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Person's Social Potential as a Method of Everyday Stress Reduction

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Abstract

The present paper is focused on problems of social and psychological state of a person as a complicated characteristic of well-being. We implemented our research on the base of the concept of persons' social potential. A person is abstract characteristics of social activity, which are typical reflections of relationships between dynamical social and psychological systems. The main supposition of the research concludes in a discovery of social way of thinking as a potential of social development of a person and society. In addition, we tried to describe the limits of this way of thinking. Empirical research is realized on the base of a questionnaire with quantitative and qualitative projective questions. Analysis is based on sociological research of the respondents of 16-34 years old, citizens of a big city, Ekaterinburg, Russia. On the base of empirical sociological research, we attempted to describe connection between self-estimations of psychological state and different aspects of person's potential. In this paper, we investigated some explanations of positive or negative emotional indicators on the base of person's social constructive or destructive characteristics, which are important for the development of a person and social systems.

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1. Introduction

The present investigation is focused on the main problem of a person, which is connected with social opportunities. The particular goal of the research is to investigate a concept of social person's potential on the base of sociological methodology. The major study of person's social potential deals with social components of person's activity, which are important for the development of a person and social systems.

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2. Methodology

The main idea of the research is a positive social activity as an important social characteristic, which is connected with social well-being and development. The access to different social resources is important for it. Person's social typical subjective opportunities reflect social conditions of social realization. We believe that person's needs are primary person's interests, which are caused by different aspects of social well-being. Especially satisfaction of social opportunities is important for young people. Because characteristics of this group are important for future social development (Douglass, 2010).

Young people are worried about their future and their possibilities for it. The most important source of their everyday stress is general culture conditions. Their distinctive characteristic is the destructive impact of the majority of modern cultural samples. Modern social and culture conditions do not contain mechanism of personal development (Welzel, Inghart, 2010). Individual resources are not enough for rational decisions and overcoming of social hardships. Mostly it is possible by acquirement of social resources and social skills. What can they do? Person's social potential is a model, but it unifies person's conditions to positive social actions.

Social activity is often connected with definitions of social capital. A definition of person's social potential underlines the width, variety, and a complicated character of social systems (Luhmann, 1995), and social dynamics. Person's potential is not only suppositions of individual action, but it is a factor of social changes and development (Pankova, 2014). In individual opinions, we can find indicators and realization of social constructing (Berger, & Lukman, 1995). Our research concentrated on persons' possibilities, social resources which person can use for his goals. We analyzed a subjective feeling, self-estimate of well-being in aspects of persons' social characteristics and possibilities, which a person can use for his problem solving.

In this paper, we used a wide definition of everyday stress. We defined it in social measurement of social culture conditions as important and stressful conditions of an individual's everyday life. In addition, person can get over this problem on the base of some social resources and abilities and also by development of persons' social potential. The goal of our research is to find an individual's social components to overcome of usual social problems. Our research proposes that everyday stress or subjective well-being is socially constructed. Therefore, we can describe social mechanisms as positive or as stressful for a person (Aneshensel, 1992).

The main point our research is the idea of connection between social and psychological systems in everyday life of a person. A person is involved in social practices. In addition, his\her social world is contracted with the help of his\her activity. But measure and value of this activity might be different. Social positive and negative activities are important for social systems. Social and cultural multiplicity extends the possibility of person's choice. However social and culture uncertainty causes destroying of social constructive methods of person's activities and promotes a depletion of social resources which are traditionally used by an individual for social adaptation and his\her success. The structure of person's social potential is as complicated as many-dimensional person's social realization. The structure of person's social potential includes important components of social activity of a person, which are realized in social spheres and forms.

Firstly, social prospects and opportunities are very important for a person's. This component shows person's social sources of social realization and subjective expectancies. The gradations in these present social resources, which depend on a system of social values and samples. Their indicator is social motivation of self-realizations. The understanding of social opportunities is the reason of choosing social methods and activities. Moreover, what does that mean for everyday life? Directions or intentions are important components as a base of person's self-confidence and ambitions.

Second components of a person's potential define social space of a person's activity. It is a question of socially defined tools. Therefore, these are different social possibilities and resources. These might be people, a social group and institutions, which a person can use. Important indicator of a person's potential in this are knowledge and motivation to use different resources. So if an individual can use information or believe in his\her own abilities he shows different gradation of his\her potential. In this case, there is a variety and value of socially acceptable spheres and social groups, in which a person is potentially involved, which is very important. It seems, hat a social role of a person does not depend on the outside expectations of social groups. Therefore, it is a social context of a person's social realizations.

The third component is connected with instruments of activities. These types of activities can be estimated as socially constructive or destructive. Socially constructive type of a person is interested in improvement of person's abilities or self-development through social possibilities. Socially destructive, actually, aims at destructive activity towards yourself and the society.

The fourth component is abilities for everyday life and future self-estimations and emotional characteristics. It is the most visible characteristic of a person but it depends on other components of potential, which are the results of person's experiments and experience, acquired by social resources and the tests of his\her own possibilities.

We might conclude that social means of everyday stress is inability to overcome negative considerations through social resources, which a person can use. A high level of person's social potential is the ability to be socially flexible, ability of construct your own everyday life as a system, assimilation of social resources, ipso facto coping with uncertainty of social relationship. An important idea is to search components of social constructive activity for society and person's well-being.

Theoretical construct includes components, which can describe complex persons' characteristics. These characteristics are formed by connection of psychological characteristics and social activities of a person. A person is, in our opinion, some results of self-development and every-day practice on the base of dynamic social systems. A person does not have a static social position. The most important characteristic of a person is that a person is a social construct, which is formed on the base of social activity. A person is complex system of social characteristics and activity, which cannot be described by an individual process of decisions or incentives of activity. A person's potential is abstract characteristics, which might be shown as a typical position or relationships of several characteristics. Therefore, we can describe a hypothetically ideal model of the research. This empirical research intends to find out the explanations of person's well-being. Analysis includes following components: (I) Person's state of activity as a psychological, social state and health description. In this section empirical definition of everyday stress as complicated psychological, social health characteristics are implemented. (II) Social resources for psychological well-being. This section describes characteristics of a person's psychological state in connection with social opportunities. (III) Person's recourses for improvement of his\her psychological state. In this section, we want to find explanations of persons methods which person can use for him\herself. (IV) Person's resources for his\her own well-being. In this section, we analyzed correlations between characteristics persons' potential and methods of problem solving. Empirical research is implemented on the base of a questionnaire, which includes quantitative and qualitative projective questions. Analysis is based on sociological research of respondents of 16-34 year olds, citizens of a big city, Ekaterinburg.

3. Results and Conclusion

The most important indicator of a person's well-being and potential social activity is in the results that a person has in his\her everyday life. These are the results of social construct on the base of rational and irrational social activity of a person. Therefore, we asked our respondents about their social and psychological well-being. In addition, we tried to find explanations of this through correlations of different aspects their life.

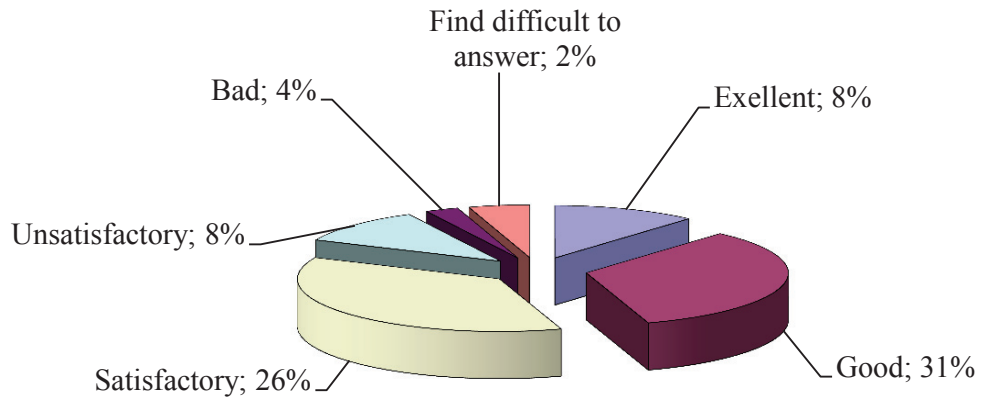


Fig. 1. Estimations of usual mood

3.1 Person's state of activity as a psychological and social state and health description

For the purpose of revelation of psychological characteristics of the respondents, we used the following question: "How you can estimate your usual mood in lately?". The estimation of mood is distributed as follows: 8.3% of total number of respondents has "excellent"; 30.9% - "good"; 26.1% - "satisfactory"; 7.7% - "unsatisfactory"; 3.5% - "bad". These results might be rather positive. Because only one of ten of respondents has visible negative mental feelings. The descriptions of a distinguishing feature of this group were organized on the base of correlations of a model, which included only statistically significant characteristics.

It has direct correlations with estimations of his own social well-being (Table 1). Those who have estimations as "excellent" more often believe that they have full social well-being (19.4%), rather have social well-being (29.0%). Those who have different estimation think "good" (34.2%; 56.9%); "satisfactory" (7.1%); "unsatisfactory" (0%; 24.1%); "bad" (0%; 25.0%).

Table 1. Usual mood depending on well-being (in % by columns)

Estimations of well-being	Estimations of usual mood						Total:
	Excellent	Good	Satisfactory	Unsatisfactory	Bad	Find difficult to answer	
Good	19.4	3.4	7.1	0.0	0.0	14.3	6.1
Rather good	29.0	56.9	29.6	24.1	25.0	14.3	39.2
Satisfactory	12.9	19.8	31.6	17.2	33.3	28.6	23.5
Rather bad	32.3	14.7	22.4	44.8	25.0	28.6	22.9
Bad	3.2	0.9	4.1	6.9	8.3	0.0	3.1
Find difficult to answer	3.2	4.3	5.1	6.9	8.3	14.3	5.1
Total:	100.0	100.0	100.0	100.0	100.0	100.0	100.0

* Coefficient of Cramer [0..1]: 0.190, the probability of error: 0.10%

Moreover, correlations of estimations of psychological state with self-estimations of health are statistically significant. Most people who have estimated their mood as "excellent" have positive estimations of their health: "good health" (32.3%), "rather good health" (35.5%), "satisfactory health" (32.4%). No one who estimate his or her health as "rather bad" and "bad".

Who has estimations mood as “good” also has positive opinion about their health: “good health” (25.0%), “rather good health” (52.6%), “satisfactory health” (20.7%), “rather bad” (1.7%). No one estimated their health as “bad”.

Those whose estimations of mood are “satisfactory” have rather “satisfactory” estimations about their health: “good health” (16.5%), “rather good health” (27.8%), “satisfactory health” (49.5%), “rather bad” (4.1%). No one estimated his\her health as “bad”.

Those whose estimations of mood are “unsatisfactory” have also rather “satisfactory” estimations of their health: “good health” (20.7%), “rather good health” (27.6%), “satisfactory health” (41.4%), “rather bad” (10.3%). No one estimated his\her health as “bad”.

Those whose estimations of mood are “bad” have also “satisfactory” and “bad” estimations of their health: “rather good health” (38.5%), “satisfactory health” (23.1%), “rather bad” (7.7%), “bad” (23.1%). No one estimated his or her health as “good health”.

It is possible to make a conclusion, that person’s self-estimations have composite character. It is complex of person’s well-being, which has impact on self-presentations. One can suppose that the reasons of self-estimation might have different sources but in any case some estimations affect the other ones. Estimation of health, well-being and mood turn out to be interconnected. Therefore, it is an impact on person’s general possibilities. No one who has positive emotions thinks about bad health and vice versa. Probably, health is an important factor of person’s activities, but we try to find explanations in social resources of an impact on person’s potential.

Table 2. Usual mood depending on health (in % by columns)

Estimations of health	Estimations of usual mood						Total:
	Excellent	Good	Satis-factory	Unsatis-factory	Bad	Find difficult to answer	
Good	32.3	25.0	16.5	20.7	0.0	28.6	21.5
Rather good	35.5	52.6	27.8	27.6	38.5	14.3	38.6
Satisfactory	32.3	20.7	49.5	41.4	23.1	28.6	33.8
Rather bad	0.0	1.7	4.1	10.3	7.7	14.3	3.8
Bad	0.0	0.0	0.0	0.0	23.1	0.0	1.0
Find difficult to answer	0.0	0.0	2.1	0.0	7.7	14.3	1.4
Total:	100.0	100.0	100.0	100.0	100.0	100.0	100.0

* Coefficient of Cramer [0..1]: 0.286, the probability of error: 0.10%

3.2 Social resources for psychological well-being

We will mainly analyze how person’s social perspectives might influence his psychological state. It was based on the analysis of relationships between groups with different estimations of emotional state and person’s potential to future prospects and opportunities. Person’s emotional state and worries about absence of opportunities are connected.

Therefore, the most positive emotional group who estimate their mood as “excellent” has the smallest number of people who are worried about absence of opportunities (26.5%). Those who have “good”, “satisfactory” and “unsatisfactory” estimation are more often worried about it (30.8%; 30.6%; 36.4). Those who estimate their usual mood as “bad” very often worry about their opportunities (50.0%; Table 3.).

Table 3. Usual mood depending on factors of everyday stress(in % by columns)

Factors of everyday stress	Estimations of usual mood						Total:
	Excellent	Good	Satisfactory	Unsatisfactory	Bad	Find difficult to answer	
Job loss	11.8	6.3	11.9	12.1	0.0	25.0	9.6
Conflicts	73.5	52.4	58.2	36.4	42.9	25.0	54.1
Hardships at work	17.6	25.2	25.4	30.3	35.7	12.5	25.1
Absence of opportunities	26.5	30.8	30.6	36.4	50.0	50.0	32.0
Changes or innovations at work	2.9	7.7	10.4	12.1	7.1	12.5	8.7
Necessity of changing a job or profession, occupation	8.8	9.1	7.5	18.2	0.0	12.5	9.0
Retirement age	5.9	2.8	8.2	3.0	7.1	0.0	5.2
Age	5.9	8.4	21.6	12.1	7.1	37.5	13.9
Children	2.9	2.1	6.0	3.0	0.0	12.5	3.8
Relationships with husband or wife	26.5	23.1	18.7	9.1	7.1	12.5	19.7
Health	29.4	39.9	42.5	30.3	21.4	25.0	38.0
Social or political events	14.7	9.8	17.2	12.1	7.1	12.5	13.1
Economic instability	14.7	28.7	28.4	27.3	14.3	25.0	26.5
International events	2.9	4.9	7.5	0.0	7.1	0.0	5.2
Global disaster	8.8	7.7	9.7	3.0	7.1	25.0	8.5
Uncertainty of person's goals	29.4	28.7	26.9	39.4	35.7	25.0	29.2
Other	5.9	4.2	3.7	12.1	21.4	0.0	5.5
Total:	100.0	100.0	100.0	100.0	100.0	100.0	100.0

* Coefficient of Cramer [0..1]: 0.190, the probability of error: 0.10%

A person gets opportunities for everyday life from social prospects of future, which they consider as their own plans for future. The base factors of psychological state are concentrated in subjective assimilations of images of social future.

Psychological state and accessibility of social resources are connected. Those who estimate their mood as "excellent" more often believe that they have material well-being (79.3%). Those who have different estimations rarely think in the same way: "good" (60.2%); "satisfactory" (54.9%); "unsatisfactory" (69.0%). Those who have estimations as "bad" are very different (36.4%). Therefore, those who have the most negative estimation of their psychological state have the lowest estimations of their well-being (Table 4).

Table 4. Usual mood depending on presence of social resources (in % by columns)

Presence of social resources	Estimations of usual mood						Total:
	Excellent	Good	Satisfactory	Unsatisfactory	Bad	Find difficult to answer	
Material well-being	79.3	60.2	54.9	69.0	36.4	71.4	60.7
Preservation of culture, value	58.6	52.8	63.7	55.2	45.5	57.1	57.1
Getting education	79.3	85.2	78.0	86.2	63.6	71.4	81.1
Accessibility of information for problem solving	58.6	65.7	54.9	55.2	36.4	28.6	58.2
Opportunities for relaxation	82.8	78.7	69.2	62.1	54.5	57.1	72.7
Accessibility of success increase of well-being	55.2	44.4	30.8	31.0	36.4	42.9	39.3
Guarantee of stability	13.8	10.2	14.3	13.8	9.1	28.6	12.7

* Coefficient of Cramer [0..1]: 0.058, the probability of error: 100.00%

Those who have the worst mood estimations of "unsatisfactory" and "bad" believe that they lack for different social resources in comparison with the other groups. They lack for: Social support "unsatisfactory" (78.6%), "bad" (50.0%); healthcare: "unsatisfactory" (40.0%), "bad" (42.9%); Access to information for problem solving: "unsatisfactory" (39.3%), "bad" (50.0%); Material well-being: "unsatisfactory" (28.6%), "bad" (60.0%); Family well-being: "unsatisfactory" (10.7%), "bad" (30.0%); Preservation of culture and values: "unsatisfactory" (25.0%), "bad" (40.0%); Possibility for recreation and spare time: "unsatisfactory" (21.4%), "bad" (50.0%); Accessibilities of success and increase of well-being: "unsatisfactory" (50.0%), "bad" (60.0%); guarantee of social stability: "unsatisfactory" (75.0%), "bad" (90.0%); Accessibility of resources for their needs: "unsatisfactory" (39.3%), "bad"

(60.0%). Psychological state reflects subjective estimations of life conditions. Those who believe in accessibility of different social resources feel better. There is a direct relation. Subjective ideas about opportunities have strong market relation to psychological state. It is an important factor of a person's positive or negative state.

Table 5. Usual mood depending on defiance of social resources (in % by columns)

Defiance of social resources	Estimations of usual mood						Total:
	Excellent	Good	Satisfactory	Unsatisfactory	Bad	Find difficult to answer	
Social support	44.0	51.5	66.7	78.6	50.0	71.4	59.2
Conditions and quality of life	28.0	35.0	31.0	32.1	10.0	0.0	30.8
Preservation of culture, value	28.0	29.1	20.7	25.0	40.0	14.3	25.8
Accessibility of information for problem solving	32.0	31.1	33.3	39.3	50.0	28.6	33.5
Opportunities for relaxation	8.0	10.7	23.0	21.4	50.0	28.6	17.7
Accessibility of success increase of well-being	24.0	40.8	56.3	50.0	60.0	28.6	45.8
Guarantee of stability	84.0	83.5	73.6	75.0	90.0	57.1	78.8
Accessibility of resources for needs	40.0	33.0	54.0	39.3	60.0	57.1	43.1

3.3 A person's methods to improve his/her psychological state

The main assumption for this part of the research was a question: do those who have positive psychological state prefer active methods of their activity? We received the following results. Those who estimated their usual mood as "excellent" prefer to use extra information to realize personal plans. Among them: mostly prefer to use information (50.0%), rather prefer to use information (30.0%). Other groups having different estimation of their mood gave the following answers. Those who estimated their mood as "good" – 38.3% and 42.6%, as "satisfactory" – 25.5% and 46.9%; as "unsatisfactory" - 34.5% and 41.4%; as "bad" – 38.5% and 38.5% respectively.

Those generally having positive mood prefer using information regarding their health care. Those who estimate their mood as "excellent" prefer getting extra information for health care in more than a half of cases (51.6%), those who have "good" mood – even more often (60.3%), It happens less often with those who estimate their mood as "satisfactory" (38.1%); "unsatisfactory" (48.3%); "bad" (30.8%). Communication is the most flexible social resource, because it allows a person to get more precise information about other resources. This confirms that communication is very important for social activity.

Those who have better estimations of their mood rarely prefer turning to specific social resources such as material support and social safety: Those having "excellent" mood mostly prefer (13.3%), rather prefer (16.7%); people having "good" mood (6.1%; 21.4%), "satisfactory" mood (12.2%; 21.4%); "unsatisfactory" (10.3%; 13.8%); "bad" (7.7%; 38.5%).

Those who have better estimations also rarely prefer resources of family and relatives help: "excellent" mostly prefer (36.7%), rather prefer (30.0%); "good" (37.4%; 28.7%), "satisfactory" (30.6%; 25.5%); "unsatisfactory" (44.8%; 31.0%); "bad" (61.5%; 30.8%). Perhaps those who have positive estimations concerning their own mood are surer of their own abilities and are more self-confident. Those who have worse estimations prefer well-known resources rather than resources, which allow widening person's possibilities. Perhaps they prefer these resources because it is an attempt to find certainty in their life. In addition, they are more dependent on other people. Availability of these resources is very important for positive psychological state. Communication is the most positive social resource because it makes person's opportunities more various. On the contrary, when a person tries to rely on well-known and thus limited resources he probably rejects other possibilities. We may conclude that person's independence is an important subjective indicator of his/her positive social activity, because a person has assimilated different social resources. Therefore, motivation towards bigger social activity is possibly the best available tool for positive social conditions for personal development.

3.4 Person's resources of social well-being

In this section, we have made suppositions that significance of self-realization is very important for a person. We analyzed correlations between person's potential characteristics and individual characteristics and methods of problem solving.

The most important characteristics of a person are those, which might widen social opportunities. Attitude to personal social activity and individual methods are connected. Because a person exists in both realities - social and psychological, we can find a typical connection. As a result, we will describe strategies of social-psychological action. Therefore, it is the potential for person's social practice.

Positive estimation of social self-realization is a very socially-positive social type. They mainly have positive estimation towards government and different social resources. The majority of them expect better social stability (83.3%). They believe in justice regarding their educational activities or professional development (82.9%). They have a positive opinion of community for their problem solving (82.4%). This group has a positive opinion about ways to support their activity. They gave rather negative estimation to alcohol as a means of relaxation, recreation and entertainment (81.8%). And they gave positive estimation to educative recreation such as reading books (81.0%). Therefore, this is a group, which can be defined as socially healthy, constructive and positive in their health and social success.

Rather positive estimation of social self-realization is defined by their striving to improve their opportunities. The majority of them educate themselves (88.5%). They prefer going to hospital for healthcare (83.6%). Development and self-realization are very important for them (80.3%). They believe that they have possibilities for education and developing their skills (77.0%). Healthcare availability is important for them (77.0%). They are still not married (75.4%). They believe that they have opportunities to improve their well-being and satisfy their main needs (68.9%). In addition, they think that well-being of their family is the resource which they can rely on. They are socially positive groups, which want to use different resources but their self-development is more important for them.

Those who have neutral opinion about social self-realization are characterized by passive form of activities. They do not have clear opinion about social support (36.2%). They have rather negative opinion on reading books as a recreational activity (33.7%). They have positive opinion on spending time in nightclubs (32.8%). They have mostly negative attitude towards migrants. They believe that migrants influence on the increase of corruption and crime (32.4%). Therefore, they are not positive in their expectations and estimations of different social groups. Perhaps they worry about their non competitive abilities.

Those who have rather negative opinion of self-realization, have negative attitude towards development of their skills (85.5%). They have positive opinion on reading books (57.6%). Most of them have a job (53.5%). They believe that inherited features have a high impact on their health (44.1%). So they do not think positively of their opportunities and their attitude is very passive.

Those who have negative opinion on self-realization think that they do not have access to social resources such as getting education, improving their skills (92.4%), and participation in different social groups (75.5%). They believe, that they work as well as possible (75.5%). They have intolerant attitude to migrants (85.5%). They think that they do not have enough resources: guarantee of stability (85.5%), confidence in the future (85.5%). This group mostly thinks about absence of social opportunities and it has socially negative attitude.

Therefore, person's need for self-realization is a very important factor of psychological and social well-being. In addition, it is a very important factor of a person's socially constructive activity. Therefore, we can confirm our theoretical assumptions concerning the importance of availability of social opportunities for person's social and psychological well-being. However, these opportunities are not subjective. It is obvious that motivation for social realization is connected to social knowledge and experience of a person. Psychological state is very important for social activity research because it allows to connect subjective, social and even physical factors in a person as a complicated system.

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