

Specific Features of Personal Self-Realization in Various Spheres of Life with Different Levels of Self-Actualization and Subjective Well-Being

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The article covers major ideas of the study of processes of self-actualization of experiencing subjective well-being. It presents the results of the empirical study, which was made on a random sample (n=226, aged from 16 to 67 years) with application of the following diagnostic toolset: “Diagnostics of personal self-actualization” (by A.V. Lazutkin, adapted by N.F. Kalina); “Subjective well-being scale” (M.V. Sokolova); specially designed questionnaire with questions aimed at studying subjective perception of one’s actualization in different spheres of life activities (by E.N. Komarova); testing method. The article reveals the specific of personal preferences with different correlation of self-actualization and subjective well-being in certain spheres of life activity for one’s realization. The applied aspect of the problem under study can be implemented in the possibility of using the obtained research results in psychological correction and prophylaxis linked to satisfaction of the personal need in self-realization. The obtained results can be used for development of training programs and courses on social psychology and psychology of personality.

Key words: self-actualization, subjective well-being, self-realization.