

UDC 159.9:316.6

**Ustinova U.I.**

*National Aviation University, Kyiv*

### **SIMPLE LIFESTYLE TECHNOLOGIES TO INCREASE THE LEVEL OF HAPPINESS IN ADOLESCENTS**

Relevance of the problem of happiness is related to the results of the international global survey Gallup International, according to which Ukraine in 2020 was in the TOP of unhappy countries. The happiness index in Ukraine has fallen sharply comparing to last year: in 2019 - 33%, in 2020 - 14%. However, this index is higher than in 2018 (then it was 8%).

The topic of happiness has been studied by such foreign and domestic scientists as E. Durkheim, DA Leontiev, M. Argyle, AA Kronik, LZ Levit, IA Dzhidaryan, M. Chernysh, K. Riff, S Lubomirsky, M. Seligman, K. Peterson.

Happiness as a matter of research was most deeply studied by Sonia Lubomirski. At the very beginning of the research, the topic was unpopular. Sonya Lubomirsky's

research shows that the desire to be happier not only helps to feel better, but also fills people with energy, develops creativity, improves immunity, helps improve relationships, work more productively and even increases life expectancy.

For centuries, people have craved for happiness and this is reflected in ancient texts on history, literature and philosophy. The interpretation of the term "happiness" differs in the works of world researchers.

M. Argyle understands happiness as a state of experiencing satisfaction with life in general, a person's general reflective assessment of his past and present, as well as the frequency and intensity of positive emotions.

M. Seligman, based on the works of various researchers, developed a theory of happiness. According to this theory, happiness can be broken down into three components that are valuable in themselves: positive emotions, involvement, and meaning. And to describe or measure each of them is easier than to describe or measure happiness. After some time, M. Seligman rethought the concept of happiness and renamed his theory to the theory of well-being.

Currently, in foreign psychology, the most popular among researchers is the multidimensional model of psychological well-being K. Riff, which is based on basic theoretical concepts focused on the study of positive psychological functioning of the individual.

M. Chiksentmihai believes that a good life, a happy life - is a flow, that is complete enthusiasm for what we do. To get into a state of "flow", you need a balance between skills and problems.

Researcher Sonya Lubomyrsky also writes about how you can influence happiness, calling it a "40% theory", according to which 50% of happiness we have genetically (basic level), 10% of happiness depends on external circumstances, and 40% of happiness depends on our special actions. The researcher described 12 "actions of happiness" and suggested implementing one of the following actions every day, including: to be grateful, to develop optimism, to think less and don't compare yourself with other people, to do good deeds, to maintain and develop close relationships, coping strategies, to learn to forgive, to enter a state of "flow", to enjoy life, to set goals, religious and spiritual practices, to take care of your body.

One of the most vulnerable age group is adolescents, that's why we will focus our theoretical and empirical research on what they can do exactly in their lives to feel happier.

The mental development of adolescents is characterized by the fact that virtually the entire period is accompanied by a crisis. Its prerequisite is the destruction of the old structure of the personality, the inner world, the system of experiences of the child, which were formed in the previous stages of development. The essence of the crisis is a profound qualitative changes in the whole process of mental development of the child, his inner world.

Symptoms of the crisis include:

1. Decreasing productivity of educational activities (as well as the ability to engage in it), even in those areas where the adolescent is gifted (often due to the transition from concrete to logical thinking).

2. Negativism. The teenagers distance themselves from others, especially parents. Prone to quarrels, violations of discipline, they often have internal anxiety, dissatisfaction, loneliness and self-isolation.

According A.A. Ivin lifestyle – is a set of values and norms by which the individual is constantly guided in their behavior. L. Davis in organizational psychology defines the technology of psychologists, as a combination of skills, equipment, infrastructure, tools and relevant technical knowledge necessary to carry out the desired transformations in materials, information or people.

Based on the above, we can conclude that increasing the level of happiness in adolescents is an urgent problem. Adolescence should be of concern to researchers as well as adults for the better survive the crisis of adolescence.

In the future, we plan to integrate the terms of general psychology, developmental psychology, social philosophy and organizational psychology. We see the prospect of further research in the creation and application of effective lifestyle technologies to increasing the level of happiness in adolescents.

*Scientific adviser: Lych O.M.*

*PhD in Psychology, Associate Professor*

UDC 159.923:023.5:17.023.34(043.2)

**Vakhnovan D.S.**

*National Aviation University, Kyiv*

## **INFLUENCE OF PERSONAL CHARACTERISTICS OF LIBRARY STAFF ON THEIR JOB SATISFACTION**

When choosing a profession a young person is guided more by prestige, his feelings, skills and knowledge in the profile subjects, he may listen to the opinion of others, but rarely takes into account his individual personal characteristics, which make a significant contribution to the effectiveness and interest of the work performed.

The aim of the study was to determine the impact of the personal characteristics of library staff on their job satisfaction.

The work of libraries in today's information society has undergone major transformations that require librarians to be flexible and malleable, quick to adapt to change, open to new experiences, and stress-resistant. However, at the same time, communication skills, the ability to understand the reader's needs, and the ability to work with large volumes of information, are essential. A librarian's personality will be reflected in the effectiveness of the activities he or she performs.

During a theoretical analysis of scientific work on job satisfaction, we found that job satisfaction is influenced by personality traits. Personality is characterised by attributes such as: reasonableness, responsibility, ability to manage one's behavior, individuality, and so on. That is, those personal characteristics that make up a peculiar pattern of personality determine how satisfied a person is with the activity, and activity satisfaction of course influences further success in the chosen profession. Only the right choice of professional realisation, according to one's personal characteristics, can carry job satisfaction.