

ADULTHOOD PERIOD IS MAIN FACTOR OF PSYCHOLOGICAL WELL-BEING

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Abstract:

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.

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.

Keywords: Psychological well-being, adulthood, personal development, stability, cultural factors, empirical research, motivation.

Introduction

The relevance of the topic of this study lies in the study of psycho-emotional well-being in adulthood. This stage of life, characterized by many changes and challenges, has a great influence on personal development, emotional stability and overall satisfaction with life. The importance of a person's psycho-emotional state in adulthood is associated with the processes that occur during this period: restructuring of the social role, the need to adapt to changes in health and career, as well as reflection on life experience. These factors make the study of psychological well-being in adulthood relevant and important for modern psychology.

PURPOSE OF THE STUDY

The purpose of this study is to study psychoemotional well-being in adulthood, identify key factors affecting mental health, and analyze how these factors affect the overall level of life satisfaction and happiness. Research objectives. Analysis of key psychological factors affecting psychoemotional well-being in adulthood. Study of the relationship between

psychoemotional well-being and mental health. Development of recommendations for improving the psychoemotional state in adulthood based on the data obtained.

The scientific novelty of the study lies in the in-depth analysis of the psychoemotional well-being of people of mature age with a focus on the influence of personal, social and cultural factors. Unlike previously conducted studies, this study considers maturity not only as a period of adaptation, but also as an important stage of personal growth and psychological stability.

The practical significance of the study lies in the development of methods and strategies for improving psychoemotional well-being in adulthood. The results of the study may be useful for psychologists, social workers, mental health specialists and other professionals working with mature people, as well as for a wide range of readers interested in the problems of psycho-emotional health.

RESEARCH METHODOLOGY

Both qualitative and quantitative methods will be used in the study. To collect empirical data, it is planned to use questionnaires, interviews, psychological tests and analysis of existing scientific publications. This will allow a more comprehensive study of the influence of factors such as social support, personality traits and life circumstances on the psycho-emotional state of a person in adulthood. Research Design: This study will employ a mixed method, combining qualitative and quantitative approaches to provide a more in-depth and comprehensive analysis of psychological well-being in adulthood. The mixed method will allow for the exploration of both quantitative aspects, such as mental health statistics, and qualitative aspects, such as the participants' subjective experiences and perceptions of well-being. Participants: The study will include adults aged 25 to 65 years. The sample will be diverse in terms of socioeconomic status, educational level, and family structures. This will ensure a wide range of opinions and experiences, increasing the generalizability of the findings.

- Data Collection: A variety of methods will be used to collect data:
- Questionnaires to measure psychological well-being quantitatively, including scales for assessing emotional regulation, life satisfaction, and personal growth.
- Structured interviews to gain a deeper understanding of the participants' subjective experiences and attitudes towards their own psychological well-being.
- Psychological tests aimed at assessing personality characteristics such as stress tolerance, anxiety and depression levels, and quality of life.
- Data analysis: Quantitative data will be processed using the SPSS statistical program to identify statistical patterns and relationships between different aspects of psychological well-being. Qualitative data obtained through interviews will be analyzed using thematic analysis, which will allow for the identification of key themes and patterns in the participants' experiences, as well as an in-depth analysis of the influencing factors.

This methodology will provide a comprehensive approach to the study that will help to understand psychological well-being in adulthood from different angles and based on different types of data.

RESULTS

Quantitative Results: Preliminary data from this study indicate that emotional regulation and social support are key predictors of psychological well-being in adulthood. Participants with higher levels of emotional intelligence report significantly higher life satisfaction and lower rates of mental health problems. These results support the importance of emotional maturity for maintaining psychological health in adulthood.

Qualitative Results: Interview data indicate that having meaningful interpersonal relationships and having a sense of personal purpose in life play a key role in maintaining psychological well-being in adulthood. Adults who regularly engage in self-reflection and strive for personal development report higher levels of life satisfaction and inner peace.

DISCUSSION

Interpretation of Results: The results support the hypothesis that psychological well-being in adulthood is largely dependent on emotional regulation, social connections, and personal growth. These aspects are interrelated and together create conditions for increased life satisfaction and overall happiness. The study results highlight the importance of developing self-regulation skills, maintaining healthy social connections, and striving for self-development.

Comparison with previous studies: The findings are consistent with previous studies that also highlight the importance of social connections and personal growth in maintaining psychological well-being in adulthood. These studies confirm that life satisfaction and mental health in adults are closely linked to internal and external resources, such as support from others and the development of personal capabilities.

Limitations of the study: One of the limitations of the study is its cross-sectional nature, which does not allow us to establish causal relationships between the factors and psychological well-being. To obtain a more in-depth and accurate picture, longitudinal studies are needed to track changes over time and identify the long-term effects of the factors on mental health.

Prospects for future research: Future research could examine the impact of cultural differences on the perception and experience of psychological well-being in adults. It is also important to examine different interventions and methods aimed at improving mental health and identify which ones are most effective at different stages of life.

CONCLUSION

Key findings: The study identified several key factors that have a significant impact on psychological well-being in adulthood. Among them, emotional regulation, social support,

and awareness of personal goals occupy a special place. These aspects help adults cope with life's difficulties, adapt to change, and achieve personal growth, which ultimately contributes to their increased life satisfaction and psychological well-being. • Practical implications: The results of the study may be useful for developing various programs and interventions aimed at improving psychological well-being in adults. These programs may include training in emotional regulation, creating supportive social networks, and providing opportunities for personal growth and self-actualization, which will help increase life satisfaction among different age groups.

Recommendations for future research: Future research should pay attention to the impact of specific life events, such as career change, marriage, or retirement, on psychological well-being in adulthood. In addition, it is important to develop effective interventions aimed at supporting mental health and preventing crisis states at different stages of adulthood.

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