

cal well-being of the individual. Belarusian students are characterized by an average level of subjective well-being, its most pronounced components are goals in life, autonomy and positive relationships. While Chinese students showed an average level of psychological well-being, the most pronounced of its components are autonomy, however, they tend to treat themselves and others positively, know and accept good and bad qualities in themselves, control their activities, create conditions to meet personal needs and engage in self-realization.

Value and meaning resources, the presence of which gives the subject a sense of support and self-confidence, a stable self-esteem and an internal right to activity and decision-making. The main variables of subjective well-being include life satisfaction, subjective happiness, life orientations, and value attitudes.

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**Wang Yinfei**

VSU named after P.M. Masherov, Republic of Belarus  
Vitebsk  
Graduate of the Master's degree program

**Shpak V.G.**

VSU named after P.M. Masherov, Republic of Belarus  
Candidate of Pedagogical sciences

**Potasheva J.L.**

VSU named after P.M. Masherov, Republic of Belarus  
Vitebsk

Senior lecturer  
djl-pr@mail.ru

UDK 159.9

### **COMPARATIVE ANALYSIS OF ASSESSMENT OF PSYCHOLOGICAL WELL-BEING BY YOUNG MEN AND WOMEN**

The article presents the results of a study of the psychological well-being of boys and girls. The questionnaire was conducted to investigate the academic stress, interpersonal stress, family pressure, emotional stress and career pressure of students from a senior high school in Henan, Jilin International Study University and Hunan University to study the psychological well-being status of young men and women. The article gives recommendations for improving psychological well-being.

Keywords: psychological well-being, the level of mental well-being of young men and woman.

## СРАВНИТЕЛЬНЫЙ АНАЛИЗ ОЦЕНКИ ПСИХОЛОГИЧЕСКОГО БЛАГОПОЛУЧИЯ ЮНОШАМИ И ЖЕНЩИНАМИ

В статье представлены результаты исследования психологического благополучия юношей и девушек. Анкета была проведена для изучения академического стресса, межличностного стресса, давления семьи, эмоционального стресса и карьерного давления на учащихся старших классов средней школы в провинции Хэнань, Цзилиньского международного учебного университета и Хунаньского университета с целью изучения состояния психологического благополучия молодых мужчин и женщин. женщины. В статье даны рекомендации по улучшению психологического самочувствия.

Ключевые слова: психологическое благополучие, уровень психического благополучия юношей и девушек.

**Introduction.** With the development of economy of our society, people's basic life is satisfied, and they begin to put forward higher requirements and standards for health. Except for the physical health, people also pay more and more attention to psychological well-being. Psychological well-being has also become one of the key indicators to measure people's health level.

In recent years, with the rapid development of social economy, psychological health has become a hot issue of concern from all walks of life. Scholars at home and abroad (Wang Ke, Yin Xiaojian, Zeng Zhuping, Guo Zhirong, Lee Sunwoo, etc.) have done a lot of investigation and research on psychological health. The research results show that mental health education is still in the early stage of development in our country, and there are big problems hindering its development.

**Material and methods.** In research the following methods were used: literature research method, questionnaire method. This thesis adopts the method of random sampling survey to investigate and research the subject of mental health among high school students and college students.

The questionnaire was conducted to investigate the academic stress, interpersonal stress, family pressure, emotional stress and career pressure of students from a senior high school in Henan, Jilin International Study University and Hunan University to study the psychological well-being status of young men and women. The questionnaire is divided into two dimensions. Personal stress includes family stress, adaptation stress, health stress, inferiority stress and frustration stress. Social environment includes interpersonal pressure, career pressure, emotional pressure, school environment pressure and academic pressure.

A total of 80 questionnaires were distributed and 64 valid questionnaires were collected, including 33 boys and 31 girls.

**Results and their discussion.** The overall status of subjective well-being and psychological well-being of youth is in the middle level, among which the tendency of learning anxiety and allergy is higher. College students have some psychological problems in interpersonal relationship, such as selfishness, suspicion, timidity, self-pity, inferiority, jealousy, social fear and so on.

68.75% of the subjects feel that there are many things to do and they often feel pressure. Nearly half of the people feel that they are always uninterested and depressed when doing things recently. This shows that modern society has put great pressure on some young men and women, and that young men and women have weak ability to bear the pressure of society, so it is necessary for schools and society to dredge the young people's psychology. As for the fourth question, 10.94% of people are self-centered, and they always feel that someone is concerned about themselves, and they feel stressed. 60.94% of people do not have that feeling. This phenomenon is normal. Through the fifth question, we can see that when they encounter psychological troubles, talking to friends and exercise become the main way for them to vent their emotional pressure. The pressure of young men and women mainly comes from study, interpersonal communication and family. It can also be seen from the

figure that most people are confused about their future and have difficulty in choosing a job. In interpersonal communication, more than half of the youth choose to be happy with the situation, and will not take the initiative to communicate with others. Therefore, it is of great significance to find out the present situation of college students' interpersonal relationship and psychological well-being and the relationship between them, improve their interpersonal communication ability, solve the problems existing in their interpersonal communication, and train high-quality talents in a targeted manner. It can be seen from this figure that the psychological well-being status of contemporary youth is generally at a medium level with moderate pressure.

Most of the subjects often feel that there are many things to do, with 77.42% of girls and 60.61% of boys under pressure. 58.06% of girls often feel depressed and depressed. However, the percentage of boys feeling pressure is 60.61%, slightly higher than girls. In the fourth question, 12.9% of girls always feel that someone is paying attention, staring or chasing them, while only 9.09% of boys feel so. 75.76% of boys do not feel that someone pay attention, stare or chase them, and the proportion is definitely higher than that of girls. It can be seen that girls are more self-centered than boys. To sum up, the psychological pressure of girls is slightly higher than that of boys, and the psychological status of boys is better than that of girls.

When encountering stress, the proportion of girls who confide to friends and parents is higher than that of boys. The proportion of boys taking exercise to vent their stress is slightly higher than that of girls. But they all tend to talk to friends and exercise. For the sixth question, 96.77% of the girls will be under the pressure of study. This ratio is much higher than that of boys. Moreover, through this question, we can see that the pressure of female college students is higher than that of male students, and their psychological bearing capacity is weaker. The proportion of girls who feel confused about their future is higher than that of boys, and the direction of boys' life is clearer than that of girls. In interpersonal communication, boys and girls tend to go naturally. Only a few students will actively make friends.

Psychosomatic symptoms of young women are worse than those of young men, while the psychological damage of young men is heavier than that of young women. The reason is that young men and women have different degrees of nervous cognition, different quality and quantity of stress, different ways of psychological defense, and different biological basis of both sexes. The differences in psychological well-being between men and women are the result of the interaction of various biological, psychological and social factors in gender development from beginning to end.

Some recommendations to improve psychological well-being level of youth.

1. Emotional management education in schools.
2. Psychological well-being education and Psychological well-being work simultaneously.
3. Psychological well-being education and moral education simultaneously.
4. the organic combination of Psychological well-being education and physical education.
5. Implementing Psychological well-being education by using network technology.
6. Infiltrate Psychological well-being education in subject teaching.
7. Psychological well-being education and Psychological well-being education classroom.
8. Improve the evaluation method to improve the effectiveness of Psychological well-being education in middle schools.

**Conclusion.** We can see that in modern society, psychological well-being of youth is moderate on the whole. And the pressure of young men and women mainly comes from study, interpersonal communication and family. The psychological pressure of girls is slightly higher than that of boys, and the psychological status of boys is better than that of girls. From the literatures analyzed, we know that there was no significant difference between male and female students in the total scores of psychological well-being and various factors (somatization, obsessive-compulsive symptoms, interpersonal sensitivity, depression, anxiety, hostility, terror, paranoia, psychosis and others). There is an interactive effect between grade and perceived social support level.