the PERMA Profiler method in the Kazakh language was used, an analysis of the scientific literature on the topic of the study was carried out.

### *Main body*

Subjective quality of life, subjective well-being, and happiness as psychological phenomena reflecting positive aspects of human life are developed in positive psychology (M. Seligman, R. Emmons, M. Argyle, E. Diener, C. Ryff, M. Chiksentmihayli). According to D. A. Leontiev, subjective well-being is a resultant aspect indicating «the success of striving for the best», and is determined by three criteria: 1) getting positive emotions, happiness, and satisfaction; 2) maximum control over the results of actions; 3) meaningfulness, when «the value of certain events and actions is attached to the fact that they are associated with a broad context and long-term consequences of human activity» [2].

At the same time, control over actions and meaningfulness should be «significantly loaded with positive affect». The mediating factors in achieving subjective well-being are motivation, abilities, and personal resources. Proceeding to a more detailed analysis of the key ideas that are now actively implemented, we recall that it is generally accepted in modern research to divide quality of life indicators into objective and subjective. Objective social indicators are defined as certain statistical indicators of the quality of life, such as the average or median salary, the number of cars produced at the factory or sold during the year, and the number of people engaged in research and development. In other words, we are talking about those indicators that, when measured, do not require a subjective assessment. Subjective indicators are those social indicators that relate to feelings, beliefs, attitudes, preferences, opinions, etc. – variables that are based on subjective assessment (satisfaction with health, work, attitude to science, new technologies, etc.) [3].



The zone of subjective indicators is where the quality of life is closely linked with the concept of subjective well-being (happiness, life satisfaction, etc.) up to their complete identification. At the same time, different authors interpret the ratio of these very close constructs in different ways. In particular, in psychology, the experience of happiness is often bred as an emotionally loaded assessment of subjective well-being and life satisfaction as a more rational assessment. Such differentiation is usually not practiced concerning the quality of life construct, which emphasizes the socio-psychological aspects of well-being.

American researchers A. Abby and F. M. Andrews propose to consider the relationship between an individual's socio-psychological characteristics and quality of life. The researchers traced the relationship between the quality of life and personality traits such as externality and internality, stress resistance, anxiety level, and tendency to depressive states. It has been established that the quality of life is associated with several individual characteristics, such as coping strategies, psychogenic factors (chronic tension, stress, premorbid pessimism), psychosomatic symptoms (allergic reactions, abnormalities in blood pressure, etc.), «prognostic manifestations» (emotional vulnerability, lack of a positive vision of the future), as well as the lack of social support. Naturally, coping style, feeling depressed and excessive sensitivity negatively correlate with the quality of life, while self-confidence, emotional stability, and independence of thinking are positively correlated. According to researchers – representatives of the psychological direction of studying the quality of life, it is the experiences of subjects of life activity, formed based on life experience, cultural level, emotional and intellectual development, etc., that can and should serve as a measure of the quality of life. Only based on the specifics of each individual's experiences of the level of satisfaction with the process and the result of his life, it is possible to assess the state of consciousness of the subject, his ideas, and his understanding of the degree of his satisfaction[3,4].

A considerable number of theoretical works are devoted to the problems of subjective quality of life in Russian literature, but we are not aware of structured analytical reviews devoted to the problem of comparing these concepts from related scientific disciplines, although we have touched on this issue in recent publications. To partially fill this gap, as well as to analyze the prospects for the development of the quality of life construct, we consider it important to give a relatively systematic presentation of three views on the quality of life of the most authoritative authors who bring its subjective and psychological aspects to the fore – Alexandros Charles Michalos, Mack Joseph Sirgy, and Ruut Veenhoven. These three figures were chosen based on the fact that their contribution to the research of subjective social indicators is unconditionally recognized, and their theories are subjected to empirical verification in interdisciplinary research. All three are members of international research groups and have been generalizing all research in the field of



quality of life in the form of multi-volume encyclopedias and collective monographs for more than half a century. Thus, subjective well-being and its synonyms are currently the main markers and, simultaneously, the only psychological variables included in global indicators (indices) of quality of life, measured in different countries and serving as a basis for cross-country comparison. In interdisciplinary studies of the quality of life, factors of subjective well-being related to the social contexts of individuals' lives come to the fore. Recent data show that interethnic (intercultural) differences have a stronger impact on indicators of subjective well-being than individual differences or demographic characteristics. The identification of the quality of life only with the measures of subjective well-being has its limitations and needs additional reflection from the point of view of the impermanence of the conditions of the modern world, as reported in different contexts by A. Michalos, K. Land, S. Huebner, R. Veenhoven, J. Sirgy. The modern world, which challenges the individual with uncertainty, requires him to develop a special inner complexity on the way to subjective well-being. Indeed, a positive attitude to uncertainty allows you to increase stress resistance but requires the individual to take responsibility for his own life and everything that happens[4].

Speaking about the importance of studying psychological conditions and ways of acquiring happiness, N. I. Reinwald notes that «the analysis of ways to achieve happiness can and should be used as a means of revealing human-specific patterns of self-affirmation». Based on these theoretical propositions and the results of empirical research, we assume that there is a connection between the indicators of subjective quality of life with a value orientation, the intensity of motivation for happiness, and the degree of responsibility for achieving happiness in young women. In this connection, the main purpose of the research is determined to identify the peculiarities of the relationship of subjective quality of life with the orientation of values, the realization of which brings satisfaction and a sense of happiness, the intensity of motivation for happiness and ideas about one's responsibility for the opportunity to feel happy and satisfied.

We used the original PERMA-Profilер questionnaire (J. Butler, M. Kern, 2016) and an adapted version for the Russian-language sample by O.M. Isaeva, A.Y. Akimova, E.N. Volkova. According to the authors, the questionnaire has a high level of convergent and discriminant validity. Internal consistency is 0.80, which meets the requirements of psychometrics [5].

The study involved 416 people. The average age of respondents is 25 years. The sample included respondents from 20 to 40 years of age with different levels of education. Of these, 180 were male (44.9%) and 236 were female (55.1%). The data was collected through a Google survey in an anonymous form. The survey included some socio-demographic characteristics of the respondents. The results of the study were processed in the SPSS 23 program, using primary statistics, comparing averages and other parameters [5,6].



To check the reliability of the PERMA-Profilер questionnaire, an analysis of the reliability of each item of the questionnaire was carried out (a total of 23 items). The Cronbach's alpha is 0.708, which is a high indicator of internal consistency. The results of checking the internal consistency of the questionnaire are shown in Table 1.

Table 1. Indicators of internal consistency of the PERMA-Profilер psychological well-being questionnaire

Reliability statistics	
Cronbach's Alpha	N of elements
0.708	23

The average indicators on the scale in the general sample showed figures close to the value of 0 of the authors of the questionnaire and the Russian sample.

Table 2. Average PERMA-Profilер indicators in the Kazakh sample

Descriptive statistics				
	N	Average	SD	Median
Positive emotions	416	7,68	1,698	7,00
Engagement	416	7,06	1,599	8,00
Relationships	416	7,14	2,001	7,00
Meaning	416	7,76	1,745	7,00
Accomplishment	416	7,65	1,473	9,00
Happiness	416	8,13	2,105	8,00
General indicator of well-being	416	7,50	1,436	9,00
Negative emotions	416	5,36	2,171	6,00
Health	416	7,39	1,843	5,00
Loneliness	416	4,65	3,157	8,00
N valid ones (according to the list)	415			

Note: The scores on each scale are graded from 0 to 10. The obtained results of primary statistics on the Kazakh sample are close to the results of the authors of the Russian sample. It should be noted that the median values on many scales were higher or approximately equal to the average value on the scale. In general, there is a tendency to increase indicators on the scales of the questionnaire. The obtained results of the internal consistency of the PERMA-Profilер questionnaire (Cronbach's alpha 0.708) in the Kazakh sample are close to the obtained values of the Russian authors (0.78) and indicate psychometric reliability. Such indicators make it possible to use this questionnaire on the Kazakh population. The indicators of primary statistics (average, standard deviation, median) are close to our results.

High indicators (averages and medians) were obtained on all scales, except for the «Negative Emotions» scales ( $M=5,33$ , Median=7,00). According to these scales, right-sided asymmetry is observed. The same results were obtained by the Russian authors of the questionnaire [7].

### *Conclusions*

Comparison of the results of the sample by gender on the scales «Positive emotions», «Happiness», and «Loneliness» on average turned out to be higher in the females, and in the males on the scale «Engagement». Such results indicate that female respondents have a more positive assessment of their psychological well-being compared to the male sex. They are more optimistic about their well-being, think about the meaning of life, and are satisfied with their daily life. Higher indicators on the «Engagement» scale in men show that they are more passionate about the activities that they are engaged in life.

1. The internal consistency of the PERMA-Profilер questionnaire in the Kazakh sample meets the psychometric requirements. The results of the reliability of the questionnaire (Cronbach's alpha) are similar to the results of the questionnaire authors obtained on a large sample in various countries.

2. The average values of the PERMA-Profilер questionnaire scales are also close to the results obtained by the authors and Russian researchers.

3. The PERMA-Profilер questionnaire can be used as a psychometrically based diagnostic tool for the study of human well-being.

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### **Психологиялық өмір сапасын зерттеу нәтижелері**

Соңғы жылдары зерттеушілердің психологиялық саулық теориясын зерттеуге деген қызығушылығы артты. Адамның психологиялық саулығы туралы көптеген зерттеулер жүргізілді. Бұл жұмыстың мақсаты Қазақстан халқы үшін PERMA-Profiler сауалнамасының шкалаларын психометриялық верификациялау және стандарттау болып табылады. Осы мақсатқа жету үшін біз PERMA-Profiler сауалнамасын қазақ тіліне аудардық. Аударманың дәлдігі үшін сауалнаманың түпнұсқа нұсқасы және оның бұрын жарияланған орыс тіліндегі нұсқасы қазақ тіліндегі нұсқамен салыстырылды. Аударманың соңғы нұсқасы қазақ халқының арасынан келген респонденттерге ұсынылды. Ерлер мен әйелдердің психологиялық саулығы салыстырмалы түрде көрсетіліп, анықталады.

*Кілт сөздер:* психологиялық саулық, бақыт, өркендеу, ерлер мен әйелдер, PERMA-Profiler психологиялық саулық сауалнамасының қазақ тіліндегі нұсқасы.

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### **Результаты психологического исследования качества жизни**

В последние годы интерес исследователей к изучению теории психологического благополучия возрос. Было проведено множество исследований психологического здоровья человека. Целью данной работы является психометрическая верификация и стандартизация шкал анкет PERMA-Profiler для населения Казахстана. Для достижения этой цели мы перевели опрос PERMA-Profiler на казахский язык. Для точности перевода оригинальную версию анкеты и ее ранее опубликованную русскоязычную версию сравнивали с версией на казахском языке. Последний вариант перевода был представлен респондентам из числа казахского народа. Психологическое благополучие мужчин и женщин демонстрируется и определяется относительно.

*Ключевые слова:* психологическое благополучие, счастье, процветание, мужчины и женщины, версия анкеты психологического благополучия PERMA-Profiler на казахском языке.

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