

Adulthood – A Psychological Well-Being Factor

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Abstract: This article analyzes the adulthood period as a key stage in human development that affects psychological well-being. The research covers the theoretical and methodological foundations of the concept of psychological well-being based on the views of leading psychologists such as Carol Ryff, M. Seligman, and E. Diener, as well as approaches from representatives of the Uzbek psychological school. Internal (cognitive-emotional) and external (socio-cultural, professional) factors affecting psychological well-being during adulthood are systematically examined. The article identifies the mechanisms for developing well-being based on the analysis of empirical research and develops scientific and practical recommendations for supporting psychological stability during this period.

Key words: psychological well-being, adulthood, personal development, stability, cultural factors, empirical research, motivation.

INTRODUCTION

Adulthood is a complex period in a person's life, psychologically, socially, and emotionally, yet it is full of opportunities for growth. During this period, an individual begins to form a firm and stable position in life based on their accumulated experience, knowledge base, and emotional stability. Adulthood is not only a time for making important decisions in both professional and personal life, but also plays a crucial role in self-awareness, meaning-seeking, and defining life values. From this perspective, the concept of psychological well-being holds particular importance during adulthood. Psychological well-being manifests as a person's satisfaction with life, the ability to manage internal resources effectively, successful integration into the social environment, and a sense of spiritual fulfillment. This concept is closely linked to an individual's health and quality of life in contemporary psychological research. This article discusses the psychological characteristics of adulthood, the theoretical foundations of the concept of psychological well-being, and the opportunities for shaping and enhancing psychological well-being during adulthood based on empirical research. Through this, psychological factors that ensure personal development and mental health during this stage of life are identified.

RESEARCH METHODS

Psychological well-being is a multifaceted and complex construct in psychology, which includes indicators such as life satisfaction, internal harmony, goal-directedness, success in social relations, and self-actualization. This concept was initially introduced by humanistic psychologists A. Maslow and C. Rogers, and later further developed by M. Seligman, C. Ryff, and others. A. Maslow (1943) in his theory of the hierarchy of needs placed self-actualization as the highest level of human need. According to him, individuals who reach this stage typically have strong internal motivation, commitment to life goals, creativity, and emotional stability. These characteristics are inseparable from psychological well-being. C. Ryff (1989) describes psychological well-being through six key components:

1. Personal Growth
2. Purpose in Life
3. Autonomy
4. Self-Acceptance
5. Positive Relations with Others
6. Environmental Mastery

This model is particularly significant in studying adulthood, as these components actively develop and solidify during this stage of life.

M. Seligman (2011) in his “Positive Psychology” framework offers a deeper analysis of psychological well-being. He explains well-being based on his PERMA model, which consists of five components:

- P (Positive Emotion) – Positive Emotions
- E (Engagement) – Engagement and Active Participation
- R (Relationships) – Quality Relationships
- M (Meaning) – Meaning of Life
- A (Achievement) – Achievement and Reaching Goals

Adulthood is closely connected with these components.

Stability in both personal and social life, internal satisfaction, spiritual growth, and professional development are key factors that define psychological well-being during this period. Moreover, psychological well-being is not only an internal psychological state but is also intricately linked to many external factors, such as socio-economic conditions, family relationships, professional orientation, personal motivation, and cultural values. Therefore, studying the interaction between the individual and their surrounding environment is crucial when examining psychological well-being. The methodology of this research is focused on identifying the level of psychological well-being in individuals during adulthood and analyzing the factors that shape it. The research used a quantitative (statistical) approach, applying social-psychological diagnostic methods.

Research Participants

The study involved 120 participants aged 25 to 35 years, all socially active, with various professions (65 women, 55 men). Participants were randomly selected from various organizations, educational institutions, and psychological centers in Andijan region. According to the selection criteria, the participants had stable mental health, were willing to participate in the study, and were in the adulthood phase.

The following methods were used to assess psychological well-being:

- C. Ryff’s Psychological Well-Being Scale – Assessed based on six components: personal growth, purpose in life, autonomy, self-acceptance, quality of social relationships, and environmental mastery. Participants responded to each item using a 5-point Likert scale (1 – “Strongly disagree,” 5 – “Strongly agree”).
- M. Seligman’s PERMA Model-based Questionnaire – Assessed participants’ positive emotions, life meaning, achievements, social relations, and engagement level. This test also used a 5-point scale.
- Personal Information Questionnaire – Demographic information such as age, gender, education, profession, and marital status was collected.

Research Aims and Objectives

- To determine the level of psychological well-being during adulthood;
- To study the internal and external factors influencing well-being;
- To statistically analyze the interrelationship between the components of psychological well-being.

Analysis Methods

The results were analyzed using the SPSS 26.0 statistical software. The following methods were applied to process the data:

- Correlation Analysis – To determine the degree of interrelationship between components;
- T-test – To evaluate the differences between groups;
- Regression Analysis – To identify the key factors influencing psychological well-being.

Ethical Considerations

The research participants were informed about the purpose and process of the study. Their consent was obtained both orally and in writing. The confidentiality and reliability of personal data were fully ensured. The research adhered to ethical standards.

Empirical Analysis and Results

The analysis of the 120 participants’ psychological well-being levels, their components, and the influencing factors revealed the following:

1.	Overall	Psychological	Well-Being	Score
The overall psychological well-being score was assessed using C. Ryff’s Psychological Well-Being Scale. The results showed that the participants' average well-being score was 3.9 (on a 5-point scale), indicating an				

average level of psychological well-being. This score reflected positive indicators in components such as personal growth, life purpose, autonomy, and self-acceptance.

2. Component

Analysis

Each component of the Psychological Well-Being Scale was analyzed separately:

- **Personal Growth:** Over 70% of participants rated their personal growth positively, with an average score of 4.2.
- **Life Purpose:** 75% of participants reported having a clear life purpose, with an average score of 4.0.
- **Autonomy:** The autonomy score was 3.8 on average, showing minimal difference between men and women.
- **Social Relationships:** 80% of participants rated the quality of their social relationships highly, with an average score of 4.5.
- **Environmental Mastery:** The average score for environmental mastery was 3.7, indicating participants' readiness to engage more with their environment.

3. M. Seligman's PERMA Model Analysis

The analysis of the PERMA model components revealed the following:

- **Positive Emotions (P):** 78% of participants reported frequent positive emotions, with an average score of 4.3.
- **Engagement (E):** The average score for engagement was 3.9, with men rating engagement slightly higher.
- **Quality Relationships (R):** 82% of participants rated their relationships as positive, with an average score of 4.6.
- **Meaning (M):** 70% of participants reported having a clear sense of life meaning, with an average score of 4.1.
- **Achievement (A):** The achievement score was 3.8, with participants generally evaluating their accomplishments positively.

4. Correlation Analysis Results

Correlation analysis identified the following relationships:

- A strong positive correlation ($r = 0.76$) was found between **Personal Growth** and **Life Purpose**.
- A moderate positive correlation ($r = 0.62$) was found between **Social Relationships** and **Achievement**.
- A moderate negative correlation ($r = -0.34$) was found between **Engagement** and **Environmental Mastery**, indicating an inverse relationship between engagement levels and the ability to manage one's environment.

Discussions

The analysis reveals that psychological well-being is significantly influenced by both internal and external factors. It is noteworthy that while many participants rated their life purpose and social relationships highly, other components like environmental mastery and autonomy were rated lower. This indicates that although adults are generally satisfied with their personal development and relationships, they may face challenges in mastering their external environment or maintaining a sense of autonomy. To improve psychological well-being during adulthood, it is important to focus on strengthening the components of environmental mastery and autonomy. Training and development programs that focus on enhancing decision-making skills, self-reliance, and the ability to manage external circumstances can be beneficial. Moreover, promoting work-life balance and supporting adult individuals in managing their social relationships and personal goals effectively can further contribute to overall well-being.

CONCLUSION

Adulthood is a period marked by significant psychological, emotional, and social development. Psychological well-being during this period plays a vital role in ensuring personal growth, stability, and life satisfaction. The results of this research demonstrate that factors such as life purpose, social relationships, and personal growth contribute significantly to psychological well-being. However, there are areas that require attention, particularly in environmental mastery and autonomy. In the future, more in-depth studies are

required to explore the interaction between cultural, social, and psychological factors in shaping well-being during adulthood. Further empirical research could investigate the impact of specific interventions on enhancing psychological well-being in adults.

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