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THE PLACE OF MENTAL HEALTH IN THE STRUCTURE OF LIFE SUCCESSFULNESS

Для вирішення завдань, поставлених у статті, а саме: з'ясувати, яке місце у структурі життєвої успішності займають здоров'я та ментальне здоров'я, визначити чи існують якісь негативні наслідки прагнення до життєвої успішності і як вони можуть вплинути на ментальне здоров'я людини, було проаналізовано різні підходи до розуміння понять «здоров'я» та «ментальне здоров'я». Досліджено місце і роль ментального здоров'я у загальній концепції життєвої успішності. Проаналізовано можливі негативні наслідки впливу гонитви за життєвим успіхом на психічне здоров'я людини. У ході теоретичної розвідки встановлено, що здоров'я і ментальне здоров'я трактуються не як відсутність захворювань, а як більш комплексне явище. У той самий час ментальне здоров'я розглянуто як інтегральну частину здоров'я та виділено наступні його компоненти: позитивне ставлення до самого себе, розвиток, самоактуалізація і самореалізація, персональна автономія, емпатія, гуманність та здатність взаємодіяти з іншими, здатність виконувати життєві завдання, саморегуляція тощо. Визначено аспекти, через які проявляється зв'язок ментального здоров'я з процесом досягнення життєвої успішності. Серед них виділено особистісний аспект, який включає в себе когнітивні функції, афективні функції, поведінку, прагнення реалізуватися, а також міжособистісний (або соціально-психологічний) аспект, який полягає у здатності створювати і підтримувати

особистісні стосунки, здатність комунікувати і бути частиною соціальної групи. Продемонстровано можливі наслідки гонити за життєвою успішністю та їхній вплив на ментальне здоров'я людини та фактори, на які слід звернути увагу при індивідуальній роботі фахівця допомогальної професії із запитами клієнтів, спрямованими на досягнення життєвої успішності. Зроблено висновки про те, що життєва успішність, у тому розумінні, в якому її подає автор, неможлива без ментального здоров'я.

Ключові слова: життєвий успіх, життєва успішність, структура життєвого успіху, структура життєвої успішності, здоров'я, ментальне здоров'я, розлади ментального здоров'я.

In contemporary circumstances striving for life successfulness is evaluated as a very positive process. Under the influence of media, social pressure and cultural environment, a person is trying to achieve life successfulness in the variant which is accessible by society. However, does it make him or her happy in the result or maybe this leads to disappointment, feeling of emptiness and even mental health problems? This article aims to discover what is health and mental health in the context of life successfulness, what are their place in the whole picture of life successfulness. Can be there some adverse outcomes of striving for life successfulness and how they can influence a person's mental health. For solving the tasks set in this article different approaches to the understanding of the notions «health» and «mental health» were analysed. The place and the role of mental health in the whole concept of life successfulness were investigated. It was discovered that both health and mental health are not just an absence of disease; they are integral notions. Mental health, for instance, includes many characteristics connected with person's satisfaction and well-being. As for life successfulness, it is also an integral notion which includes results in the spheres crucial for a concrete person, evaluation of those results as significant and satisfaction from realising those results. The connection between mental health and life successfulness could be considered in several dimensions: personal dimension that includes cognitive functions, affective functions, behaviour, striving to realise oneself and social psychological dimension that consists of an ability to create and maintain personal relations, ability to communicate and ability to be the part of a social group. The influence of some adverse outcomes of life success pursuing on person's mental health was identified. Aspects on which the attention of a helping profession adviser should be paid while working individually on client's issues connected with achieving life successfulness were demonstrated. It was concluded that life successfulness, in the author's understanding, is impossible without mental health.

Keywords: life success, life successfulness, the structure of life success, the structure of life successfulness, health, mental health, mental health disorders.

Introduction. Modern life is full of bright pictures in social media which shows us a beautiful life of acquaintances, celebrities and unknown people. Very often people start to compare their lifestyle with that one which is shown by others. They start the pursuit of success hoping that achieving all those material goods will influence their well-being or feel of happiness. Unfortunately, from one hand there is no universal formula for achieving results, which will work for everyone. From another hand, even if people were successful enough to achieve dreamed material level, a moment of life evaluation comes and shows that they live not their life, they are not happy and satisfied, that they became a part of consumer society. Such state of disappointment leads to a decrease in self-esteem, frustration, anxiety and other adverse outcomes. However, sometimes it is only the top of the problem because neglect of the states mentioned above could provoke mental health problems.

The purpose of the article. The goal of this theoretical study is to determine the place and the role of mental health in the structure of life successfulness, to understand if achievements which are gained by condition of

mental illness could be investigated as a life successfulness, to highlight possible approaches to person's support and mental health preserve while life successfulness achieving.

Literature review. According to the notion of the World Health Organization, which entered into force on 7 April 1948 and has not been changed since that time, health is considered as a "state of complete physical, mental and social well-being and not merely the absence of disease or infirmity [*Preamble to the Constitution ...*, 1946].

The general notion of health can be divided into physical and mental health.

As for the physical health, it is understood as a form of person's life-sustaining activity, which provides the necessary quality of life and it is enough duration [Коробка, 2018]. It is a background for the general health and is associated with good feeling, energy, sprightliness, efficiency [Титаренко, 2018].

Concerning mental health, it worth saying that some time ago the concept came down to the absence of mental illness. However, in the middle of 20th-century scientists began to argue this. Modern Dual-Factor Model of Mental Health takes into account not only the psychopathology indicator (PTH), as a negative factor but subjective well-being (SWB) as well, as a positive factor. Both factors are considered indispensably. X. Wang et al. highlight that traditionally mental health models place negative and positive indicators on two opposite poles. However, it should be considered as «from a more comprehensive perspective that mental health is not the absence of mental illness or the high SWB, but a complete state that integrates the absence of mental illness and the high SWB. The positive indicator and negative indicator of mental health (i.e., SWB and PTH symptoms) compose a pair of continuums as two independent but correlative structures» [Wang et al., 2011].

Different authors offer their views on the question of life success, but if we try to conclude, we can say that life success the essential striving of every mentally and physically healthy person, the result and evaluation of results of life-sustaining activities. It should be considered without separation from person's life project because it is realised through achievement of continually developing a system of global life goals and executing of separate practical tasks that are their (goals) concretisation [Єрмаков, 2007; Галюк, 2004; Пафа, 2012].

Another aspect of life success which attracts scientists' attention is components of life success. The sets of the life success components differ from one research to another, but there are some mutual characteristics for all reconnaissances mentioned above: wealth, relations with others, physical/mental health, professional or self-realisation. [Ільїна, 2010; Поліванова, 2014; Mercer et al., 2016; Parker et al., 1992].

Basic Material. Studying the mental health as a notion, we highlighted several dimensions toward which it is applied:

1. The personal dimension where mental health is considered as «state of well-being in which an individual realises his or her abilities» [WHO, 2018]; simultaneous success at working, loving, and creating [Mental Health ..., 2009].

2. Adaptability dimension in which mental health is described as an ability to cope with the normal stresses of life [WHO, 2018]; ability to adjust to the world and each other; capacity for mature and flexible resolution of conflicts between instincts, conscience, other important people and reality [Mental Health ..., 2009].

3. The social dimension which reflects in the ability to communicate and to feel the needs of others, a perception of the social environment as a natural [Титаренко, 2018]; ability to work productively and to contribute to his or her community [WHO, 2018].

The level of a person's mental health depends on different factors, among them are social, psychological, biological and others. The World Health Organization highlights that «violence and persistent socio-economic pressures are recognised risks to mental health. The clearest evidence is associated with sexual violence. Poor mental health is also associated with rapid social change, stressful work conditions, gender discrimination, social exclusion, unhealthy lifestyle, physical ill-health, and human rights violations. There are specific psychological and personality factors that make people vulnerable to mental health problems. Biological risks include genetic factors» [WHO, 2018].

Different authors offer various components and indicators of mental health. For instance, M. Jahoda [Jahoda, 1958] – one of the first scientists who questioned the notion of mental health as an absence of mental disease, proposed such indicators of mental health:

1. A positive attitude towards self which includes an objective view of self, awareness of one's strengths and weaknesses, a strong sense of personal identity and security within the environment.

2. Growth, development and the ability for self-actualisation. This indicator reflects a person's ability to achieve goals which are connected with the level of development.

3. Integration means the ability to respond to the environment, stressors and maintain anxiety at the level, which person can manage.

4. Autonomy is considered as a process of self-determination which consists of a conscious choice of operation modes which depends on internal and external circumstances.

5. Perception of reality means its taking without deformation as well as the ability for empathy and respect for the needs of others.

6. Environmental mastery reflects a person's achievement of a satisfactory position in the group, society, and environment as well as the ability to love and to accept the love of others.

N. Strachkova proposes the next components of mental health: positive attitude towards oneself; self-esteem; self-actualisation; psychic integration

(authenticity, congruence); personal autonomy; realistic comprehension of others; ability to adequate influence on others, etc. [Страчкова, 2006].

T. Tytarenko [Титаренко, 2018] conducted research in which she decided to define indicators which are used by different authors for the description of a mentally healthy person. For this purpose, an indirect contextual interview was done. The researcher used the content analysis for data processing. Classical conceptions of the most famous personologist whose theories are well-known and are placed in the psychological dictionaries, encyclopedias and guides were analysed. As the “filters” the next questions were used: «What personality according to the author is normal, harmonious, balanced?», «What personal characteristics reflect that person does not have deviations, neurotic disorders, pathological states?», «What synonyms are used by the author for the description of the healthy person?» Therefore, 37 integral markers were discovered. Some of them, like holism or self-realisation need, was common for the majority of authors. Some indicators, like courage, self-belief or emotional depth were mentioned only once. As a result, the next definition of mental health was proposed: a mentally healthy person is holistic, self-realised and self-regulated. He or she has a streak of creativity, balance, and adjustment (individual psychological level), he or she has a propensity for searching of new senses, reflection of experience and differs in the ability for life enjoyment (value and sense level), prone to cooperation, able to empathize with others and feels responsibility towards society (social psychological level).

It worth saying that mental health has an impact on physical health and vice versa [WHO, 2017].

Consequently, a theoretical analysis of different approaches to mental health let us see it as an integral part of health. At the same time, both physical and mental health should not be considered just as the absence of disease. Many components of mental health could make us understand it better. Thus, mental health is characterised but not limited by: positive attitude towards self and ability to accept self; development, self-actualisation and self-realisation; personal autonomy; empathy, humanity and ability to cooperate with others; ability to fulfil life tasks, self-regulation and, et cetera.

Our next task is to define the place of mental health in the structure of life successfulness and first of all, we should define what life success and life successfulness mean.

U. Il'ina considers life success through the prism of mental model operation which allows achieving success in life and consists of the next components:

- Financial component – reflects a behavioural pattern in money earning, money saving and money spending;
- Communicative component – reflects a person's ability to set, save and develop constructive, enriching relations;
- Experience component – reflects an ability to a realisation of one's psychological traumas and coping strategies;

- Family component – a realisation of family roles, family profiles for one's own and opposite sex;
- Age component – correspondence between one's lifetime and «obligatory life program»;
- Health component – a creation of one's psychosomatic profile;
- Gender component – a realisation of the gender roles which are taken by a person;
- Motivational-valuable component – a realisation of one's values and building of life strategy on their base;
- Emotional component – definition of resource state which helps to support life activity on the desired level;
- Professional component – choice of an optimal form of professional activity [Ільїна, 2010]

O. Polivanova studying youth beliefs about life success highlighted the next components of this notion: material welfare (money, professional demand); social state (recognition, stability, rank); interpersonal relationships (family, friendship, love); emotional intention (happiness, well-being, inspiration); state of health and self-sentiment (health, beauty, energy); self-realization (goals achievement, confidence) [Поліванова, 2014].

N. Mercer, D. P. Farrington et al., talking about general life success mark its next aspects: satisfactory accommodation; satisfactory employment; satisfactory intimate relationship; satisfactory anxiety and depression scores [Mercer et al., 2016].

B. Parker i H. Chusmir, analysing different approaches to life success understanding emphasise a shift in the perception of this phenomenon from traditional for American society material dimension to more importance of inner results, for example, a sense of self-worth or self-respect [Parker et al., 1992]. Moreover, scientists say that most people could consider themselves more successful if they could be good parents, make something good for society or have good relations with somebody else. B. Parker and H. Chusmir also point out the multicomponent nature of life success: «... career success, as well as, other components can be one of life success parameters» [Parker et al., 1992]. Authors introduce such a notion as «cognitive map of life-success» which includes all important for person life aspects, global view of one's life project. As a result of the research scientists developed a scale which helps to measure life success and which consists of six sub-scales: social status/wealth; family relations; contribution to society; personal satisfaction; safety [Parker et al., 1992].

So, we can see that the life success components are different in researches that we considered, but there are some mutual characteristics for all reconnaissances mentioned above: wealth, relations with others, physical/mental health, professional or self-realisation.

As for the life successfulness, we consider it as an emotional state which occurs when a person realises own achievements in crucial life spheres. This

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state is followed by a feeling of satisfaction, well-being, authorship and sense of life, self-realisation, et cetera. Life successfulness is multiple verified experience [Боровинська, 2017].

Consequently, we see that health and mental health are crucial aspects of the whole image of life successfulness. However, how mental health or it is the opposite condition – mental illness influence life successfulness?

Generally, we can highlight two aspects that are very important for the achieving of life successfulness: personal aspect that includes cognitive functions, affective functions, behavior, striving to realise oneself and interpersonal (or social psychological) aspect that includes ability to create and maintain personal relations, ability to communicate and ability to be the part of a social group.

Let's consider the aspects mentioned above in detail.

Personal aspect. Cognitive sphere. To achieve success in life, a person should have a certain level of cognitive abilities. Cognition in a broad sense means information processing. It denotes a relatively high level of processing of specific information including thinking, memory, perception, motivation, skilled movements and language [Trivedi, 2006]. Unfortunately, some mental illnesses influence cognitive functions dramatically. In such cases, there is no opportunity for a person to achieve success, because the question, first of all, is about ordinary life.

Personal aspect. Affective sphere. Our emotions are a natural response to some external circumstances. Emotions uprising is occurring because of satisfaction or dissatisfaction with some of the human needs or as a result of a difference between expected and real situations. In the normal condition, certain circumstances elicit a particular emotional response, but disorders of affective sphere provoke an unexpected and inadequate reaction. This substantially complicates a person's life and the establishment of interpersonal relations which influence dramatically on the feeling of life satisfaction and, thus, on life successfulness.

Personal aspect. Behaviour. One of the crucial aspects of behavioural deviation is a distinction with behaviour which is considered as a norm in a particular society. In such case, deviant behaviour is a system of actions or separate actions which contradict norms set in society and manifest themselves as disadaptability, a frustration of self-actualisation process or incline from moral control over one's behaviour. In such case again a person will not be accepted by society and the establishment of interpersonal relations will be rather complicated.

Social psychological aspect. Interpersonal relations. As we see from the previous paragraphs, disorders in different spheres can occur complexities in the establishment of interpersonal relations. The last, as we remember, is one of the aspects without which life successfulness is impossible. Close relations give a person a feeling of acceptance, protection, and safety which are fundamental for normal feeling and preserving of mental health. For example, in research on self-

reported mental health married individuals were most likely to self-rate their mental health status to be excellent or very good [McDonald *et al.*, 2017].

Social psychological aspect. Communication. Communication is an essential condition for the establishment of interpersonal relations. If a person has problems with communication because of his or her mental health problems, it makes it impossible for the establishment and maintenance of healthy relations. Even if relations are established, they could not bring satisfaction.

Social psychological aspect. Ability to be a part of a social group. It is in our human nature to connect people with the same interests or to be a part of different social groups: family, university group, staff community. For example, employment is strongly associated with reporting better mental health status [McDonald *et al.*, 2017]. Unfortunately, people with mental disorders are usually excluded from our society, and it makes impossible an appearance of close relations with other people which is an integral part of life successfulness. In such case, it is as an endless circle when somebody could not be a part of the social group or communicate or establish interpersonal relations because of mental illness, but mental health and life successfulness depends on the presence of the close relations with others.

Thus, we can see that mental health is an indispensable part of life successfulness. If we keep in our mind that «there is no health without mental health» and health is one of the main components, without it there is a threat to the whole concept of life successfulness. Therefore, we can conclude that mental health is one of the crucial conditions for a successful life.

One more aspect which worth highlighting is the fact that some personality accentuations and even mental disorders could be a background for success achieving [Hisrich *et al.*, 2007]. However, in such case, we cannot evaluate such outcomes as life successfulness, because lives of the people, who are in conditions of this kind, is not balanced. Prominent results in some of the life spheres could be a compensation for the absence of results in others, whereas life successfulness to a certain extent foresees balance in the important spheres of life.

Pursuing life successfulness or an iconic image of life without achieving meaningful results could be a background for the variety of adverse effects. «Light version» of negative implications are presented by frustration, disappointments, doubts, a decrease of self-esteem, stress, self-distrust, et cetera. «harder» version includes drug and alcohol addiction, depression, neurotic disorders, anxiety disorder, somatic disorders, psychosis and, et cetera.

Let's consider what happens if a person does not achieve goals which were set and how this mechanism works.

Level of aspiration is a driving force for success achieving. As L. Borozdina and colleagues mention, a difference in the levels of self-esteem and aspiration leads to an increase of anxiety level. It is interesting that the more significant inconsistency between the levels of self-esteem and aspiration grades the more significant level of anxiety. The researcher also mentions significant

aggression in the open or pressed form and intolerance to the obstacles in the process of success achieving. In other words, increased level of person's frustration is observed.

There are no doubts that the mismatch of the levels of self-esteem and aspiration coupled with a significant increase in anxiety level creates a potentially pathogenic complex.

Persons with «risk triad» (inconsistency between the levels of self-esteem and aspiration + increase of anxiety level) have in their life history experience of failure. Its reasons can be very different: failure of college entrance, physical disease, psychological traumas, difficulties in a professional sphere which are considered as overpowering. Such circumstances themselves are very serious and are taken heavily by respondents. As a result, self-esteem is dropping dramatically. Attempts to redress a situation by success achieving with a very high level of difficulty, what usually do people with high level of aspiration and low level of self-esteem, as a rule, lead to the next failures, which strengthen the level of emotional upheaval.

As a result, single failure reinforced many times, becomes an experience, which causes stable gamma of negative emotions and firstly chronic anxiety.

Another group from «risk triad» are people who have a high level of self-esteem and a low level of aspiration. Such people also have an experience of failure, but the main reason of anxiety increase is an absence of real success, which is achieved with the aim which was chosen and realised by oneself. As a result, such people do not feel self-sufficient, competent and secure.

As a result, both groups have intrapersonal conflict, which lies in the fact that current achievement does not let respondent have real high-level self-esteem, which can satisfy their inner model. In the first case, as it was mentioned before, self-esteem drops dramatically, in the second – self-esteem is characterised by sufficient level. It can be declarative or real, but horribly fragile and unstable [Бороздина и др., 2014].

One of the main tasks for the supportive specialists (psychologists, coaches, social workers), who deals with clients striving to achieve life successfulness, is the prevention of mental health problems connected with this desire.

The work should be started from an understanding of what life successfulness for the concrete person is. There should be no blind goals achieving because in such case there is a risk of reaching results that are not meaningful for a concrete client and further disappointment.

All the set goals should be specific, measurable, achievable, relevant and time-bound. This approach increases result reaching dramatically.

Particular focus should be paid to the checking of the goal verity. Very often people are achieving goals which are not so meaningful to them. They spend a lot of time and efforts for them, but the result does not satisfy, and people do not feel any positive emotions. A person should feel satisfaction and

positive emotions from achievements. If it is not so, this is a marker that something is going wrong.

As an apart task creating of the supportive environment should be considered. Support of others is necessary for successfully achieving. When we feel support, we understand that despite circumstances we are loved and accepted. Such atmosphere increases a feeling of safety and decreases stress what has a positive influence on our comfort and mental health.

Also, the strategy and tactic of success achieving should be worked out during the sessions. For example, a tactic of «wind sprint» should be eliminated. People use such a tactic for increasing of their self-esteem. In such a case, they set goals which are losing beforehand because those goals are higher than a person's skills and abilities. Instead of that a tactic of tempered and consistent progress should be used. The complexity of the goals also should be increased gradually.

Life success should not be achieved at the expense of health or personal relations. In such a case, we can talk about success in some sphere but not about life success generally. Life success is based on the balance between all the essential life spheres.

Conclusions. The role of mental health in the structure of life successfulness is unquestionable. It is one of the crucial elements. At the same time, a desire to be successful in life is common for a physically and mentally healthy person. However, due to the messages which are broadcasted by mass media, the accent is done on material goods and consumerism. Even when a person achieves desired things, they do not make him or her happy. The same situation occurs when someone achieves results that are not meaningful for him/her and which were set by the social environment. Such blind attempts to follow the iconic lifestyle and to achieve goals which are not important, lead to the disappointments and other adverse outcomes. Failures in trying to reach heights also play a negative role. Moreover, further bungling attempts deepen negative effect and could become a background for mental health problems. Thus, it is important to disclose negative aspects of success achieving and to provide specialists with instruments which will help their clients to achieve success and to preserve mental health at the same time.

Further research. This theoretical research could be used as background for hypothesis setting and further empirical investigations. The place of mental health in the structure of life successfulness was defined. Some outcomes and mental health problems which can occur because of life successfulness striving were shown. An attempt to demonstrate a connection between mental health and life successfulness from different perspectives was taken. At the same time, every part of the paper could be deepened and empirically studied.

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