

## PERSONAL LIFE DISSATISFACTION: GENDER VARIATIONS

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The prolonged expressed lack of satisfaction with one's own life is not only a personal but also a social problem. Dissatisfied with personal daily routine, people work less, practically do not show initiative, and forget about creativity. They are more likely to get sick, lose faith on oneself, lose the ability to see any prospects, to plan for the future, and can't learn to overcome obstacles on their way to their goal.

The question that arises: who is more dissatisfied with their own lives - men or women?

To find an answer, we will define the main indicators of such dissatisfaction. And in the first place, there will undoubtedly be an attitude to oneself, which is the basis of self-esteem and one of the key conditions of self-perception. In relation to a psychotherapist, the most easily diagnosed is the attitude to their own appearance, because on this topic, most clients begin to speak at the first meeting.

And here the leadership belongs to women as it seems to all of us. But modern Australian and New Zealand research has unexpectedly shown that claims to their own body are more apparent in male representatives. So, boys of school age, dissatisfied with their own body as a result of dietary disorders, became the subject to greater external and internal stigma than girls [1]. Perhaps this is due to the fact that men are more worried about their compliance with gender models, worried about whether they can be considered true, "absolute" men.

Women who turn to the psychotherapist usually have many complaints about their own attractiveness, weight, age-related changes. Women assure that no physical activity, even under the guidance of an experienced trainer, does not help them lose weight. They have already tested a bunch of diets, and it is useless. They are ready to trust the most exotic cosmetics to stop the appearance of wrinkles and improve the condition of skin. Their attempts to look younger with youth wardrobe or expensive injections are another evidence of chronic dissatisfaction with oneself.

At the same time, men are more often dissatisfied with the state of their health, which affects not only their professional but also personal, sexual activity. And

therefore they exaggerate the value of certain somatic symptoms. Men agree on numerous diagnostic procedures in search of the cause of constant fatigue. They tell to the psychotherapist in detail about sleep disorders, heart pain, and increased pressure. Responsibility for their unsatisfactory state is often passed on to close relatives, on life circumstances ("the wife doesn't believe that I really feel bad, therefore, it's getting worse", "the father is looking and doesn't find good doctors", "bad health depends on bad water, and with this you will not do anything in our megacity").

Unlike men, women often avoid the health themes when they tell about dissatisfaction with their own lives. In their tales of unsuccessful life, there are often some gaps that are ignored. Even if there are serious illnesses in life-history, they prefer not to mention them or speak extremely laconic and reluctant. Obviously, there are strong fears, irrational prejudices that interfere with constructive changes.

Consider the second indicator of dissatisfaction with our own lives, which we have highlighted, based on our own psychotherapeutic experience. It is the relationships with other people, the quantity and quality. Here women also have an advantage, as the majority thinks. But everything is not so simple. Sex differences, according to C. Ryff, are as follows: women have higher grades in relationships with others, while men get better results in self-perception and autonomy [2].

In general, according to modern studies, the communicative skills of men and women are equal. Empirical studies conducted in different countries prove that, regardless of cultural affiliation, nation or race, the general indicators of emotional intelligence from the representatives of different articles coincide [3]. Therefore, we conclude that giving women a certain advantage in this aspect is no more than the influence of social stereotypes. In the absence of a quantitative difference, the qualitative difference in the emotional abilities of men and women is still there. Everywhere women recorded higher rates of social responsibility and empathy, and men – higher rates of stress. In addition, men are more respectful of themselves, and women are better oriented in interpersonal relationships.

Psychotherapeutic experience shows that women are more likely to complain of loneliness, lack of understanding and support. They often suffer from communicative dependencies, whether from their mother or from the husband or from their own child. Explaining their own dissatisfaction with life, women talk about inattention of a partner, his isolation from children, from everyday household problems. Instead, men talk of extremely humiliating attempts by the wives to manipulate, blame, use them. It is difficult for men to tolerate women's anxiety, desire to have a total control, which is masked by interest, and caring. The men think that their financial status is more important to women than features of character, propensities or interest.

The third indicator of dissatisfaction with one's own life is dissatisfaction with self-realization, professional activity, the way to earn money. Everyone is based on his own gender identity, looking for ways to self-fulfillment. Gender stereotyped ideas about what a true man or a true woman should be, created a model of self-fulfilling prophecy. But although culture offers rather tight limits in which the self-realization of each sex is allowed, the person is never a passive object of cultural influences.

People themselves take responsibility for their own lives. And today's women no longer feel their peripheral role on the backyard of life. At the same time, women do not slow down, do not suppress their own masculine impulses, and men suppress their own feminine impulses. Therefore, women are more flexibly perceive their gender identity, which contributes to their greater desire for self-actualization. This is also confirmed in the classical study of psychological well-being conducted by Karen Ryff nearly 30 years ago, where it was found that women have an advantage over men in personal growth rates.

In the psychotherapist's office, the women, and men often talk about the long and unsuccessful quest for themselves, the desire to professionally self-realizing, doing something meaningful, interesting, useful. Young women are more likely to be ready to work without significant material support if they perceive their activities as creative, and relationships at work as friendly. They are better adapted to the

unstable conditions of life, the new collective, and leader's claims than men. Men are more likely to achieve financial well-being, career growth and are more afraid of losing their jobs.

So, the question of those who are more dissatisfied with their own lives - men or women - turned out to be incorrect. Satisfaction with their own lives for men and women depends, firstly, on the measure of self-acceptance, on height, stability, adequacy of self-esteem; second, from the ability to interact with the environment, to maintain a positive relationship that doesn't exclude self-sufficiency, autonomy, internal freedom; and, thirdly, from the nature of self-realization, satisfaction with their own profession, the way to do a career, earn money.

Components of dissatisfaction with their own lives in men and women create different configurations and, accordingly, their manifestations, experiences, and comprehension are completely different.

Effective prevention of such widespread dissatisfaction, depression, and anhedonia involves the search for gender-specific ways of raising the value of quality of life in men and women and their subjective satisfaction.

#### References.

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