

SELF-REGULATION AS A FACTOR OF PSYCHOLOGICAL WELL-BEING OF PERSONALITY

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In modern society, characterized by a high pace of life, uncertainty, and constant change, the issue of psychological well-being becomes particularly relevant. Mental health is viewed not only as the absence of pathology but as a person's ability to function harmoniously, engage in productive activity, and experience life satisfaction. One of the key mechanisms ensuring this state is self-regulation — the individual's ability to consciously control and direct their own mental processes, emotions, and behavior. Self-regulation is not only an individual trait but also an essential condition for psychological resilience, successful adaptation, and personal development.

The problem of self-regulation has been widely explored in the works of Ukrainian and foreign scholars (M. Hryntsiv, T. Kyrychenko, S. Maksymenko, C. Ryff, C. Rogers, M. Seligman, L. Tiutiunnyk).

The concept of "self-regulation" is examined through the prism of regulatory mental processes that occur internally according to an individual-personal plan under the influence of society [6]. Through the self-determination of the subject's actions aimed at changing or improving personal qualities and characteristics in a desired direction, with the purpose of optimizing attitudes and relationships that ensure self-actualization, M. Hryntsiv describes personal self-regulation. The researcher concluded that the objects of self-regulation may be numerous, while the crucial factor is its direction, as this allows distinguishing self-regulation of activity, behavior, mental processes, actions, motivational-need sphere, life activity, etc. [1, p. 69]. According to T. Kyrychenko, self-regulation is a system of internal mental processes that ensures conscious control of human behavior in accordance with set goals. It includes planning, monitoring, evaluation of results, and correction of actions. Self-regulation harmonizes the individual's inner world with the requirements of the external environment. Through constructive self-regulation strategies, individuals adapt to difficult life conditions, maintain inner balance, and respond constructively to stress [2, p. 84].

Contemporary research identifies several types of self-regulation, namely: social, psychological, emotional, volitional, personal, and motivational. Social self-regulation

is the individual's ability to manage behavior in interpersonal interactions while adhering to social norms, moral values, and societal expectations. It manifests in the ability to harmoniously combine one's own needs with those of others, build constructive relationships, avoid conflicts, and achieve compromises. Social self-regulation is grounded in the development of empathy, tolerance, social intelligence, and responsibility. Owing to it, a person can adapt to the social environment, interact effectively within a team, and maintain a positive atmosphere in the community. Within the structure of psychological well-being, social self-regulation acts as a factor that ensures a sense of belonging, acceptance, and social support, contributing to personal stability [5].

Psychological self-regulation is a purposeful system of internal control over mental processes, states, and behavior aimed at maintaining optimal functioning of the individual and achieving set goals. It encompasses emotional, cognitive, and volitional components, ensuring harmony between internal needs and external environmental demands. The foundation of psychological self-regulation lies in awareness of one's own states, control of emotional reactions, ability to plan, forecast outcomes of activity, and adjust behavior according to the situation. A high level of development of this ability enables individuals to effectively overcome stressors, avoid destructive experiences, maintain inner balance, and achieve psychological well-being. Thus, psychological self-regulation is a fundamental mechanism ensuring stability, goal orientation, and adaptability of personality in modern conditions [5].

Emotional self-regulation is the ability of an individual to recognize, control, and constructively express their own emotions. It involves the capacity to identify emotional states, manage their intensity, and shift attention from negative experiences to adaptive responses. Through emotional self-regulation, individuals maintain inner calm, stress resilience, and the ability to act consciously even in tense situations. This process is closely related to the development of emotional intelligence, empathy, and reflective capacity [5].

Volitional self-regulation is a system of conscious control over behavior aimed at overcoming difficulties, sustaining motivation, and achieving set goals. It manifests in the ability to overcome internal and external obstacles, control impulses, and maintain effort under conditions of fatigue or uncertainty. Volitional self-regulation forms the basis of self-discipline and goal orientation, ensures an active personal position, and fosters psychological resilience in challenging life situations [5].

Personal self-regulation encompasses the individual's ability to consciously manage their own development, take responsibility for actions, values, and life orientations. It is manifested in self-analysis, self-acceptance, formation of adequate self-esteem, and harmonization of the inner world. Personal self-regulation ensures the coherence of the "self-concept," enhances self-realization, and promotes psychological well-being. It serves as an indicator of personal maturity, autonomy, and the ability to consciously choose a life strategy [5].

Motivational self-regulation is the process of conscious management of one's motives, needs, and value orientations in order to maintain activity and goal-directed behavior. It ensures initiative, persistence, and intrinsic interest in achieving results.

Through motivational self-regulation, individuals are able to sustain a high level of engagement even in difficult conditions, reorient their activity in response to environmental changes, and preserve internal energy for self-realization [5].

Each type of self-regulation makes a specific contribution to achieving psychological well-being: emotional self-regulation ensures inner balance; volitional self-regulation supports persistence and goal orientation; social self-regulation fosters a sense of belonging and support; motivational self-regulation stimulates activity and self-realization; and personal self-regulation ensures the integrity of the “self-concept.” Their interaction creates a holistic system that enables individuals to function harmoniously within society. Research shows that individuals with a high level of self-regulation demonstrate greater life satisfaction and lower vulnerability to anxiety, depression, and emotional burnout.

C. Ryff conceptualizes psychological well-being as a multidimensional construct encompassing six components: self-acceptance; positive relations with others; autonomy; environmental mastery; personal growth; and purpose in life [7, p. 721]. Thus, according to C. Ryff, psychological well-being is the result of the interaction of genetic, environmental, spiritual, and individual-personal influences. A. Kurova views psychological well-being of personality as a complex socio-psychological formation that constitutes an important part of psychological health and includes emotional, cognitive, and behavioral components formed and realized through socio-psychological activity within the system of an individual’s real attitudes toward surrounding events, thereby significantly influencing quality of life [3, p. 25].

In scientific literature, psychological well-being is also regarded as a stable psychological characteristic of personality manifested in the predominance of positive emotions, harmonious and sincere interpersonal interactions, a sense of engagement in one’s life activity, awareness of life meaning, and presence of intrinsic motivation. The formation of these characteristics occurs throughout the life course based on preservation of psychophysical balance, achievement of individual success, and the ability to self-regulate motivational processes. Thus, there is a close relationship between self-regulation and well-being: the former ensures the effective realization of the latter. Moreover, psychological well-being can be viewed not only as a state of harmony but also as a dynamic process of continuous restoration of inner balance between personal needs and external demands. It manifests in the ability to respond constructively to difficulties, maintain a positive attitude, comprehend the meaning of one’s activity, and perceive prospects for development. It should be noted that reflexivity is a significant component of psychological well-being — the ability to become aware of one’s own experiences, identify the causes of emotional states, and transform them into a source of self-knowledge. Thus, psychological well-being serves as an integrative indicator of personal maturity, where harmony between cognition, emotions, and behavior ensures the integrity of the human self [4].

In conclusion, self-regulation is one of the leading factors of psychological well-being of personality. It ensures comfort of internal processes, facilitates adaptation to challenging conditions, and forms the capacity for self-development and self-realization. The development of self-regulation skills is a pressing task of modern

education, psychological practice, and personal growth. It is precisely self-regulation that helps individuals maintain optimism and resilience in a dynamic world. Therefore, self-regulation functions not only as a factor but also as a mechanism for the formation of psychological well-being.

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ВИКЛАДАННЯ ПСИХОЛОГІЇ ЗАСОБАМИ ШТУЧНОГО ІНТЕЛЕКТУ

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Одним з ключових моментів викладання психології у сучасних закладах вищої освіти виступає необхідність підготовки студентів з фундаментальних дисциплін, які становлять підґрунтя їх професії. Традиційний формат організації й проведення навчальних занять у вищій школі (лекції / семінари) часто не