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THE PSYCHOLOGICAL DETERMINANTS OF SUBJECTIVE WELL-BEING IN CIVILIANS AND MILITARY PERSONNEL WITH HEARING IMPAIRMENTS

Представлено результати емпіричного дослідження психологічних чинників суб'єктивного благополуччя цивільних й військовослужбовців з порушеннями слуху.

Вибірку склали 270 осіб із порушеннями слуху, серед яких 51 цивільна особа та 219 військовослужбовців. Результати дослідження засвідчили, що для цивільних осіб із порушеннями слуху статистично значущими чинниками суб'єктивного благополуччя є автономія, управління середовищем, соціальна підтримка, самооцінка, а негативним чинником – позитивні стосунки. Для військовослужбовців із порушеннями слуху такими чинниками виступають: самоприйняття, соціальна підтримка та самооцінка. Для цивільних з порушеннями слуху соціальна підтримка виявилася найсильнішим позитивним предиктором, попри комунікативні бар'єри, за умови її доступності; адекватна самооцінка сприяє адаптації та резильєнтності, тоді як автономія та управління середовищем забезпечують контроль над власним життям і збереження своєї культурної ідентичності.

Однак, позитивні стосунки в цій групі мають негативний вплив, що може свідчити про зовнішню вимушеність у підтримці таких зв'язків. Для військовослужбовців з порушеннями слуху соціальна підтримка допомагає зменшити психоемоційне навантаження, сприяючи адаптації та реабілітації. Самоприйняття дозволяє інтегрувати досвід втрати слуху у свою ідентичність. Адекватна самооцінка підтримує мілітарну ідентичність, надає відчуття цінності та здатності здійснювати вагомий внесок у спільноту. Отже, збіг соціальної підтримки в обох регресійних моделях підкреслює фундаментальне значення цього предиктора для адаптації, добробуту, подолання комунікативних бар'єрів осіб з порушеннями слуху.

Отримані результати поглиблюють розуміння чинників суб'єктивного благополуччя осіб із втратою слуху та можуть бути використані для розробки програм психологічної реабілітації й консультування цієї категорії осіб.

Ключові слова: *задоволеність життям, психологічне благополуччя, чинники благополуччя, автономія, соціальна підтримка, самооцінка, самоприйняття.*

Introduction

Problem statement. Hearing impairment is not a homogeneous phenomenon. The time of its appearance (early or late loss), its causes (congenital, acquired), a degree of its loss as well as a social status (civilians, military personnel) significantly affect how hearing impairment is experienced, what adaptation strategies are used by people with hearing impairments and what their psychological needs are. Existing modern studies often generalize these groups of subjects, which can lead to ineffective psychological interventions. Research into psychological determinants of subjective well-being in different categories of people with hearing impairments allows us to identify unique and common factors that contribute to or hinder adaptation and development of positive personality functioning; and these factors influence effectiveness of psychological assistance.

Theoretical analysis

Review of recent studies and publications. Subjective well-being and its factors remain a leading topic in modern psychological science. With the beginning of the full-scale war in Ukraine, scientific interest in subjective

and psychological well-being has increased significantly. In particular, researchers have made many attempts to analyse well-being factors in different categories of population in order to better understand their needs and improve psychosocial support for them. To define important factors, researchers mostly use multiple regression analysis and regression analysis with moderation.

Research on the psychological factors of subjective well-being in ballet dancers, conducted by a group of researchers (Malysheva, & Dymova, 2021), showed that the influence of body awareness on subjective well-being was manifested through ballet dancers' openness to experience in.

A. Kharytynskyi performed the theoretical understanding of psychological factors of military personnel's subjective well-being. The researcher substantiated that the psychological factors of military personnel's subjective well-being were: 1) "a wide range of emotions in the context of attitudes towards oneself and the world…"; 2) "feeling of satisfaction (dissatisfaction) with relationships with others…"; 3) "perception of qualitative characteristics of one's own behaviour in various spheres of life…"; 4) "awareness of one's professional qualifications and skills, their content, determinants…"; 5) "awareness and comprehension of the meaning of one's existence, goals of military-professional activities…" (Kharytynskyi, 2022, pp. 199-206).

A. Kovalenko, E. Hryshchuk & N. Rogal identified empirically factors of military students' psychological well-being. Scientists found that for male military students, statistically significant factors of psychological well-being were: "autonomy, environmental control, personal growth, purpose in life, low social distance, subjective psychological well-being". For female military students, important determinants were: "positive relationships, autonomy, self-acceptance, social approval, positive attitude, subjective psychological well-being" (Kovalenko, Hryshchuk, & Rogal, 2020, p. 86).

Foreign scientific publications also included studies on factors of military personnel's well-being. Thus, A. Skomorovsky, & K. Sudom (2011) found that psychological hardiness associated with all aspects of psychological well-being and was a psychological well-being factor for candidates for officers in the Canadian Armed Forces. B. Wright et. al. (2023) investigated influence of physical activities on life satisfaction among military personnel. The study determined that both physically active and insufficiently physically active military personnel had better life satisfaction than military personnel who did not have any physical activity. Using regression analysis, P. Bartone, & S. Bowles (2021) calculated that psychological hardiness was a predictor of both military

personnel's posttraumatic growth and their psychological well-being, taking into account variables such as age, education, income level, and neuroticism. In the final regression model (Lee et al., 2022), higher life satisfaction among Korean War veterans was associated with marital status, higher income, negative childhood memories, positive attitudes toward service, less post-return stress and better physical health. The research (Urbón, Chafer, & Salavera, 2025) showed that both positive and negative emotions significantly affected military personnel's life satisfaction and subjective happiness.

As for studies on well-being of people with hearing impairments in modern psychological literature, the factors of well-being were more actively investigated for respondents with late (post-verbal) hearing loss, and much less for respondents with early (contractual) hearing loss. This was due to the fact that respondents with early hearing loss required special conditions for organizing and conducting empirical research, in particular: adaptation of psychological examining methods in sign language or support from a sign language interpreter. J. Meyer, & S. Kashubeck-West (2013) investigated well-being in people with late hearing loss. Structural equation modelling was used to process the results of their empirically study. The research showed that emotionally-oriented coping strategies partially mediated psychological well-being from one side and how severe people experience hearing loss and their subjective adaptation from the other one. Problem-focused coping partially mediated relations between subjective adjustment to disability and psychological well-being in individuals with late-onset hearing loss. The research (Zhou et. al., 2023) found that middle-aged and elderly Chinese respondents with sensory impairments had significantly lower life expectancy, life satisfaction and self-rated health compared to those without such impairments.

Purpose of the article. The purpose of our study was to identify psychological determinants of subjective well-being in two different groups of respondents (civilians, military personnel) with hearing loss.

Research methodology

Presentation of the main material. The study involved 270 people with hearing impairments, including 51 civilians and 219 military personnel. Some methods were translated from English into Ukrainian and their reliability was tested using the Cronbach's α coefficient. The obtained results for scale reliability varied within 0.8-0.9, which indicated that these methods could be used with respondents having hearing impairments. We

also created the authors' questionnaire to determine demographic data of respondents with hearing impairments. The following diagnosing tool wwas used in our empirical study: the Hearing Handicap Questionnaire for Adults, developed by C. Newman, B. Weinstein, G. Jacobson and G. Hug (1990). This tool allowed an experimenter to measure levels of hearing handicap in adults with hearing impairments. The following psychological examining methods were also used in the study: the Multidimensional Scale of Perceived Social Support by G. Zimet (1988); Rosenberg Self-Esteem Scale (1965) in the version of the Institute of Cognitive Behavioural Therapy (2012), determining self-esteem as a positive determinant of life satisfaction; E. Diener's Satisfaction with Life Scale (1985) to determine subjective well-being as a dependent variable in multiple regression analysis; G. Eysenck's "Self-Assessment of Mental States" questionnaire in the adaptation of S. Maksymenko, L. Karamushka and T. Zaychikova (2023) to determine negative impacts of frustration, aggressiveness, anxiety and rigidity on subjective well-being; as well as C. Riff's six-factor method of psychological well-being to determine predictors of subjective well-being in civilians and military personnel with hearing impairments (1989). Data analysis was carried out using the statistical program Jamovi version 2.4.14.

Results and Discussion

We performed descriptive statistics, cluster, correlation and regression analyses to reveal psychological factors of subjective well-being of people with hearing impairments. The results in full were covered in the dissertation research and scientific articles (Mykolyuk, 2024a; Mykolyuk, 2024b).

This article presents the results of multiple regression analysis in order to identify empirically significant psychological factors of subjective well-being in civilians and military personnel with hearing impairments.

Table 1 presents the regression model for civilian respondents with hearing impairments.

Table 1 show that the coefficient of determination explained 54.3% of variance for the "life satisfaction" dependent variable due to the included predictors; $R = 0.737$, which indicated a strong linear relationship between the variables.

The adjusted coefficient of determination explained 41.4% of variance for the "life satisfaction" dependent variable due to the included independent variables, this coefficient adjusted for the number of predictors. The F-test with $p < 0.001$ confirmed the statistical significance of the calculated model.

Table 1

The regression model (civilians with hearing impairments)

R	R2	Adjusted R	F	df1	df2	p-value
0, 737	0, 543	0,414	4,22	11	39	<0,001

Let us analyse the Shapiro-Wilk test performed to estimate normal distribution for the indicators shown by the group of civilians with hearing loss (Table 2).

Table 2

Shapiro-Wilk normal distribution indicators (civilians with hearing impairments)

Statistic	P
0,983	0,655

The Shapiro-Wilk test results indicated that data distribution in the studied group of civilians with hearing impairments corresponded to normal.

All VIF values were significantly lower than 5, and all Tolerance values were significantly higher than 0.2. This indicated that multi-collinearity was not a significant problem in this regression model for civilians with hearing impairments (Table 3).

Table 3

Multi-collinearity indicators of the regression model for the group of civilians with hearing impairments

Independent variables	VIF	Tolerance
Autonomy	1,61	0,620
Environmental mastery	2,33	0,429
Positive relationships	3,93	0,254
Anxiety	1,49	0,670
Aggression	1,23	0,811
Rigidity	2,44	0,4110

Handicap	1,79	0,560
Social support	3,05	0,328
Purpose in life	1,93	0,518
Self-acceptance	2,33	0,429
Self-esteem	2,01	0,498

Let us examine the regression model coefficients for the "life satisfaction" dependent variable in the group of civilians with hearing impairments. This analysis allowed us to identify which determinants had the greatest impact on subjective well-being in this group (Table 4).

Table 4

Regression model coefficients (civilians with hearing impairments)

Predictor	Estimate	SE	t	p	Stand. Estimate
Intercept	8,8336	8,3084	1,063	0,294	
Autonomy	0,3323	0,1477	2,250	0,030	0,3091
Environmental mastery	0,4910	0,2262	2,170	0,036	0,3584
Positive relationships	-0,8494	0,2321	-3,660	<0,001	-0,7853
Anxiety	0,0197	0,1787	0,111	0,913	0,0146
Aggression	-0,1123	0,1479	-0,759	0,452	-0,0912
Rigidity	-0,2995	0,2052	-1,459	0,152	-0,2466
Handicap	0,0418	0,0377	1,109	0,274	0,1603
Social support	3,4419	0,8626	3,990	<0,001	0,7540
Purpose in life	-0,1469	0,1835	-0,800	0,428	-0,1203
Self-acceptance	-0,1716	0,2038	-0,842	0,405	-0,1390
Self-esteem	0,5097	0,2015	2,529	0,016	0,3879

Notes: dependent variable is life satisfaction

Thus, according to Table 4, the significant psychological factors of subjective well-being for this category of respondents were: autonomy, environmental mastery, social support, self-esteem; the "positive relationships" indicator was a negative predictor. Social support was the most significant predictor for civilians with hearing impairments.

Social support was the strongest positive predictor for this group. For civilians with hearing impairments who face communication barriers on a daily basis, availability and adequacy of support from family, friends and significant others is vital. This support can contribute to their stress resistance, reducing their sense of isolation and situational anxiety and facilitating their adaptation to everyday challenges associated with hearing loss. This is especially important in an environment where special acoustic needs of such people is not always understood or special communication tools are insufficient, for example, video conferences without built-in subtitles. The strong positive coefficient near this predictor emphasizes the need to invest in effective social support initiatives that truly take into account the psychophysical capabilities of people with hearing impairments. Often, social support includes assistance in ensuring access to education, adapted educational materials, sign language interpretation or other assistive devices. This directly affects learning opportunities and, as a result, future life satisfaction of such people. Favourable social support contributes to achievements of life goals and self-fulfilment.

Positive relationships were a negative predictor for civilians with hearing impairments. It is possible that "positive relationships" reflects not so much internal quality of relationships but external efforts to maintain them or to comply with social expectations. If a civilian with hearing loss constantly makes auditory efforts (verbal and non-verbal communication strategies used by persons with hearing impairments) to be perceived positively or to overcome audism by persons without hearing impairments, this can lead to fatigue and worsened subjective well-being.

Self-esteem was an important factor supporting the subjective well-being of civilians with hearing impairments. Self-esteem helps to overcome internal barriers and adequately accept themselves. Civilians with hearing impairments with adequate self-esteem adapt better to new conditions and challenges associated with hearing impairments. Adequate self-esteem allows them to believe in their own capabilities, forming a positive attitude towards themselves as a holistic and multifaceted person.

Autonomy as a psychological factor of subjective well-being reflects a person's ability to be independent, make their own decisions and maintain control over their lives. Autonomy is important for hearing-impaired civilians because it allows them to control their actions and behaviours; it is their ability to resist social pressure applied by well-hearing people, to maintain a distinctive deaf cultural identity and have strong social connections with the deaf community. Autonomy for such individuals allows them to develop an internal locus of control, activating their self-determination and responsibility for their life path. The positive regression coefficient indicates that developed autonomy helps hearing-impaired people adapt effectively without losing motivation and activity in life. Therefore, for hearing-impaired civilians who may face overprotection or environmental restrictions, capability to act in accordance with their beliefs without relying entirely on others enhances their sense of control over their lives and, consequently, subjective well-being.

For civilians with hearing impairments, environmental mastery means capability to effectively use external and internal resources (for example, use assistive technologies such as subtitles), achieve high results in work or study and successfully cope with everyday challenges. For civilians with hearing impairments, it is also important to be involved in various groups in social networks of the deaf community, associations of cochlear implant users, where problems that concern them are discussed. This indicates the importance of an active position in socio-cultural life and high adaptive potential for civilians with hearing impairments, as they feel that they have necessary skills, have resources to overcome life difficulties and organize their lives taking into account their hearing impairment. Therefore, environmental mastery as a factor demonstrates how effectively people with hearing impairments are able to manage their environment, overcoming barriers associated with hearing impairments and using all opportunities offered by society to achieve their life goals.

Let us proceed to the regression model and its explanatory power concerning military personnel with hearing impairments. Table 5 highlights the main indicators of the regression model for military personnel with hearing impairments.

Table 5

The regression model (military personnel with hearing impairments)

R	R^2	Adjusted R	F	df1	df2	p-value
0, 722	0, 522	0,496	20,5	11	207	<0,001

Table 5 demonstrates that the multiple correlation coefficient indicated strong positive linear relations between the dependent variable and a set of all independent variables included in the model. This means that independent variables correlated quite strongly with the dependent one. The coefficient of determination showed that 52.2% of dependent variable variance was explained by independent variables in the model. The adjusted coefficient of determination showed that 49.6% of dependent variable variance was explained by the independent variables, adjusted for the number of predictors. The difference between R^2 (0.522) and Adjusted R^2 (0.496) was relatively small (about 2.6%). This indicates that the model summarized the data quite effectively and the added 11 predictors were appropriate, without significant "overfitting". This was a rather high indicator, indicating a significant explanatory power of the model for this group of respondents. Therefore, the regression model for military personnel with hearing impairments was statistically significant and had good explanatory power.

Let us estimate normal distribution for the regression model used for military personnel with hearing impairments with Shapiro-Wilk test, which is presented in Table 6.

Table 6

Shapiro-Wilk normal distribution indicators (military personnel with hearing impairments)

Statistic	P
0,992	0,288

Table 6 shows that the regression model data for military personnel with hearing impairments were normally distributed.

Let us analyse Table 7, which contains VIF and Tolerance indicators for independent variables included into the regression model for military personnel with hearing impairments.

The indicators presented in the table 7, in particular, VIF were significantly lower than the threshold value of 5, and all Tolerance values were significantly higher than 0.2. This means that multi-collinearity was low, the model was reliable and significant dependencies between predictors were absent.

Table 7

Multi-collinearity indicators of the regression model for the group of military personnel with hearing impairments

Independent variables	VIF	Tolerance
Autonomy	1,90	0,526
Environmental mastery	2,04	0,490
Positive relationships	2,14	0,466
Anxiety	2,01	0,497
Aggression	1,29	0,775
Rigidity	1,88	0,531
Handicap	1,33	0,751
Social support	1,62	0,619
Purpose in life	2,42	0,414
Self-acceptance	2,43	0,411
Self-esteem	1,86	0,539

Thus, by multi-collinearity and the criterion of normal distribution, the regression model showed adequacy and suitability for further analysis of regression coefficients. The regression coefficients are presented in Table 8.

According to the obtained regression coefficients (see Table 8), social support, self-acceptance and self-esteem were statistically significant predictors of life satisfaction in military personnel with hearing impairments. Self-acceptance had the greatest impact on life satisfaction in military personnel with hearing impairments. According to the research (Lee et al., 2022), combat experience and social support did not have a significant impact on life satisfaction in Korean War veterans.

Table 8

Regression model coefficients (military personnel with hearing impairments)

Predictor	Estimate	SE	T	p	Stand. Estimate
Autonomy	0,1496	3,7877	0,0395	0,969	
Environmental mastery	-0,0940	0,0774	-1,2141	0,226	-0,0804
Positive relationships	0,1707	0,1060	1,6103	0,109	0,1106
Anxiety	0,1050	0,0799	1,3144	0,190	0,0925
Aggression	-0,1482	0,0924	-1,6044	0,110	-0,1094
Rigidity	0,0462	0,0673	0,6863	0,493	0,0375
Handicap	-0,0703	0,0877	-0,8016	0,424	-0,0529
Autonomy	-0,0208	0,0141	-1,4773	0,141	-0,0819
Social Support	1,0151	0,3653	2,7785	0,006	0,1698
Purpose in Life	-0,0547	0,0829	-0,6599	0,510	-0,0493
Self-Acceptance	0,3866	0,0847	4,5638	<0,001	0,3420
Self-Esteem	0,1748	0,0807	2,1672	0,031	0,1419

Notes: dependent variable is life satisfaction

Social support was a significant determinant of subjective well-being in military personnel with hearing impairments. Social support helps military people feel like an important part of a certain community. Support can be in communication, in understanding new information, participation in activities or emotional support from family. The feeling that there is a significant other who listens and understands faced problems reduces negative impact of stress on the mental health of military personnel with hearing impairments. Family support also plays an invaluable role, because thanks to their families, even the medical and psychological rehabilitation of a military member proceeds much faster, because there is a goal "for what and for whom". Support of friends and comrades play a significant role in supporting the subjective well-being of military personnel with hearing impairments. Social support from the state is also important for the studied category, since it ensures a barrier-free environment and provide information

on hearing aids and employment (if necessary). Thus, social support for military personnel with hearing impairments acts as a resource that provides not only practical assistance, but also a sense of belonging, understanding and emotional security.

Self-acceptance in military personnel with hearing impairments experienced in a peculiar pattern, since they received hearing impairment as a result of combat operations. Self-acceptance means capability to integrate new experiences (including hearing impairment with its limitations) into one's personality without frustration, rigidity or a sense of inferiority complex. Self-acceptance also helps military personnel with hearing impairments accept their health changes, focus on developing new skills and resources. Military people with hearing impairments who had high self-acceptance were more motivated to participate in rehabilitation programs, to search for new non-verbal and verbal communication strategies used by people with hearing impairments; they were more willing to get acquainted with mobile applications that partially made life easier for persons with hearing impairments. Self-acceptance contributes to the development of productive coping strategies and stress resistance of military personnel with hearing impairments.

The role of self-esteem for military personnel with hearing impairments was extremely important, as it was closely related to their subjective well-being, adaptation to service and social integration. High self-esteem contributes to internal resources that help people overcome more effectively the stress associated with both military service and hearing impairments. Military personnel with adequate self-esteem have a better ability to maintain emotional balance in difficult conditions. Military personnel with hearing impairments with positive self-images adapt more easily to new communication conditions, use widely technical means and better accept roles in the military team. Self-esteem affects motivation to serve, the desire to be useful, learn and develop. This is especially true in conditions where military personnel must compensate hearing loss with other skills.

Conclusions

Predictors of subjective well-being in different categories of people with hearing impairments partially did not coincide and had different degrees of significance. The following predictors had a significant impact on subjective well-being in civilians with hearing impairments: autonomy, environmental mastery, social support, self-esteem and positive relationships (a negative

predictor); in military personnel with hearing loss, there was self-acceptance, social support and self-esteem. The predictor that coincided in the two respondent groups was social support. Despite communicative difficulties associated with hearing impairments, social support served as a resource for increasing subjective well-being of people with hearing impairments. Self-acceptance and self-esteem were important for military personnel with hearing impairments, since acquired hearing loss caused certain hearing difficulties that were not previously known to this category of persons. This caused changes, first of all, in self-esteem and self-acceptance. Self-acceptance and adequate self-esteem contributed to improved subjective well-being in such people. Subjective well-being in civilians with hearing impairments had one negative predictor - positive relationships. Civilians with hearing impairments might strive for high-quality relationships, but constantly faced barriers to communication (misunderstanding, isolation, feeling of otherness). In this case, importance of interpersonal relationships, combined with their inability to implement them, led to frustration and worsened subjective well-being.

Prospects for further research. We see the prospect of further research in the development of communicative training programs for military personnel with hearing impairments, taking into account predictors that affect their subjective well-being.

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Abstract

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THE PSYCHOLOGICAL DETERMINANTS OF SUBJECTIVE WELL-BEING IN CIVILIANS AND MILITARY PERSONNEL WITH HEARING IMPAIRMENTS

This article presents an empirical study on the psychological factors of subjective well-being in civilians and military personnel with hearing impairments.

The study involved 270 respondents with hearing impairments, including 51 civilians and 219 military personnel.

The study results showed that for civilians with hearing impairment, statistically significant factors of subjective well-being included autonomy, environmental mastery, social support, self-esteem, as well as one negative factor – positive relationships. For military personnel with hearing impairment, the key factors were self-acceptance, social support, and self-esteem. Among civilians with hearing impairment, social support emerged as the strongest positive predictor – despite communication barriers, – provided it was accessible. Adequate self-esteem contributed to adaptation and resilience, while autonomy and environmental mastery ensured a sense of control over one's life and preservation of cultural identity. However, positive relations in this group had a negative impact, which may indicate external pressure or obligation to maintain such connections. For military personnel with hearing impairment, social support helped to reduce psycho-emotional stress, thereby facilitating adaptation and rehabilitation. Self-acceptance allowed individuals to integrate their experience of hearing loss into their identity. Adequate self-esteem reinforced military identity and provided a sense of personal value and the ability to make a meaningful contribution to the community. Thus, the recurrence of social support as a predictor in both regression models highlighted its fundamental importance for adaptation, well-being, and overcoming communication barriers among individuals with hearing impairments.

The obtained results deepen understanding of the factors influencing subjective well-being in individuals with hearing impairments and can be used for development of psychological rehabilitation and counseling programs for this population.

Key words: *life satisfaction, psychological well-being, well-being factors, autonomy, social support, self-esteem, self-acceptance.*

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