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## PERSONAL TRAITS SUPPORTING POSITIVE RELATIONS WITH OTHERS

У статті розглядаються психологічні якості та характеристики особистості, завдяки яким підтримуються її позитивні стосунки з іншими (як ці позитивні стосунки розуміються у моделі психологічного самопочуття К. Ріфф), і порівнюються з тими особистісними якостями, які зазвичай розглядаються як такі, завдяки яким підтримується автономія особистості. Для вирішення цього завдання використовувалася відповідна шкала з методики вивчення психологічного благополуччя (К. Ріфф); тест сенсожиттєвих орієнтацій Д. О. Леонтьєва; опитувальник самоствавлення В. В. Століна, С. Р. Пантелєєва; тест самоефективності Р. Шварцера та М. Єрусалима (адаптований В. Г. Ромеком), тест життєстійкості С. Мадді (адаптована Д. О. Леонтьєвим та ін.), самоактуалізаційний тест (САТ), шкала самовираження з тесту самодетермінації Осіна Е. та ін. Загалом у дослідженні взяли участь 150 студентів київських університетів.

Дані дослідження показують, що існує сильна кореляція між позитивними стосунками з іншими та такими особистісними рисами, як процес життя та результативність життя та інші показники сенсожиттєвих орієнтацій життя; самовираження, яке розкриває, чи відчувається життя особистістю як таке, що відповідає її власним бажанням, потребам та цінностям; самоповага та очікуване ставлення оточуючих і кілька інших показників самоствавлення та загальна шкала самоствавлення особистості; ціннісні орієнтації на самоактуалізацію і психологічна стійкість. Показниками успішних позитивних стосунків є залученість як характеристика життєстійкості, очікуване ставлення оточуючих, самовираження та самоповага, існуючі життєві цілі та позитивні життєві результати. Високий локус контролю-Я та контроль як чинник психологічної стійкості можуть запобігти розвитку теплих, добрих та глибоких стосунків.

Отримані результати показують, що існує лінія особистісних характеристик, що підтримують як автономію особистості, так і її позитивні стосунки з іншими, а саме – самовираження, самоповага та наявні життєві цілі. Це дає підстави говорити про те, що автономія особисті та її позитивні стосунки з оточуючими – це не абсолютно протилежні особистісні риси, а потреба в автономії не задовольняється лише шляхом нехтування стосунками з іншими людьми.

**Ключові слова:** психологічне благополуччя, позитивні стосунки з іншими, сенсожиттєві орієнтації, самоставлення, самоактуалізація, психологічна життєстійкість, самовираження.

## Introduction

**Problem challenge and the theoretical foundations.** According to the theory and the corresponding model developed by C. Ryff, psychological well-being consists of positive relations with others, environmental mastery, autonomy, a feeling of purpose and meaning in life, personal growth and development, and self-acceptance (Ryff & Keyes, 1995). This instrument is widely used by researches interested in well-being. As C. Ryff points out, high scores by the scale of positive relations with others reflect the respondent's engagement in meaningful relationships with others that include reciprocal empathy, intimacy, and affection (Ryff & Keyes, 1995). These views correspond to the need in relatedness, postulated within the self-determination theory developed by Edward L. Deci and Richard Ryan. Relatedness means an individual's need to interact with, be connected to, and experience caring for others (Baumeister & Leary, 1995).

We should note that the modern Western European civilization relies on individualism, independence of people, which means that every person is valuable. Of course, this approach is an indisputable societal achievement, but it forgets another side of the human nature – each individual lives not absolutely alone, but in society, in a community, in a circle of his/her nearest and dearest. That is why modern researchers tend to pay more attention to the factors supporting personal independence, such as autonomy or personal growth, but they are less interested in such characteristics as positive relationships with others. Does the desire to be autonomous, independents contradict to the need in deep sympathy, warm attitudes, commitment to someone? We believe that this is an actual question for modern psychological research.

## Theory

The performed analysis of the scientific works that compare development of autonomy and positive relations with others show contradicting results.

Thus, Inguglia C. et al. (Inguglia, Ingoglia, Francesca & Lo Coco, 2014) showed that: perceived parental support for autonomy of adolescents was positively associated with perceived support for relatedness; autonomy and relatedness were positively related to each other for emerging adults, but they were not related for teens. Their findings confirmed that autonomy and relatedness are fundamental needs for both teens and emerging adults related to parental support and psychological health. Ward P. et al. (Ward, Lundberg, Ellis & Berrett, 2010) discovered that adolescents are more likely to follow peer leaders who afford them autonomy to choose, an avenue for relatedness with the leader and other members of their group, and a sense of competence for the task they are doing. So, these works lead to the conclusion that autonomy and positive relations are developed in line.

However, there are other works that contradict such conclusion. Fleming M. (Fleming, 2005) obtained results that, in late adolescence, boys showed a high rate of autonomy, but this was associated with a greater frequency of parental disobedience. Güngör D., Phalet K. (Güngör & Phalet, 2011) studied autonomy-relatedness balance in distinct cultural models of independence vs. interdependence (Belgium vs. Turkey). Their findings reveal diverging developmental pathways towards increased conflict of autonomy and relatedness among Belgian adolescents and towards increased compatibility among Turkish adolescents. The results of the research performed by O. A. Karabanova, N. N. Poskrebysheva (Karabanova & Poskrebysheva, 2011) demonstrated complicated non-linear relationship between the level of personality autonomy and child-parent relations (parental control, adolescents' independence and self-management competence, communication and cooperation with parents).

Thus, we propose to research the risen issue from another point of view. Let us examine psychological qualities and characteristics that support personal autonomy and positive relations with others in order to find such characteristics that are common for both studied factors or to find different qualities. Serdiuk L. et al. (Serdiuk, Danyliuk, Turban, Penkova & Volodarska, 2018) proposed the following personal characteristics that influence autonomy: meaningful life orientations, self-attitude, characteristics of self-actualization, psychological hardiness, and self-expression. In this article we will examine whether these personal traits support also an individual's positive relations with others.

The **article purpose** is to determine personal characteristics and qualities that support an individual's positive relations with others. The research subject is an individual's positive relations with others as they are

understood in C. Ryff's model of psychological well-being. The research object is psychological factors influencing personal relationships.

## Methodology

**Research methods.** To determine positive relations with others, we used the corresponding scale from the Ryff's Scales of Psychological Well-being (adaptation by T. Shevelenkova, T. Fesenko) (Shevelenkova & Fesenko, 2005).

To determine the psychological characteristics affecting an individual's positive relationships with others, we used the following tests: the Test of Meaningful Life Orientation of D. A. Leontiev, which is the adapted version of Purpose-in-Life Test of James Krambo and Leonard Maholik (Leontiev, 2000); Test-Questionnaire of Self-Attitude of V. V. Stolin, S.R. Pantileev (Stolin & Pantileev, 1988); Self-Efficacy Scale proposed by R. Schwarzer and M. Jerusalem and adapted by V. G. Romek (Schwarzer, Jerusalem & Romek, 1996), S. Maddi's Hardiness Scale in adaptation of D. A. Leontiev, Ye. I. Rasskasova (Leontiev & Rasskasova, 2006), the Self-Actualization Test (CAT), which represents the adaptation of Shostrom's Personal Orientation Inventory (Aleshina, Gozman, Zagika & Kroz, 2003), the self-expression scale from the self-determination test (Osin, Ivanova & Gordeeva, 2013).

**Sample.** In total, 150 respondents - students of Kyiv universities participated in the research.

## Results

At the first stage of statistical data processing, correlations were identified between positive relationships with others and other personal characteristics. The obtained results are presented in Tables 1-4.

*Table 1*

### Correlations between positive relationships with others and Leontiev's Test of Meaningful Life Orientation.

	General purpose in life	Life goals	Life process	Life results	Locus of control –Self	Locus of control - life
Pearson correlation	,550**	,549**	,601**	,609**	,390**	,486**
Sig. (2-sides)	,000	,000	,000	,000	,000	,000

Note: \*\* – correlation is significant at the level  $\leq 0,01$ ; \* – correlation is significant at the level  $\leq 0,05$

Let us examine Table 1 in more detail. So, all indicators of the meaningful life orientations correlate with positive relations with others at significant levels. The strongest correlations are with the scales *life process* and *life results*. The first indicator means that an individual perceives the process of his/her life as interesting, emotionally rich and full of meaning. The second indicator reflects an individual's assessment of the past life part, the feeling of how it was productive and meaningful (Leontiev, 2000).

There is a strong and significant correlation between positive relations with others and *self-expression*. It equals 0,669 (p=0.000). Self-expression reveals whether life is experienced as consistent with one's own desires, needs and values [5]. The correlation with self-efficacy is significant, but quite weak, it equals 0,269 (p=0.000).

Table 2

**Correlations between positive relations with others  
and the indicators if the Test-Questionnaire of Self-Attitude  
of V.V. Stolyn, S.R. Panteleyev**

	General self-attitude	Self-respect	Auto-Sympathy	Expected attitude of others	Self-interests	Self-assurance	Attitude of others	Self-acceptance	Self-management	Self-blaming	Interest in oneself
Pearson correlation	,521**	,585**	,533**	,559**	,251**	,418**	,190**	,514**	,178*	-,271**	,531**
Sig. (2-sides)	,000	,000	,000	,000	,000	,000	,007	,000	,012	,000	,000

Note: see table 1.

As for self-attitude, there is an above average significant correlation between positive relations with others and *general self-attitude*, which is an internal undifferentiated feeling of «for» or «against» oneself. The strongest correlations are observed for the scales of *self-respect and expected attitudes of others*. The first indicator reveals the self-attitude aspect that emotionally and meaningfully combines faith in an individuals' strengths, abilities, energy, independence, and assesses his/her capabilities to control his/her own life and to understand him/herself. The second indicator reflects an expected positive or negative attitude of others (Stolyn & Pantileev, 1988).

Table 3

**Correlations between positive relationships with others and the indicators of S. Maddi's Hardiness Survey in adaptation of D.A. Leontiev, Ye.I. Raskasona**

	Control	Commitment	Challenge	General hardiness
Pearson correlation	,456**	,563**	,368**	,516**
Sig. (2-sides)	,000	,000	,000	,000

Note: see table 1.

Positive relations with others correlate also quite strongly and significantly with *general psychological hardiness*, the strongest correlation is marked for the commitment scale. Commitment is the attitude of taking a genuine interest in other people, having a curiosity about the world and getting involved with people and activities. The opposite of commitment is alienation, which involves cutting yourself off and distancing yourself from other people (Maddi, 2002).

Table 4

**Correlations between positive relationships with others and the indicators of the Self-Actualization Test**

	Time Competence	Inner-Directed	Self-Actualizing Value	Existentiality	Feeling Reactivity	Spontaneity	Self-Regard	Self-Acceptance	Nature of Man-Constructive	Synergy	Acceptance of Aggression	Capacity for Intimate Contact	Cognitive needs	Creativity
Pearson correlation	,390**	,474**	,586**	,322**	,244**	,361**	,467**	,355**	,245**	,270**	,323**	,145*	,189**	,071
Sig. (2-sides)	,000	,000	,000	,000	,000	,000	,000	,000	,000	,000	,000	,040	,008	,316

Note: see table 1.

As for the Self-Actualization Test, the strongest correlation is observed for the *self-actualizing value* scale that measures affirmation of primary values of self-actualizing people. There are also average correlation between positive relations with others and the scales of *inner-directed* (the degree to which an individual is independent and self-supportive) and *self-regard* (measures affirmation of self because of worth) (Aleshina, Gozman, Zagika & Kroz, 2003).

The performed correlative analysis show that positive relationships with others correlated quite strongly with many personal characteristics that can be described as qualities supporting an individual's believe in his/her own forces, in capability to achieve personal goals, be independent and respect him/herself; so, these are the characteristics usually attributed to an autonomous person. In addition, there are characteristic that reveal an individual's interest in other people, in relatedness with them and his/her expectations of the same mutual attitudes from other people.

In order to develop further our analysis and reveal predictors of positive relations with others, let us perform regression analysis. The «Positive relations with others» scale was used as a dependent variable; all other examined indicators, except combined ones, were used as independent variables. The performed stepwise regression analysis stopped at the 8th step. The results for this step are presented at the Tables 5–7.

*Table 5*

**The model of regression analysis for «Positive relations with others» scale (determined by the Ryff's Scales of Psychological Well-Being)**

Model 8	R	R Square	Adjusted R Square	Std. Error of the Estimate
8	,831	,691	,678	5,694

Predictors: self-expression, expected attitude of others, commitment, self-respect, locus of control -self, life goals, life results, control.

A model is considered valid if R-square exceeds 0.5. The resulting value is greater than 0.5, so we can assert that the obtained model is statistically reliable. The analysis reliability is also supported by the corresponding ANOVA analysis presented in Table 6.

*Table 6*

**ANOVA for «Positive relations with others» scale (determined by the Ryff's Scales of Psychological Well-Being)**

Model 8	Sum of Squares	Df	Mean Square	F	Sig.
Regression	13816,655	8	1727,082	53,277	,000
Residual	6191,665	191	32,417		
Total	20008,320	199			

Dependent variable: positive relations with others

Predictors: self-expression, expected attitude of others, commitment, self-respect, locus of control -self, life goals, life results, control

Here,  $p \leq 0.000$ , which is less than 0.05, and indicates that, overall, the regression model statistically significantly predicts the outcome variable.

Table 4 shows the resulting coefficients of linear relations of positive relationships with others with personal characteristics - predictors.

*Table 7*

**Linear coefficients for the predictors of positive relations with others**

Model 8	Standardized Coefficients	Sig.	Tolerance
(Constant)		,000	
self-expression	,273	,000	,407
expected attitude of others	,262	,000	,610
Commitment	,406	,000	,211
self-respect	,200	,000	,706
locus of control -self	-,526	,000	,213
life goals	,377	,000	,202
life results	,287	,000	,287
Control	-,302	,001	,202

Here,  $p \leq 0.001$  for all predictors; it indicates the estimated regression correlations are statistically significant. Regression analysis is considered reliable if the tolerance value for each independent variable is greater than 0.2. The tolerance values in Table 4 meet this requirement.

The largest obtained coefficient is for the *commitment* indicator; thus, real interest in other people, positive involvement in their affairs and problem is the most important predictor of positive relation development and support. *Expected good attitude from others* is also important for warm, reliable, emotional relations. These results are quite expectable, because they obviously influence mutual relations of people. Let us examine the other, less evident predictors.

*Self-expression* and *self-respect* are also important predictors. It means that if an individual believes in his/her strengths, abilities, energy, independence, if he/she believes that he/she can control his/her life and his life is consisted with his/her needs, believes and values, which he/she understand, that such self-attitude help the individual to build deep, trusting, emotionally warm relationships with other, to feel related with his/her nearest and dearest. We also should note predictors related with life meaningful orientations: *life goals* and *life results*. Existing life of goals that give life meaningfulness, a focus and a temporary perspective and positive assessment of the past life are also support establishment of positive relations. The described here personal characteristics are also important for development and support of personal autonomy (Serdiuk, Danyliuk, Turban, Penkova, & Volodarska, 2018).

Table 4 has also two predictors with negative coefficients: *locus of control –self* and *control*. An individual with high results for these indicators images him/herself as a strong personality with sufficient freedom and he/she can influence the events taking place around by his/her own efforts. So, such individual tend to relay on him/herself alone, in isolation, without seeking support from other people. This is somewhat selfish position that prevents development of good relations.

## Discussion

We showed that *commitment* indicator is quite important for support and development of positive attitudes with other. The work of Saricaoglu H. (Saricaoglu & Arslan, 2013) shows that the most significant predictors of the subscale of positive relations with others are agreeableness. Agreeable individuals are those who are polite, courteous, flexible, well-tempered, forgiving, tolerant, and they establish emotional affinity with others. All these qualities support commitment, as well as are good for establishment of positive relations with others.

The work of García-Alandete J. (García-Alandete, 2015) is in total correspondence with our findings. The results showed significant correlations between meaning in life and psychological well-being dimensions, in terms of covariance and prediction, especially with global psychological well-being, self-acceptation, environmental mastery, and positive relations.

Scott B. K. (Scott, 2017) notices that positive attitude to others, as well as personal autonomy correlate with such characteristic as industriousness. People who are industrious are achievement-oriented, self-disciplined, efficient, purposeful, and competent. Industriousness can be described as passion and perseverance for long-term goals. This notion is quite close to the idea of life meaningful orientations, namely with existence of life goals. So, Scott's findings are in line with our result that the *life goals* indicator is one of the predictors of positive attitudes to others.

There is partial coherence with the work of Gustainienė L. (Gustainienė, 2012). According to her, higher scores on relations with others were related to higher scores on vigor, which is characterized by high levels of energy and mental resilience. The result is comparable with our results on the correlation between positive relations with others and general psychological hardiness and life process.

## Conclusions

In this article we analysed how positive relations with others, as they understood within C. Ryff's model of psychological well-being, depends on personal characteristics that are associated usually with personal autonomy, namely: meaningful life orientations, self-attitude, characteristics of self-actualization, psychological hardiness, self-expression.

The study data show that there are strong correlations between positive relations with others and such personal traits as life process and life results and other indicators of meaningfulness of life; self-expression, which reveals whether life is experienced as consistent with one's own desires, needs and values; self-respect and expected attitudes of others and several other indicators of self-attitude and general scale of self-attitudes; self-actualizing value and psychological hardiness. The predictors of successful positive relations are commitment, expected attitudes of others, self-expression and self-respect, existing life goals and positive life results. High locus of control on self and control as a factor of psychological hardiness can prevent from development of warm, good and deep relations.

The obtained results show that there is a line of personal characteristic that support personal autonomy and positive relations with others, namely, self-expression, self-respect, life-goals. That is why we cannot argue the

idea that personal autonomy and positive relations with others are totally opposite personal traits and that need in autonomy can be fulfilled by neglecting relationships with others.

**Prospect for further research.** As we already noted in the present paper, we investigated only personal trait that usually applied to the notion of personal autonomy and found that some of them support development of positive relation with other. It will be interesting to study a wider range of personal qualities and their influence on the need in relatedness in the future.

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## Abstract

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## PERSONAL TRAITS SUPPORTING POSITIVE RELATIONS WITH OTHERS

The article examines the psychological qualities and characteristics that support positive relations with others as they are understood in C. Ryff's model of psychological well-being and compares them with those personal qualities that usually understood as supporting an individual's personal autonomy. To solve this task, we used the corresponding scale from the Ryff's Scales of Psychological Well-being; the Test of Meaningful Life Orientation of D. A. Leontiev; Test-Questionnaire of Self-Attitude of V. V. Stoklyn, S.R. Panteleyev; Self-Efficacy Scale proposed by R. Schwarzer and M. Jerusalem (adapted by V. G. Romek), S. Maddi's Hardiness Scale (adaptated of D. A. Leontiev et al.), the Self-Actualization Test (CAT), the self-expression scale from the self-determination test of Osin E. et al. In total, 150 respondents - students of Kyiv universities participated in the research.

The study data show that there are strong correlations between positive

relations with others and such personal traits as life process and life results and other indicators of meaningfulness of life; self-expression, which reveals whether life is experienced as consistent with one's own desires, needs and values; self-respect and expected attitudes of others and several other indicators of self-attitude and general scale of self-attitudes; self-actualizing value and psychological hardiness. The predictors of successful positive relations are commitment, expected attitudes of others, self-expression and self-respect, existing life goals and positive life results. High locus of control on self and control as a factor of psychological hardiness can prevent from development of warm, good and deep relations.

The obtained results show that there is a line of personal characteristic that support personal autonomy and positive relations with others, namely, self-expression, self-respect, life-goals. That is why we cannot argue the idea that personal autonomy and positive relations with others are totally opposite personal traits and that need in autonomy can be fulfilled by neglecting relationships with others.

**Key words:** *psychological well-being, positive relations with others, meaningful life orientations, self-attitude, self-actualization, psychological hardiness, self-expression.*

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