

Positive Personal Qualities and Depression

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Abstract

The article describes the results of studying the relationship between positive personal qualities and depression, as an antagonist of positive parameters.

The following positive characteristics were studied: subjective well-being, happiness, hope, subjective success of activity, the ability to determine life goals, emotional maturity, the ability to comprehend the present, satisfaction with life, desire and initiative for personal growth, inclination to curiosity and research, motivation to seek and understand meaning life, gratitude, satisfaction with marriage. The level of depression was also measured. Positive characteristics and contrasted depression show multiple positive (with depression-negative) correlations among themselves, which indicates a general factor of positivity. A positive person is positive in all spheres of life and at the same time does not show any depressive manifestations. In general, depressivity is antagonistic to a person's positivity.

Keywords: Gratitude; Correlations; Personal growth; Hope; Positive psychology; Feelings of happiness; Emotional maturity

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Introduction

The interconnection of various biological processes has long attracted the attention of researchers [1,2]. This allows "plunging" deeper and deeper into the essence of the living to understand the mechanisms of its functioning under normal conditions [3,4], pathology [5,6] and under the influence of various environmental factors [7,8]. Special attention among physicians, biologists and psychologists attracts at the present time neuropsychological processes [9,10]. They have not only an integrating effect on the body, but also ensure the socialization of man and his personal development [11,12]. Particular attention in this regard deserves positive personal qualities and depression capable of modulating neuropsychological processes, influencing the situational and strategic behavior of a person in society [13,14]. Of great interest is the question: are there any interrelationships between "positive" personal qualities, including subjective well-being, happiness, hope, ability to plan and achieve one's goals (emotional maturity, awareness of reality, satisfaction with life, desire for personal growth, inclination to study of the environment, the motivation to search for the meaning of life and the realization of this meaning, the feeling of gratitude? In this connection, the goal is to find out the interconnections of positive personal qualities in and out of depression.

Materials and Methods

This study was approved by the local ethics committee of the Moscow Pedagogical State University on May 12, 2016 (Min No. 5) and the Russian State Social University on May 14, 2016 (Min No. 5). All the examined persons gave written informed consent to participate in the study.

A total of 361 people aged between 17 and 66 took part in the study (mean age 26.68 ± 0.48 years) 91 men and 270 women. Subjects were students and teachers of Moscow State Pedagogical University after them M.A. Sholokhov, as well as students from other universities in Moscow and employees of various Moscow enterprises.

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Methods to measure positive personal parameters, the following methods were used: a test for the level of subjective well-being [15]; test for subjective happiness; test for the subjective level of hope (scale of hope) [16]; test for the degree of development of feelings of gratitude; test for the level of emotional maturity [17]; a test of the level of capacity to realize the present (current) moment (emotional maturity and this ability are considered as factors of "true happiness") [17]; test for the degree of satisfaction with life [18]; test for the level of initiative for the personal growth [19]; test for the degree of proneness of the propensity to curiosity and research [20,21]; a test for the level of motivation to search for the meaning of life and awareness of this meaning (MLQ) [22,23]. In addition, they measured: the level of satisfaction with marriage (according to this test only interviewed respondents were interviewed) [24,25], which can also be attributed to positive personal qualities, as well as the level of depression (as a quality, conditionally opposed to positive) according to the test [26]. The methods of correlation analysis were also used. Statistical calculations were carried out using the program Statistica 6. The distribution of the results for



the majority of the parameters studied was not normal (the Shapiro-Wilk criterion for p at the level of 0.05), so the preference for statistical processing was given to nonparametric methods, in particular, the Spearman correlation analysis method. The error probability (p) was assumed to be 0.05.

Results

Significant positive correlations with all positive parameters, with the exception of the level of motivation to search for the meaning of life, as well as a significant negative correlation with the level of depression were found for the subjective wellbeing index by S. Lyubomirsky and H.S. Lepper test. The strongest correlations of subjective well-being are revealed with subjective happiness according to M. Fordis, the components of "true" happiness according to M. Atkinson (emotional maturity and ability to comprehend the present) and satisfaction with life.

For the indicator of subjective happiness according to the test of M. Fordis, significant positive correlations with all positive parameters were found, with the exception of the level of motivation to search for the meaning of life, as well as a significant negative correlation with the level of depression. The strongest correlations of subjective happiness reveal with subjective well-being by S. Lyubomirsky and H.S. Lepper and satisfaction with life.

Significant positive correlations with all the positive parameters studied, as well as a significant negative correlation with the level of depression, were found for the subjective hope index (general parameter) (hope test of C.R. Snyder). Hope reveals the strongest correlations (if you do not take into account the associated indicators - the subscales of the same test) with emotional maturity, real awareness, initiative to personal growth and an integral indicator of motivation to search for the meaning of life and to realize this meaning (according to the MLQ test).

For the indicator of the ability to achieve their goals (the ability to direct "energy" to their life goals) (according to the subscale of action (agency subscale) of the test of hope of C.R. Snyder) (according to C.R. Snyder is a component of the subjective hope) are found out significant positive correlations with all the positive parameters studied, as well as a significant negative correlation with the level of depression. The strongest correlations (if you do not take into account the associated indicator - the overall scale of the same test), hope finds with another subscale of the test, showing the level of ability to determine life goals and planning ways to achieve them (along the pathway subscale of the hope test of C.R. Snyder) (also a component of the hope for C.R. Snyder), an initiative for personal growth, emotional maturity, awareness of the present, as well as subjective happiness, life satisfaction and an integral indicator of motivation to search for the meaning the sins of life and the realization of this meaning (according to the MLQ test). Also, a rather high (-0.4) negative correlation with the level of depression was found.

For the indicator of the ability to determine life goals and plan ways to achieve them (according to the pathway subscale of the hope test of C.R. Snyder) (according to C.R. Snyder is a component of the subjective hope), significant positive correlations with all the positive parameters studied were found, as well as a significant negative correlation with the level of depression. The strongest correlations (if you do not take into account the associated indicator-the overall scale of the same test), hope finds with another subscale of the test, showing the level of ability to determine life goals and planning ways to achieve them (along the

pathway subscale of the hope test of C.R. Snyder) (also a component of hope for C.R. Snyder), an initiative for personal growth and emotional maturity.

For the indicator of emotional maturity, M. Atkinson found significant positive correlations with all the positive parameters studied, as well as a significant negative correlation with the level of depression. The strongest correlations are found with the level of ability to comprehend the present (current) moment, subjective well-being, happiness, hope, ability to work towards achieving one's goals, the ability to determine life goals and plan ways to achieve them, initiative to personal growth, the presence of the meaning of life, integral an indicator of motivation to search for the meaning of life and the realization of this meaning (according to the MLQ test).

For the indicator of the level of development of the ability to comprehend the present (current) moment (according to the M. Atkinson test), significant positive correlations with all the positive parameters studied were found, as well as a significant negative correlation with the level of depression. The strongest correlations are found with the level of emotional maturity, subjective well-being, ability to work to achieve their goals, satisfaction with life, initiative to personal growth, the presence of the meaning of life, an integral indicator of motivation to search for the meaning of life and awareness of this meaning (according to the MLQ test).

Significant positive correlations with all positive parameters were found for the indicator of life satisfaction (according to E. Diener et al. Test), with the exception of the level of motivation to search for the meaning of life and the indicator of propensity to curiosity and research, also a significant negative correlation of the index of life satisfaction with the level of depression. The most strong correlation shows a measure of satisfaction with life with subjective happiness according to M. Fordis and with subjective well-being by S. Lyubomirsky and H.S. Lepper and with satisfaction with life, and also with the ability to achieve their goals (the ability to direct "energy" to their life goals) (on the subscale of the action (agency subscale) of the hope test of C.R. Snyder), the level of the ability to comprehend the present (current) moment in the test to the level of the ability to realize the present (current) moment M. Atkinson and ur We will know the existence (meaning) of the meaning of life according to the MLQ test M.F. Steger et al. (On the "availability" subscale of the MLQ test).

Significant positive correlations with all positive parameters were found for the indicator of gratitude (according to the test of M.E. McCullagh and others), except for the level of satisfaction with marriage and the indicator of propensity to curiosity and research, and a significant negative correlation of the level of gratitude with the level of depression was also found. The strongest correlation for the indicator of gratitude is with the level of ability to comprehend the present (current) moment.

For the indicator of the initiative for personal growth (according to C. Robitschek test), significant positive correlations with all positive parameters were found, with the exception of the level of satisfaction with marriage, and a significant negative correlation of the level of initiative to personal growth with the level of depression was also found. The strongest correlations for the indicator of the initiative for personal growth are with the parameters of hope for C.R. Snyder (the general level of hope, the ability to pursue his goals (the ability to direct "energy" to his life goals), the ability to determine life goals and plan ways their achievements), the components of "true" happiness according to M. Atkinson (emotional maturity and ability to comprehend the present),



a propensity for curiosity and research, indicators of the presence and search for the meaning of life (integral and the level of presence (meaningfulness) of the meaning of life according to the MLQ test of M.F. Steger and others - in the subscale of "availability").

For the indicator of propensity to curiosity and research on the test, T.B. Kashdan et al. Found significant positive correlations with most of the positive parameters studied. However, with the level of satisfaction with life according to the test of E. Dayner and others and with the level of gratitude in the test for the degree of development of gratitude of M.E. McCullagh, etc., as well as with the level of satisfaction with marriage according to Yu.E. Aleshina and other correlations there. With the level of availability (finding) of the meaning of life according to the MLQ test, M.F. Steger et al. (On the subscale of "availability"), the correlation is significant, but very weak (0.11), and very weak (0.15) correlation with the level of subjective well-being according to the S. Lyubomirsky and H.S. Lepper test. There is no correlation of propensity to curiosity and research and with the level of depression. The strongest correlation for the indicator of propensity to curiosity and research is with the level of initiative to personal growth.

For the integral indicator of motivation to search for the meaning of life and the realization of this sense, according to the MLQ test (M.F. Steger, etc.), significant positive correlations with all positive parameters studied were found, as well as a significant negative correlation with the level of depression. The strongest correlations (with the exception of the associated parameters-the subscale of the test) are found with the level of initiative for personal growth according to C. Robitschek test, the level of emotional maturity in the test to the level of emotional maturity of M. Atkinson and the level of ability to comprehend the present (current) moment in the test to the level of the ability to comprehend the present (current) moment of M. Atkinson (components of happiness according to M. Atkinson), as well as the level of ability to work towards achieving their goals.

For the level of availability (finding) of the meaning of life according to the MLQ test, M.F. Steger et al. (On the subscale of "presence") found significant positive correlations with all the positive parameters studied, as well as a significant negative correlation with the level of depression. However, the correlation with the indicator of propensity to curiosity and research is extremely low (0.11). The strongest correlation (with the exception of the associated parameter - the common scale of the test) was found with the level of initiative for personal growth according to the test of C. Robitschek.

For the indicator of the level of motivation to search for the meaning of life according to the MLQ test, M.F. Steger et al. (On the "search" subscale) found significant positive correlations with most of the positive parameters studied. However, with the level of subjective well-being according to S. Lyubomirsky and H.S. Lepper test, with the level of subjective happiness according to the M. Fordis scale, with the level of satisfaction with life according to the test of E. Dayner and others, and also with the level of satisfaction with the marriage according to the test Yu.E. Aleshina and others, the level of motivation to find the meaning of life does not correlate. There is no correlation of the level of motivation to finding the meaning of life and the level of depression. The most (except for the associated parameter - the overall MLQ test score) is a strong correlation for the curiosity prediction and research - with the level of initiative to personal growth, although it is not too strong (0.35).

For the indicator of the level of satisfaction with marriage (according to Yu.E. Aleshina test, etc.), significant positive correlations

were found with the majority of positive parameters studied, as well as significant negative correlation with the level of depression according to A.T. Beck. However, with the level of gratitude in the test for the degree of development of the gratitude of M.E. McCullagh and others, the level of initiative for personal growth according to K. Robichek test is an indicator of the propensity to curiosity and research on the test for the degree of proneness of the propensity to curiosity and research of T.B. Kashdan, etc. and with a level of motivation to search for the meaning of life according to the MLQ test. Steger et al. (On the subscale of the "search" test), the level of satisfaction with marriage is not correlated. The strongest correlation for the satisfaction index of his marriage is the level of subjective well-being in S. Lyubomirsky test and H. Lepper test, with the level of subjective happiness according to the M. Fordis scale, and also with the ability to achieve his goals (the ability to direct "energy" to his own life goals) (on the subscale of action (agency subscale) of the test of hope of C.R. Snyder).

For the indicator of the level of depression (opposed to positive qualities and states of the parameter) (according to A. Beck test), significant negative correlations were found with the majority of the positive parameters studied. However, with an indicator of propensity to curiosity and research on the test, T.B. Kashdan, etc. and with a level of motivation to search for the meaning of life according to the MLQ test M.F. Steger et al (according to the subscale of "search") the level of depression does not correlate. The strongest negative correlations for the depression level indicator were found for the level of subjective happiness according to the M. Fordis scale, with the ability to achieve their goals (the ability to direct "energy" to their life goals) (according to the agency subscale of the hope test C.R. Snyder), and also with the level of emotional maturity in the test to the level of emotional maturity of M. Atkinson.

Discussion

Progress in the essence of the functioning of living organisms provides science with more and more solid knowledge of structure and function [27,28] and the possibility of their correction in case of pathology [29,30]. It is very important to identify various aspects of neurophysiology and psychology, which are the basis of human socialization [31-33].

As a result of the study of correlations, it was found that positive personal qualities, such as subjective well-being, happiness, hope, the ability to achieve their goals (the ability to direct "energy" to their life goals), the ability to determine life goals and plan their ways achievements, emotional maturity, the ability to realize the present, satisfaction with life, the desire for personal growth and the initiative for it, a tendency to curiosity and research, motivation to SKU meaning of life and awareness of the meaning, a sense of gratitude, happiness in marriage experience (as well as depression opposed to them) show multiple positive (with depression-negative) relationship between them. The overwhelming majority of the pairs of positive parameters studied revealed significant positive correlations. This allows us to talk about the existence of a factor of general positivity (or the general factor of positivity). It turns out that a person, if he is positive, is positive in everything, and does not show signs of depression. Positiveness of a person in some way makes it possible to assume its positivity in other aspects [19].

The least related to other positive parameters is the level of motivation to search for the meaning of life according to the MLQ test M.F. Steger et al. (Indicator on the subscale of the "search" test), the level of propensity to curiosity and research on the test T.B. Kashdan,



etc., satisfaction with the marriage according to the test Yu.E. Aleshina, etc. The first two parameters, although considered generally positive, have an additional emphasis on human activity in something - search or related to the implementation of curiosity, research, perhaps this explains the lower interrelation of these parameters with other positive indicators, than at "especially" positive properties - well-being, happiness, success, etc. Satisfaction with marriage (which we view as a positive indicator in the context of this work) is probably determined by external factors, such as personal characteristics and behavior of the mate, children, possible problems of cohabitation, etc., more than other positive indicators [23]. Perhaps, therefore, this parameter is somewhat less interconnected with others. Although, in general, both for satisfaction with marriage, and for two other positive parameters, which found fewer correlations with other indicators, the number of parameters with which these indicators correlate is much larger than the number of those with which they did not find correlations.

Depression showed itself to be really opposed to the positive parameters of the condition, negative correlations of the depression level were found with the overwhelming majority of the positive indicators studied, thus, it can be said that depression is opposed to positivity of the person as a whole.

Conclusions

Positive personal qualities (as well as the depression they oppose) reveal multiple positive (with depression - negative) relationships between themselves. This allows us to talk about the existence of a factor of general positivity. It turns out that a person, if positive, is positive in everything, and at the same time shows no signs of depression.

Depression is opposed to positivity of the person as a whole.

The least related to other positive parameters is the level of motivation to search for the meaning of life according to the MLQ test M.F. Steger et al. (Indicator on the subscale of the "search" test), the level of propensity to curiosity and research on the test T.B. Kashdan, etc. satisfaction with the marriage according to the test Yu.E. Aleshina and others.

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