THE MAIN CHARACTERISTICS OF PERSON’S SELF-REGULATION IN THE PROCESS OF PROVIDING THE PSYCHOLOGICAL WELLBEING DURING COVID-19†

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The article is devoted to the problem of psychological wellbeing in the context of stress situations and the factors which can have an impact on it. As the last years have been full of stressful events for the whole world, especially for Armenians, the problem became more and more topical. In particular, the process of self-regulation, psychological capital and their main components are theoretically analyzed. The research part consists of two independent stages. The first study aimed at revealing of correlation between self-regulation and components of psychological capital. Results show a high correlative link between them. Another study was held to find out the main attitudes towards Covid-19 as a stress factor. Results show the supportive role of self-regulative process as the resource of psychological wellbeing protection during stress and uncertainties. An adaptive response to stress and uncertainty (exemplified in Covid-19) can be reached due to humans’ psychological capital and self-regulation, in which the main role is given to action tendency. The possibilities for further experiments will be dedicated to assessing the manifestations of personal qualities in difficult and complex socio-psychological situations.

Keywords: psychological wellbeing, psychological capital, self-regulation, Covid-19.

Introduction: The last 3 years have been full of stressful events for the whole world, especially for Armenians (pandemic, war, internal political crisis). The variety

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of stressors is included in The World Health Organization (WHO) guidelines: war, natural disasters, accidents, fires, violence, and epidemics, which can affect society [5]. According to the Nagorno-Karabakh government, 2/3 of the total population of was displaced in late September 2020, along with the destruction of numerous homes and infrastructure [7]. All this has brought psychological and social tension in society. A similar stressful event is Covid-19 pandemic. As a result of a combination of these two factors the psychological state in Armenia can be assessed as extreme and emergency, which is full of many negative factors. This situation can be assessed as double negative impact, especially for individuals and families who were initially troubled by the epidemic and added to the second stressors: the losses caused by the war [11]. One of the recent studies has shown that the indicators of psychological wellbeing of different ethnocultural groups acting in different social contexts have certain peculiarities of expression and are quantitatively comparable [1].

The problem of psychological wellbeing becomes more important in conditions of stress and uncertainties. One of the most important preconditions of psychological wellbeing is self-regulative mechanism of a person which provides the prevention and recovery from stress.

According to V. Morosanova, regulation is a process of conscious self-organization of psychic activity that assures goal setting and achievement of results corresponding to these goals. The regulation is realized through a wholesome multi-level system, which has a certain structure of interrelated components [4].

Several individual variables affect the efficiency of self-regulation process. Some components are assumed to promote recovery, whereas others are assumed to further the perseverance of stress. According to study results the supportive variables are orientation to action (instead of state) and volitional components, such as self-determination, self-motivation, emotion control, rumination, and self-discipline [2]. Another point of view consider conscious self-regulation as a metasystem of universal and special resources of a person that allows contributing to the productive aspects of achieving goals, as well as activating the reserves of psychological capital to achieve various vital functions [9].

Some interesting variables are analyzed in the process of self-regulation. If the “Self-concept” of a person has social-demographic fullness (roles, statuses, individual and social flexibility) the stress resistance is high enough. Eventfulness also affects positively in the process of regulation which is of a high importance in the third stage of stress (exhaustion stage). In contrast to above-mentioned the impulsivity increases the tendency to stress affection. According to these two studies females are likely to be stressed than males. This can be explained with the fact that women mostly have orientation to state instead of activity [8, 10].
Thus, the main conclusion is that self-regulation as the process of stress response is always linked to action or activity (some dynamic process).

Self-regulation as a process is linked to the main resource system of a person called psychological capital. Its role is of a high importance not only for professional growth but also sustainability of a person towards stress and uncertainties.

**Stage 1.** Our team conducted the research which aimed at adaptation of “Psycap” questionnaire. Sample consisted of a total of 75 participants, from which 51 were valid (46 female, 5 male) between 18–60 years (Mage = 28.35, SD = 9.8). Participants were recruited by publishing the link to the survey in several social media groups. The survey was conducted in Armenian. The whole process is described in special scientific article. The comparison of two questionnaires was described below: “The individual style of self-regulation” (V. Morosanova - Arm.) and “The psychological capital questionnaire” (PCQ). The results show a high positive correlation between self-regulation and components of psychological capital (Spearman’s rho, significance level=0.01):

- Self-regulation-self-efficacy ($r=0.464^{**}$). Efficacy: an individual's ability to have confidence to take on and put in the necessary effort to succeed at challenging tasks.
- Self-regulation-hope ($r=0.462^{**}$). Hope: an individual's ability to persevere towards goals and redirect paths to goals in order to succeed.
- Self-regulation-resilience ($r=0.408^{**}$). Resilience: an individual's ability to sustain and bounce back when beset by problems and adversity to attain success [6].

**Stage 2.** Our team conducted the Armenian part of an International Research “International and Multidimensional Perspectives on the Impact of Covid-19(IMPACT-C19)” in which 69 countries had participation. The main factors which could have an impact on Covid-19 (as a stress factor) perception were analyzed and compared. Demographic data (age, gender, residence, family status and education), somatic manifestations, caution, activity, confidence, optimism, contact with community, nature and other features were compiled into statistical review.

Sample consisted of a total of 250 participants from which 95 were valid (87 female, 8 male). The age were between 18–40 years (Mage =21.75; SD=5). Survey (various questions with single/multiple choice) was conducted in Armenian.

The mean comparison and correlation analysis was implemented through IBM SPSS-23 software.

**The results.** According to data received from the study, age doesn’t have an influence on how people perceive the threat. The mean comparison between men and woman didn’t show the difference between main features of perception of Covid-19 as a threat. But according to data, men are more likely to commit action/activity that women (Leven’s $F=1.32$, T-test sig=.036) and women tend to
find resource from contact with nature rather than men (Leven’s F=0.22, T-test sig=.046).

Then, the correlation test was conducted.

![Diagram of links between features of attitude towards Covid-19]

**Figure 1.** The main links between features of attitude towards Covid-19.

As seen on the figure, orientation to action (activity) which was described as the main supportive variable for self-regulation after stress/uncertainty has some strong correlations. The questions included the preventive and informative activities (keep a distance, find and share more information, etc.). Firstly, mistrust has a strong correlative link with scale of activity (Spearman’s rho=.360**). We can conclude, that doing some action is due to the fact that in case of stress/uncertainty people lose the confidence and trust towards other people, country, technology, etc.(to which certain questions were addressed).

Another correlative link (Spearman’s rho=.250*) includes the scale of somatic manifestations (i.e. heartbeat, nausea, headache, sleep disorders, etc.) which is typical for the first stage of stress. The last correlation is between scales action-caution (Spearman’s rho=.270**): it is considered as a normative link in stress situations. The scale of caution has a negative correlation link with optimism—an individual’s ability to make a positive attribution and expectation about succeeding now and in the future (Spearman’s rho=−.182*). Optimism is one of the components of psychological capital, so, its lack causes the discretion and warning towards the situation and can lead up to exhaustion. Optimism and contact with nature are linked with positive correlation (Spearman’s rho=.241*). One of researches suggest that average weekly nature contact is associated with general affect and rumination, and that the associations of nature contact with negative affect (and potentially positive affect) may be explained at least in part through a decreased tendency to engage in maladaptive emotion regulation (i.e., rumination) [3].

In conclusion of theoretical and 2 stages of research results we can say that an adaptive response to stress and uncertainty (exemplified in Covid-19) can be reached due to psychological capital and self-regulation, in which the main role is...
given to action tendency. The future researches will dedicate to the problem of psychological wellbeing in the context of this resource.

Furthermore, the generalization of two stages of research indicates the possibilities for further experiments in assessing the manifestations of personal qualities in difficult and complex socio-psychological situations.

References
Основные характеристики саморегуляции личности в процессе обеспечения психологического благополучия в условиях COVID-19

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Статья посвящена проблеме психологического благополучия в контексте стрессовых ситуаций и влияющих на них факторов. В частности, теоретически анализируются тема саморегуляции, психологического капитала и их основных компонентов. Экспериментальная часть статьи состоит из двух независимых этапов, которые проводились в Армении (в режиме онлайн). Первое исследование было направлено на выявление взаимосвязи между саморегуляцией и компонентами психологического капитала. Результаты показали высокую корреляционную связь между ними. Целью второго исследования было выяснить основные компоненты отношения к Covid-19 как стрессовому фактору и возможные адаптивные реакции. Результаты показывают важную роль процесса саморегуляции (в особенности склонности к действию) как ресурса защиты психологического благополучия в условиях стресса и неопределенности. Возможности дальнейших экспериментов будут посвящены оценке проявлений личностных качеств в трудных социально-психологических ситуациях.

ցահայտել ինքնակարգման և հոգեբանական կապիտալի բաղադրիչների միջև կապերի առանձնահատկությունները: Քանիշտական կոռելյացիոն վերլուծության արդյունքները ցույց տվեցին նրանց միջև ուժեղ կապի առկայություն։ Երկրորդ հետազոտության նպատակն էր պարզել Covid-19-ի՝ որպես սթրեսածին գործոնի նկատմամբ վերաբերմունքի հիմնական բաղադրիչները և հնարավոր հարամարող/ապահարմարող հակազդումները։ Այսպիսի հավասարությունները նույնպես հոգեբանական բարեկեցության համաձայնեցվում են իրենց բնագավառներով և սոցիալ-հոգեբանական իրավիճակներում։

Հետագա հետազոտություններն նվիրված կլինիկական տեսահոլովական հիվանդությունների համար, ինչպես նաև ինտերակտիվ համերգների հետազոտության համար։

Հանգուցային բառեր՝
հոգեբանական բարեկեցություն, հոգեբանական կապիտալ, інքնակարգավորում, Covid-19:
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