

The subjective well-being in physically challenged persons

Represented by Anna Lebedeva
Supervisor: Dmitry Leontiev

Theoretical basis.

Russian Psychology:

- 1) Leontiev A.N. – “Activity theory”,
- 2) Vygotsky L.S. – “Cultural-Historical theory”,
- 3) Leontiev D.A. – “Personal potential”.

Foreign Psychology:

- 1) Diener E., Deci E.L. and Ryan R.M. “Subjective well-being”,
- 2) Ryan R.M. & Frederick C. – “Subjective vitality”,
- 3) Maddi S.R. – “Hardiness and hardy coping”,
- 4) Lazarus R.S. & Folkman S.; Carver C.S. & Sheier M.F. – “Coping with stress” (the idea of resources and strategies),
- 5) V. Frankl’s idea of the role of meaning in person’s life.

Terminology.

A “*physically challenged person*” is a term that defines more correctly a disabled person.

This term is currently used in modern psychology literature and viewed in the context of coping-strategy behavior in life difficulties.

Following Dinier, Rayan & Frederic we understand the *Subjective Well-being* (SWB) as a satisfaction with life and fullness of energy (subjective vitality).

Purpose of study.

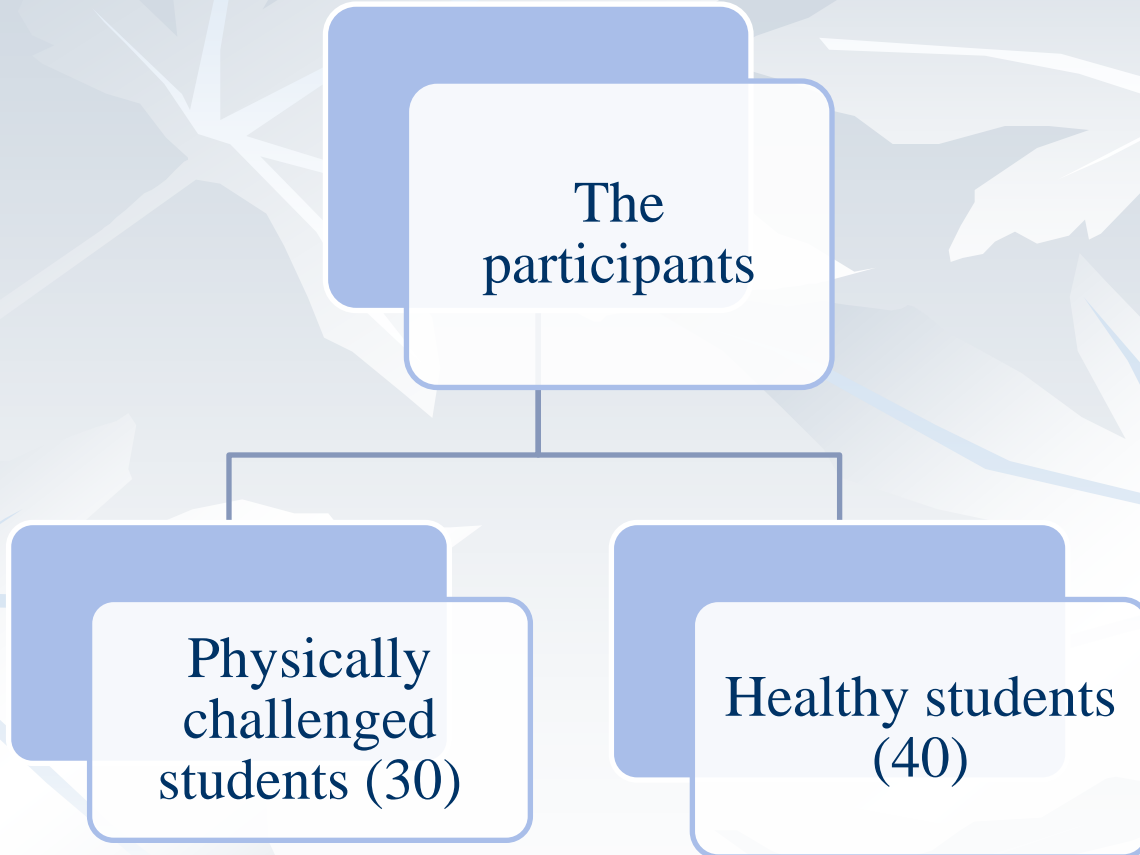
- 1) to compare healthy and physically challenged persons' subjective well-being;
- 2) to assess SWB connections with components of personal potential (personal resources and strategies of problem-solving) in the groups of healthy and physically challenged persons.

The main hypothesis: similarities and differences in SWB and its connections with personal potential in the groups of healthy and physically challenged persons .

Methods of study.

1. SWLS – satisfaction with life scale (Diener, Emmons, Larsen, Griffin, 1985)
2. COPE (Carver & Sheier)
3. Subjective vitality scale (Ryan & Frederick)
4. Purpose in life test (Leontiev D, 1992 - modified version of J. Crombaugh and L. Macholick test)
5. Hardiness test (S. Maddi, 1998)
6. MSTAT-I Multiple Stimulus Types Ambiguity Tolerance-1) (McClain 1993).
7. Ways of coping questionnaire WOC (Lasarus & Folkman).

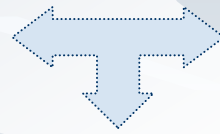
The structure of the sample.



Some extraordinary facts.

2009

■ *physically challenged persons*



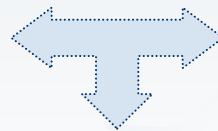
■ *healthy students*

significant statistical differences

2010



■ *physically challenged persons*



■ *healthy students*



the statistical differences partly **disappeared**

The scores in physically challenged participants rose, and in healthy ones - fell, so they showed less difference, than in the first study.

Explanation.

The first idea about it is connected with our team's success at **Paralympic games**, as a positive event (March 2010), especially in comparison with lower results of our Olympic team.

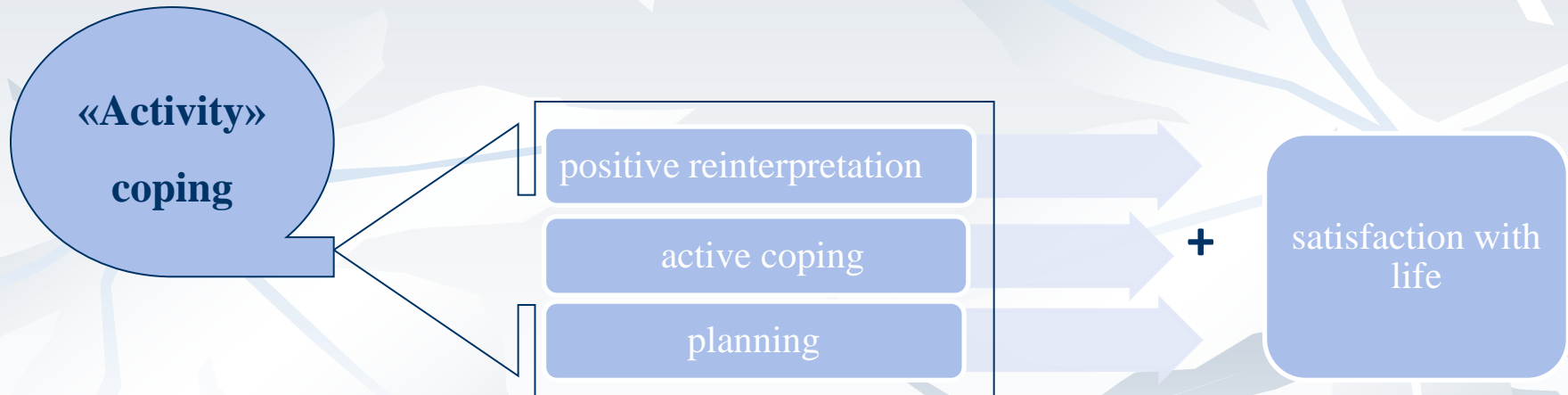
The results can also be explained by another idea, which comprises the reaction on the **terrorist attack in Moscow underground** on the 29th of March, that happened when our research was in progress.

Besides, in another small research with the students: the first group – those, who were only witnesses through mass media, the second – who could have been at those two metro stations and fortunately escaped it. We found that terrorist attack led to significant lessening of subjective vitality and hardiness in the second group.

The analysis of positive correlations.

Both group students show the same positive correlations in coping-strategy and satisfaction with life.

Physically challenged students = Healthy students



The analysis of negative correlations.

Physical challenge students show negative correlations of various coping-strategies and satisfaction with life.

Physically challenged students



Healthy ones developed only one negative correlation of behavioral disengagement strategy and satisfaction with life.

Healthy students



Interpretation of results.

On the basis of the analysis of another research techniques, including factors' analysis, we have the following question:

Is it possible that in different physical conditions (health / illness) we form different systems of self-regulation?

In case we have many opportunities to perform a certain action we act automatically, without thinking.

The other situation is the following – when a man has to use fewer opportunities in order to make a step and react on a life challenge. In this case our self-regulation changes a lot. We have to control our actions all the time.

When we are forced to take into account lots of unchangeable conditions every day this habit eventually becomes interiorisational and starts to rule our existence.

So this idea is applicable to everybody as our modern life becomes more and more traumatic both in physiological and in psychological terms.

Conclusion.

I have represented only a small part of our two-year research, which includes far more items. At the moment many results are still being analyzed. We are going to make the 3d step of our study to find out the dynamics.

Thank you for your attention!