

## Artículo de investigación

**Comparative analysis of the feeling of subjective well-being and resilience of repatriates****СРАВНИТЕЛЬНЫЙ АНАЛИЗ ОЩУЩЕНИЯ СУБЪЕКТИВНОГО БЛАГОПОЛУЧИЯ И ЖИЗНЕСТОЙКОСТИ РЕПАТРИАНТОВ**

Análisis comparativo del sentimiento del bienestar subjetivo y la resiliencia de los repatriados

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The authors emphasize the relevance of the study by psychologists of the problem experiences of well-being and distress of individuals, in the need to adapt to an ever-changing world, oversaturated with information. At the same time, many people are forced to change the place of residence and living conditions. In addition, in this regard it is important to investigate factors of feeling of subjective well-being of these people, and well as their overall satisfaction with life. The authors presented a brief transactional analysis of the state of scientific problem feeling subjective well-being. The problem field of empirical research is outlined research in establishing links with satisfaction with life and the vitality of the personality of repatriates from different countries. Correctly, a sample of the study was formed, reliable and valid ones were selected psychodiagnostic methods, logically presented stages of the study. Qualitative analysis of empirical data is based on evidence-based methods of statistical thesaurus. Key findings of the study on seniority residence of immigrants in the new country, the level of resilience and psychological well-being, will allow formulating a step-by-step the program of psychological support for immigrants experiencing dissatisfaction with living conditions.

**Аннотация**

Авторы подчеркивают актуальность изучения психологами проблемы переживания благополучия и неблагополучия отдельными индивидами, в связи с необходимостью адаптироваться в постоянно меняющемся мире, перенасыщенном информацией. При этом множество людей вынуждены сменить место проживания и условия жизни. И в связи с этим важно исследовать факторы ощущения субъективного благополучия этих людей, а также их общую удовлетворенность жизнью. Авторами представлен краткий транспективный анализ состояния научной проблемы ощущения субъективного благополучия. Намечено проблемное поле эмпирического исследования в установление связей удовлетворенностью жизни и жизнестойкости личности репатриантов из разных стран. Корректно сформирована выборка исследования, подобраны надежные и валидные психодиагностические методики, логично представлены этапы исследования. Качественный анализ эмпирических данных основан на доказательных методах статистического тезауруса. Основные выводы исследования о стаже проживания репатриантов в новой стране, уровне жизнестойкости и психологического благополучия, позволят сформулировать

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**Key words:** Subjective well-being, satisfaction, adaptation, readaptation, repatriate, resilience.

пошаговую программу психологического сопровождения репатриантов, испытывающих неудовлетворенность жизненными условиями.

**Ключевые слова:** субъективное благополучие, удовлетворенность, адаптация, реадaptация, репатриант, жизнестойкость.

## Resumen

Los autores enfatizan la relevancia del estudio realizado por psicólogos sobre las experiencias problemáticas de bienestar y angustia de los individuos, en la necesidad de adaptarse a un mundo en constante cambio, saturado de información. Al mismo tiempo, muchas personas se ven obligadas a cambiar el lugar de residencia y las condiciones de vida. Además, a este respecto, es importante investigar los factores del sentimiento de bienestar subjetivo de estas personas y su satisfacción general con la vida. Los autores presentaron un breve análisis transaccional del estado del problema científico sintiendo un bienestar subjetivo. El campo problemático de la investigación empírica se resume en la investigación para establecer vínculos con la satisfacción con la vida y la vitalidad de la personalidad de los repatriados de diferentes países. Correctamente, se formó una muestra del estudio, se seleccionaron métodos confiables y válidos de psicodiagnóstico, etapas lógicamente presentadas del estudio. El análisis cualitativo de los datos empíricos se basa en métodos de tesauro estadístico basados en la evidencia. Los hallazgos clave del estudio sobre la residencia de ancianos de los inmigrantes en el nuevo país, el nivel de resiliencia y el bienestar psicológico, permitirán formular paso a paso el programa de apoyo psicológico para los inmigrantes que experimentan insatisfacción con las condiciones de vida.

**Palabras clave:** Bienestar subjetivo, satisfacción, adaptación, readaptación, repatriación, resiliencia.

## Introduction

A fast-paced world, multi-million dollar streams of ethnic and economic migration are the necessity of studying the socio-cultural, socio-psychological determinants of the personality patterns of the inner sense of well-being. Psychology is actively beginning to develop the problem of subjective well-being in the second half of the last century.

The concept of "subjective well-being" was introduced by E. Diner. Subjective well-being, in his opinion, consists of such basic components as satisfaction, as well as pleasant and unpleasant emotions. All these components form a single indicator and level of subjective well-being. The number of follow-up for E. Diner research, Argyll M. A., Kahneman D., Tversky A. R., W. Bortner, E. Campbell, A. C. Michalos, G. D. Myers, C. D. Ryff, Bonanno, A., Moskowitz, J. T., Papa, A., Folkman, S., Diner, E., Lucas, R. E. is dedicated to the study of the components and levels of subjective well-being. Later, the works of Diner, E., Lucas, R. E., Lyubomirsky, S. L. develop scales of evaluation of subjective well-being, which consists of the criteria of social well-being (satisfaction with social status),

spiritual well-being (belief in happiness and success, rethinking of life values), physical well-being (health), material well-being (reliability in financial terms), psychological well-being (sense of inner balance, harmony of feelings and emotions).

Positive psychology, as the most promising direction of modern psychology, is also actively involved in the study of subjective well-being. A number of studies of this problem in the framework of positive psychology found that the specificity of external factors and personal experiences of well-being is consistently associated with their universality. Positivists have devoted their studies to the experience of happiness, the nature of stable, dominant, and current mood (sh style, Ong, A. D., Bergeman, C. S., Bisconti, T. L., Wallace, K. A, Kahneman D., Krueger A., Schkade D., Schwarz N., & Stone, A. A.).

It should be noted that Russian psychologists are also actively developing this topic (M. Belsky, L. V. Kulikov, As Terra, R. M. Shamionov, etc.) (Shamionov, Beskova, 2018; Korzun, 2018).

There is a wealth of empirical material about the complex relationships of external factors (affecting well-being in the current environment), with internal resources, personal factors. The relationship of adaptive capabilities and subjective well-being experiences are considered by the following Russian researchers: A. Yu. Piterova, O. Korzun, L. I. Galiakhmetova, etc.

In the period of mass ethnic, economic migration, point studies, new empirical data on how external and internal factors together affect the individual and ensure its overall well-being are important. There is a request to science regarding the detection of mechanisms, causes and factors of this phenomenon, its connection with such a basic personal characteristic as vitality.

**The purpose of our study** is a comparative analysis of the feeling of subjective well-being and resilience of immigrants, with the aim of psychological support of their actual social adaptation.

The study compares the perception of subjective well-being of repatriates from different countries. It was attended by 23 people (13 women and 10 men, representing 56.5 % and 43.5 % of the total sample, respectively). The average age of the subjects - 39 years, the scope of data - from 20 to 60 years. All respondents are immigrants from five countries (Azerbaijan, Belarus, Ukraine, France, and Russia). As for the period of repatriation, the scope is from one to eight years, i.e. from 2011 to 2018. The study was conducted in Israel in 2018 with the consent of the returnees.

## Methods

To identify the level of subjective well-being and resilience of repatriates, two psychodiagnostic tools were used: "Scale of subjective well-being" (M. V. Sokolova) to measure the emotional component of subjective well-being (SB) or emotional comfort (EC);

"Test of resilience of S. Maddi" (D. A. Leontiev), revealing indicators of resilience of the

personality and its components (involvement, control, risk taking) (Korzun, 2018; Piterova, 2014). The data were mathematically processed using Spearman rank correlation criterion and nonparametric methods - u Mann – Whitney and W Wilcoxon criteria.

## The results of the study and their discussion.

1. **Subjective well-being of the individual and its resilience as indicators of adaptation in the new country.** According to the theory of Calervo Oberg (1954), there is a U-shaped curve of adaptation to a new country with the following possible stages or stages: tourism, frustration, adaptation, biculturalism.

The choice of the way of development of a particular person in emigration is based on: a) individual factors of personality, b) peculiarities of the country to which such person moves, c) cultural distance (Kahneman, Tversky, 2003; Orlova, 2015). The process of reverse adaptation or re-adaptation ("the shock of returning home"), passes the same stages, which allows us legitimately to use in the study of the theory of U-curve of adaptation Calervo Oberg (Block, 1980).

As a subjective manifestation of the process of adaptation, we use factors of subjective well-being and resilience of the individual. Excessive well-being can lead to an ostensibly successful primary adaptation, but at the same time complicate the development of the individual, which in turn leads to a further process of adaptation. As for resilience, it allows you to withstand situational difficulties, which in turn leads to successful adaptation. In General, we believe that the success of this process requires an average level of subjective well-being and a high level of resilience.

Consider the relationship between the factors of subjective well-being and resilience of the individual.

**Table 1 – Relationship between resilience and subjective well-being (by Spearman's rank correlation coefficient)**

Scales	Correlations				
	Subjective well-being	Involvement	Control	Risk	Resilience
Subjective well-being	1,000	-,445*	<b>-,689*</b>	-,516*	<b>-,438*</b>
Involvement	-,445*	1,000	,505*	<b>,831**</b>	<b>,960**</b>
Control	<b>-,689**</b>	,505*	1,000	<b>,529**</b>	,557**
Risk	-,516*	<b>,831**</b>	<b>,529**</b>	1,000	<b>,878**</b>
Viability	-,438*	<b>,960**</b>	<b>,557**</b>	<b>,878**</b>	1,000

\*. The correlation is significant at 0.05 (2-sided).  
 \*\*. The correlation is significant at the level of 0.01 (2-sided).

As table 1 shows, there is a negative correlation between the level of subjective well-being and resilience, both in General and on individual scales of the Maddy resilience test (control, Engagement and Risk scales). The results can be explained by the fact that a high level of Subjective well-being can affect the tendency of the individual to develop in new areas of activity, learn new things, take risks and change in life. On the contrary, the successful overcoming of life's difficulties is not always an indication that he is satisfied with his life. Each person chooses either the desire for a comfort zone (this condition may be present in repatriates after passing the stage of full adaptation to life in a

new country.), or to the development of personality.

High indicators of positive correlation of different scales ("Involvement" and "Risk"; "Control" and "Risk") indicate different manifestations of the factor of viability and reliability of results.

## 2. Adaptation to the new country and demographic indicators of returnees.

Adaptation can certainly be influenced by the demographic characteristics of our subjects (in particular, age and gender, length of residence in a new country, as well as the country from which emigration is carried out).

**Table 2 – Relationship between resilience, subjective well-being and demographic data on repatriates - sex, age, length of residence (according to Spearman's rank correlation coefficient)**

Scales	Correlations				
	Subjective well-being	Involvement	Control	Risk	Resilience
Age	,006	,000	-,278	-,249	-,107
Sex	,020	-,307	,013	-,114	-,199
The year of the move	<b>,494*</b>	-,411	<b>,496*</b>	<b>,458*</b>	-,379

\*. The correlation is significant at 0.05 (2-sided).  
 \*\*. The correlation is significant at the level of 0.01 (2-sided).

Table 2 shows that there is a positive correlation between the length of residence and the subjective well-being of the individual. That is, in other words, the longer a person lives in the country, the more often he is inclined to consider himself psychologically prosperous.

As for the country from which emigration was carried out (Azerbaijan, Belarus, Ukraine, France), according to the Mann-Whitney criterion, there were no differences between immigrants from different countries on the scale of "Subjective well-being". A similar result was obtained and the factors of sex and age. Leveling such powerful factors as the country of residence

and, especially, the sex and age of the subject, suggests that such a factor as moving to another country, is such a powerful stressor that eliminates other factors. However, this circumstance requires further more research that is rigorous.

3. **Experience of living in a new country.** We analyzed this factor separately. We divided our subjects into 2 categories: living in a new country for 5 years and, accordingly, for more than 5 years.

**Table 3 – Differences in the subjective well-being and resilience of returnees living in the new country: (a) less and (b) more than 5 years.**

	Subject	Well-Being	Involvement	Control	Resilience
Statistics U Mann-Whitney	17,000	28,500	13,500	19,500	28,000
Z	-2,784	-2,052	-3,026	-2,644	-2,073
Asymptomatic. GNP. (bilateral)	<b>,005</b>	<b>,040</b>	<b>,002</b>	<b>,008</b>	<b>,038</b>
Accurate GNP. [2*(1-sided Value.)]	<b>,004</b>	<b>,040</b>	<b>,001</b>	<b>,007</b>	<b>,040</b>

Table 3 shows that statistically significant differences were found for all the studied indicators. When a person lives in a new country for 5 years or more, he psychologically feels his well-being. However, according to our assumption, it can stop developing, driven by a certain anxiety.

The same applies to risk. The more a person lives in a new country, the less he is inclined to take risks. The repatriates have reached their "risk ceiling" by deciding to move, so those who have just arrived are most likely to develop. In the future, the desire for risk fades, replacing the stability and a sense of peace. In General, the overall resilience of those who have lived in the new environment for more than 5 years, still increases, which contributes to successful adaptation.

Moreover, apparently, repatriates should strive not to the maximum subjective well-being, but to the maximum vitality in combination with the average well-being and preservation of the desire to risk and develop as a person. It is in this direction that the work of psychologists on psychological support of repatriates should be built.

### Conclusion

1. Moving to another country, the immigrants, according to the theory Calervo Oberg, through several stages of psychological adaptation.

2. We used subjective well-being and resilience as indicators of this adaptation. In this case, the latter should be high, and the first (subjective well-being) – average. This ensures the successful primary adaptation of a person to new conditions and at the same time – the preservation of the desire to risk and develop.
3. Demographic characteristics (gender, age, country of previous residence) are relatively insignificant for the process of adaptation and subjective well-being of the individual.
4. The most powerful factor in this regard is the length of residence in the new country. After 5 years, repatriates have seen an increase in psychological well-being and a decrease in the desire to take risks.
5. Two groups of repatriates – those who have just arrived and have lived in the new conditions for more than 5 years – need a specific program of psychological support.

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