
THE IMPACT OF A POSITIVE WORLDVIEW ON QUALITY OF LIFE: ASPECTS OF PSYCHOLOGICAL, SOCIAL AND PHYSIOLOGICAL WELL-BEING

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Abstract

This paper presents a study aimed at revealing the relationship between a positive outlook and three aspects of well-being: psychological, social and physiological. The following methods were used in the study: quasi-experimental study, correlation, and factor and regression analysis. The impact of a positive outlook on psychological and social well-being was investigated by examining various aspects of an individual's outlook, such as 'basic beliefs', 'openness to new experiences', 'values', 'existential fulfilment', 'interaction with others', 'self-acceptance' and 'adaptability to the world'.

The study was carried out over a three-month period, from September to November 2023, with the aim of examining the influence of a positive worldview on individuals' quality of life. A total of 314 participants were involved in the research.

The data analysis confirmed the need to create a factor structure for worldview, which consisted of six main elements: 'harmony with the world', 'interaction with the world', 'subordination to the world', 'dominance over the world', 'partnership with the world' and 'friendship with the world'. The study showed a direct relationship between some factors that comprise a worldview, such as 'interaction with the world', 'friendship with the world', 'harmony with the world' and psychological well-being, and also an inverse relationship between well-being and the factor 'submission to the world'.

The results indicate the importance of ideological factors in the development of psychological well-being and social relationships. During the study of the impact of a positive worldview on physiological well-being, the participants' physical condition was assessed; in particular, their health indicators and stress levels were analysed. The interaction between positive worldview and physiological parameters was also studied, which included an assessment of the emotional state and its impact on the cardiovascular system and responses to stressful situations. The results showed how a positive outlook can improve physiological well-being by reducing stress levels. The results also demonstrated that a positive outlook helps maintain emotional stability, improve social relationships and reduce the risk of developing physiological problems.

Keywords: positive worldview; psychological well-being; physiological health; quality of life; stress.

1. Introduction

The relevance of studying how a positive worldview affects psychological, social and physiological well-being is clear in today's stressful environment. In the contemporary world, where stress, depression and social insecurity are becoming increasingly common issues, understanding how a positive worldview can improve quality of life is of particular importance. Research in this area can make an important contribution to the development of strategies and interventions to maintain mental health, improve social relationships and ensure the physical well-being of the population. The study of the impact of a positive outlook on quality of life is complicated by many factors. Psychological aspects include the difficulty of measuring a positive worldview and its relationship to emotional state and mental health. Social aspects are complicated by the impact of a positive worldview on interpersonal relationships, social support and integration (Koshova et al., 2021). The physiological aspects require careful analysis of the relationship between a positive outlook and body functions, such as heart health, the immune system and overall physical condition (Telcharov, 2021). It is also necessary to consider the influence of other factors that may overlap or change the relationship between a positive outlook and quality of life. Such complications require in-depth analysis and a multidimensional approach to researching this topic.

Studies by Gruzina (2022), Ilnytska (2022) and Dmytrotsova (2020) focused on issues of personal satisfaction and happiness levels, without improving the understanding of the impact of events on psychological stability. Although they identified certain aspects of subjective well-being, such as emotional stability and psychological comfort, a gap remains, i.e., to analyse what specific life circumstances or events affect these aspects. Lukashenko (2023), Ratushna (2020) and Jabbarova (2019) point out the importance of the interaction of the individual with the surrounding world and their inner self. Their findings confirm that basic trust in the world and an optimistic attitude towards it can be defined as the basis of psychological well-being. However, the major gap in these studies is again the lack of analysis of the impact of personal resources such as self-control, resilience, self-acceptance,

the ability to reflect on the development of a worldview and psychological well-being.

The problem of this field of study is insufficient consideration of the impact of a positive worldview on the physical health and general condition of an individual and the lack of consideration of the influence of various factors on the development of a worldview and its relationship with other aspects of life. Paskevskaya (2023), Sapon (2023) and Chykhantsova (2021), who studied this area, found that a positive outlook is an important factor for a person's mental and physical well-being and affects their stress tolerance. However, these studies did not consider the impact of various factors, such as social interaction, cultural factors and emotional resilience, on worldview development and its relationship to physical health. In the context of studying this area, there is a problem associated with the lack of research aimed at studying a positive worldview as a risk factor for or protection against mental disorders and depression. Kagdipa and Rubskyi (2020), Lazeba (2021) and Otych and Chaban (2022) found that a positive outlook helps reduce stress levels, improve general well-being and improve psychological well-being. They also emphasise that people with a positive outlook rarely conflict with others and show greater social support, which affects their overall happiness and life satisfaction. In terms of physiological well-being, studies have also confirmed that a positive worldview helps reduce the risk of heart disease, boost immunity and improve overall quality of life. However, these studies did not address the impact of a positive outlook on overall health and psychophysical harmony, which requires further research.

Various factors help to determine how much a person is attuned to selfishness or altruism, individualism or collectivism, and what universal values and beliefs this reflects. I hypothesised that worldview factors that contribute to the establishment of a person's overall positive attitude to the world will positively correlate with the level of well-being, while worldview factors aimed at realising prosocial values may have a moderate (or even inverse) correlation with life satisfaction. This approach helps to understand how a positive worldview contributes to the overall well-being of a person in all its aspects. The purpose of this study was to identify the impact of a positive worldview on various aspects of well-being. As part of the study, the following hypothesis was investigated: the relationship between worldview factors and psychological well-being is stronger than the relationship between psychological well-being and life satisfaction. In particular, it is anticipated that factors associated with a positive worldview will exert a more pronounced influence on psychological well-being than on life satisfaction.

It is of paramount importance to investigate the influence of a positive worldview on quality of life, as this will elucidate the manner in which an individual's perception of the world can impact their psychological, social and physiological well-being. Given the growing prevalence of stress, depression and social insecurity, it is imperative to investigate strategies that foster mental health, reinforce social connections and enhance physical well-being.

Previous studies have identified the importance of personal satisfaction and happiness (Gruzinova, 2022; Ilnytska, 2022; Dmytrotso, 2020), yet they have often failed to examine

the influence of specific factors, such as personal resources and cultural influences, on psychological stability. Furthermore, these studies failed to consider the influence of personal resources such as self-confidence, self-control and resilience, which are essential for the development of psychological well-being (Lukashenko, 2023; Ratushna, 2020). Similarly, while some research has identified the significance of positive worldview factors for stress reduction and overall well-being (Paskevskā, 2023; Sapon, 2023), it has lacked a detailed investigation into the influence of social interaction and cultural factors.

A major shortcoming of the existing literature is the inadequate attention paid to the role of personal resources and social interaction in shaping worldview formation and well-being. The present study aims to address this gap in the literature by exploring the relationship between a positive worldview, including factors such as “harmony with the world”, “interaction with the world” and “friendship with the world”, and psychological well-being, with a particular focus on the extent to which it affects psychological well-being more strongly than life satisfaction. This specific hypothesis is derived from the understanding that psychological well-being is more closely linked to deeper, more existential aspects of a person’s worldview, whereas life satisfaction often relates to more surface-level, hedonistic factors.

The hypothesis of this research is as follows: it is assumed that a positive worldview greatly influences psychological, social and physiological well-being, with psychological well-being being the most strongly affected.

The object of this research was to investigate the impact of a positive worldview on quality of life, with a particular emphasis on psychological, social and physiological well-being.

The subject of the study was an investigation of the relationship between fundamental aspects of a positive worldview, such as “harmony with the world”, “interaction with the world” and “friendship with the world”, and indicators of well-being, including emotional stability, social relationships and physical health, with an emphasis on stress levels and physiological responses.

The study’s aims and objectives were as follows:

- 1) the first objective was to analyse the existing literature regarding the concept of a positive worldview and its impact on psychological, social and physiological well-being;
- 2) the aim was to ascertain the impact of a positive worldview on the well-being of individuals across different age and gender groups;
- 3) the second objective was to ascertain the nature of the relationship between worldview factors and well-being indicators, including life satisfaction, emotional stability and physical health.

2. Materials and Methods

This study was conducted over a three-month period, from September to November 2023, to ascertain the impact of a positive worldview on participants' quality of life. A quasi-experimental design was employed, whereby the impact of a positive worldview on participants' quality of life was evaluated in the absence of a formal control-experimental group setup. The participants were observed in their natural settings, and data were collected via self-reporting using the online survey platform Google Forms.

The participants were recruited via online advertisements and social media platforms targeting adults from five regions of Ukraine: Dnipropetrovsk, Kharkiv, Kyiv, Poltava and Sumy oblasts. The recruitment process was designed to ensure a diverse range of socioeconomic backgrounds and educational levels. To be eligible for inclusion in the study, participants had to be aged between 19 and 53 years, fluent in Ukrainian and able to provide informed consent. Individuals diagnosed with mental or serious chronic physical conditions that could affect their quality of life or bias the study's findings were excluded from participating. The objective of this process was to guarantee the representativeness and generalisability of the sample to the broader Ukrainian population.

The total number of participants was 314. The sample was carefully selected to ensure uniform representation of both genders, with 157 women and 157 men. Participants were also divided into four age categories: 19–25, 26–35, 36–45 and 46–53 years, ensuring a balanced age distribution. All participant data were processed in accordance with the relevant privacy requirements.

The tools employed in this study, including the Five-Factor Personality Inventory and the Life Events Scale, were selected on the basis of their established relevance in measuring personality traits and stress factors, respectively. The Five-Factor Personality Inventory was selected for its capacity to provide a comprehensive assessment of personality, given its widespread recognition as a valid instrument for capturing key personality dimensions that are associated with well-being. The Life Events Scale was selected due to its capacity to quantify the stress level associated with major life events, thereby rendering it suitable for the evaluation of the impact of such events on well-being. The reliability and appropriateness of both tools have been validated in multiple studies.

The author's questionnaire for determining the ideological plasticity of personality was developed based on a theoretical analysis of the adaptability of personality traits to changing ideological contexts. The development process entailed obtaining the input of experts in the fields of psychology and sociology, who provided feedback on the clarity and relevance of the questions. The questionnaire was validated through pilot testing with a sample of 50 participants, with the aim of assessing its internal consistency. The results yielded a high Cronbach's alpha value of 0.85, indicative of good reliability. Moreover, construct validity was corroborated through correlation with related constructs, such as openness to experience and cognitive flexibility, which are commonly associated with ideological plasticity. The rigorous validation process guaranteed that the questionnaire offers reliable

and meaningful insights into participants' ideological adaptability.

The use of medical devices in this study to monitor physiological parameters represents a novel methodology for the acquisition of data in this field of study. Nevertheless, the dependability of the data collected in this way gives rise to a number of concerns. To address this issue, respondents were provided with comprehensive training in the correct usage of the devices. The training provided ensured that participants were able to use the equipment correctly and in an effective manner, thereby reducing the likelihood of errors in data collection. Furthermore, measures were implemented to ensure the accuracy of self-reported data. These included periodic cross-checks, whereby respondents' measurements were randomly verified by healthcare professionals to ensure consistency and reliability.

The decision to collect physiological measurements for just one week per month was informed by a number of factors. Primarily, this was a practical consideration, in that requiring respondents to provide data on a more frequent basis could have resulted in fatigue, which in turn could have led to less accurate data being collected. A weekly measurement was deemed sufficient to capture a representative snapshot of participants' physiological states, in alignment with the study's objective of assessing general well-being over time, rather than momentary fluctuations. This frequency permitted a balance to be struck between data reliability and participant adherence, thereby ensuring that the study's objectives were met while keeping the burden on participants to a minimum. Furthermore, previous studies have demonstrated that a sampling strategy of this type is sufficient to identify meaningful variations in physiological parameters related to well-being (Illynska, 2022; Sapon, 2023).

The statistical analyses were performed using the statistical software package SPSS version 21. Prior to conducting the primary analyses, a series of assumptions were tested to ensure the validity of the results. In particular, the data were evaluated for normality using the Shapiro-Wilk test, which demonstrated that the majority of variables exhibited a normal distribution ($p > 0.05$). The assumption of linearity was tested using scatterplots, which revealed that all key relationships exhibited a linear pattern, thereby supporting the assumption of linearity for the regression models.

Potential confounding factors, such as participants' socioeconomic background and baseline health status, were controlled for during the analyses. These variables were included as covariates in the regression models to ensure that the observed effects were attributable to a positive worldview rather than other underlying factors. The socioeconomic background of participants was controlled for by grouping them into quintiles based on income levels. Baseline health status was accounted for by including initial health indicators (e.g., blood pressure and pulse) as additional predictors in the models. These steps facilitated a more precise comprehension of the direct impact of a positive worldview on psychological, social and physiological well-being.

Various data analysis methods were used, in particular factor, correlation and regression analysis. Factor analysis helped to identify key factors that influenced a positive worldview and its relationship with other aspects of well-being. Correlation analysis established

the degree of relationship between various variables, such as a positive outlook and psychological, social and physiological well-being. Regression analysis helped to determine exactly how a positive worldview affects these aspects of life. Based on these methods of analysis, the study provided objective, reliable and detailed results, which enabled me to draw reasonable conclusions about the interaction of a positive worldview with the psychological, social and physiological well-being of the study participants.

3. Results

A positive worldview can greatly enhance quality of life, improving emotional stability, social relationships and physical well-being. It reflects optimism, belief in a better future and a focus on the positive aspects of life. The main characteristics of a positive worldview are understanding opportunities, opening up new horizons, focusing on the positive aspects of life and the ability to find solutions in all situations. People with a positive worldview are more emotionally stable, cope better with stress and experience greater life satisfaction than individuals who do not have a positive worldview. Quality of life includes satisfaction encompassing physical, emotional and social aspects. This concept includes various aspects of an individual's life, such as their physical health, emotional state, social relationships, material well-being, education, cultural opportunities and security.

Psychological well-being refers to a state of mental health and satisfaction when an individual feels harmony and balance in their life. It includes various aspects of mental functioning, such as emotional state, personal development, relationships with others, self-acceptance, realisation of one's own values and achievement of life goals (Riff et al., 2021). Social well-being refers to a state of satisfaction and harmony in social relationships and participation in public life. It is reflected in the pleasure of interacting with other people, a sense of belonging to the community, support and help from others and participation in various social activities. Physiological well-being refers to a state of optimal health and functioning of the body, including the normal functioning of systems and organs, the absence of diseases, healthy sleep, the absence of stress, and psychological comfort (Viac & Fraser, 2020). These concepts are important for studying and understanding various aspects of a person's life and for developing strategies to improve their well-being.

3.1. Research into aspects of psychological and social well-being

Factor analysis was performed to reduce a large number of different parameters, such as the main beliefs and values of an individual, fulfilment of existence, acceptance of others, self-esteem and adaptability to the world around them, as well as characteristics of flexibility of worldview and openness to new experiences. This analysis allowed these parameters to be reduced to a limited number of generalised worldview factors.

It is important to note that the sample size of the study was sufficiently large (314

participants) to apply factor analysis, while the number of parameters analysed did not exceed 50. All parameters used are presented on an interval scale. The factor analysis was substantiated based on statistical indicators: the value of Bartlett's sphericity criterion was almost zero, and the value of the KMO (Kaiser–Meyer–Olkin “Measure of Sampling Adequacy”) criterion exceeded 0.87, which is higher than the minimum of 0.5 required to substantiate the use of this analysis (Hernández-Torrano et al., 2020; Usán Supervía et al., 2020). The worldview factors selected were thus justified. Further analysis identified six factors that had significant eigenvalues and a cumulative percentage of 60.4%. The first factor, “harmony with the world”, contained 9.27 eigenvalues, which comprised 27.84% of the cumulative percentage. The second factor was “interaction with the world”. It had 6.13 eigenvalues and a cumulative percentage of 39.25%. The third factor, “subordination to the world”, had 2.9 eigenvalues and 45.4% of the cumulative percentage. The fourth factor, “domination over the world”, had 5.84 eigenvalues and a cumulative percentage of 50.83%. The fifth factor (“partnership with the world”) had 4.3 eigenvalues and a cumulative percentage of 55.77%. The sixth factor, “friendship with the world”, had 5.6 eigenvalues and a cumulative percentage of 60.41%. This analysis used forward oblimin rotation. The first factor was the largest in terms of volume, as it had 14 points for analysing ideological factors. The second factor had 8 points, the third and fifth 4 points each, and the fourth and sixth 5 points each.

In the first factor, various mental phenomena were identified, predominantly values that are components of an individual's worldview. They include universal values, such as tolerance, caring for others and for nature, and benevolence, which manifest through duty or trustworthiness and caring for others. This factor also includes the values of autonomy or independence in thoughts and actions, public safety and interpersonal conformity. Furthermore, this factor includes sensitivity and creativity as manifestations of personality expressiveness and flexibility. The values of stimulation, personal safety and hedonism are also included in this factor (Hanawi et al., 2020). Although the values of the last three elements partially corresponded to the fourth selected factor, the statistical data confirmed their inclusion in the first worldview factor. This first factor is the most versatile and is primarily responsible for determining the system of values of an individual, which is aimed at creating a harmonious approach to relationships with the surrounding world.

The “interaction with the world” factor includes eight components: a sense of freedom, responsibility, self-transcendence and self-management, which together form the existential fullness of the individual, and adaptation, acceptance of others, self-acceptance and self-esteem (Navarro-Carrillo et al., 2020). This factor reflects the extent to which individuals can accept themselves, find the meaning of their existence, and successfully cope with their environment, fully realising their potential. Individual who have a high level of indicators for this factor have self-knowledge, objective assessment of their own personality, conscious understanding of their own feelings and values, and can express emotional response and compassion. They act according to their desires and values, accept the quality of the internal and external environment as a given, and adapt to reality. Thus, a person

with high a level of indicators for this factor has an open vision of the world and an objective assessment of themselves and the surrounding reality.

The next factor reflects the values of subordination to rules and the modesty, stability and conservatism of an individual, referred to as “subordination to the world”. This factor describes a worldview model in which a person tends to be completely committed to the external rules of the surrounding reality and recognises the position “the world is higher than me” (Guerrini Usubini et al., 2021). Individuals who have high level of indicators for this factor indicate that the individual tends to recognise the unconditional predominance of social norms and rules of the external world over their own beliefs, values and interests, even at the expense of their own self-realisation and expression in the world.

The fourth factor includes the following components: the value of power (control over resources and dominance), achievement and reputation, and the belief in one’s own self-discipline (belief in the correctness of one’s own actions) (Katsantonis, 2020). This means that for a person with a high level of indicators for this factor, the desire for self-affirmation will be relevant; its interaction with the surrounding world will be based not only on simple adaptation to the environment or on building “friendly relations” with it but also on attempts at their own predominance. This may include attempts to control the environment through the power of authority, reputation, personal achievements and charisma.

The fifth factor is defined as “partnership with the world” and reveals how a person perceives the world, acting as an intelligent observer and partner with it. It considers how an individual analyses information from their environment and, based on this, shows either the preservation of their principles or their readiness to change their worldview. This aspect includes elements such as the flexibility and resilience of an individual’s worldview, critical thinking, and pessimism in their perception of the world (Putra et al., 2023). Thus, the “partnership with the world” factor reflects various aspects of an individual’s perception of the world, which are manifestations of the flexibility (Fig. 1) or stability of an individual’s worldview and formed part of the study questionnaire. The survey data is presented as numerical values indicating how many respondents fall into each category. These categories reflect different models of world perception. In particular, one such model is characterized by strong belief in kindness and justice, a generally positive view of other people and personal fortune, and an idealistic outlook on life. As these beliefs and ideals indicate a high level of trust in the world and the development of a positive view of it, this factor is referred to as “friendship with the world” (Colenberg et al., 2021). This view of the world is not based on real-world experiences of positive relationships with the world, but may be the result of an equal relationship with the world based on trust and positive attitudes, or “friendship with the world”.

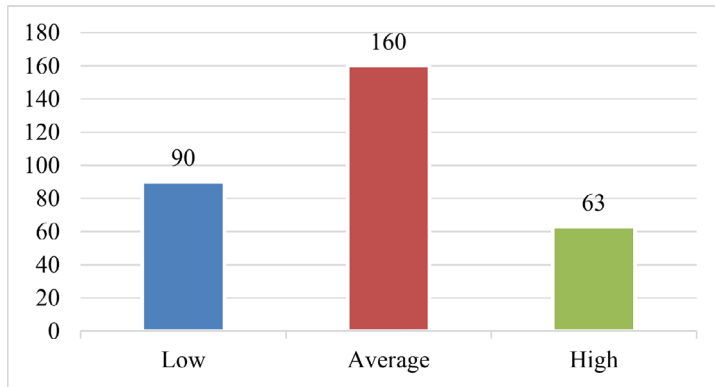


Fig. 1. Levels of ideological plasticity among the study participants

Comparing the levels of worldview plasticity, it can be seen that the average level was present in the largest number of respondents (51.12%), followed by a low level of plasticity (28.78%) and a high level of plasticity in the smallest number of respondents (20.09%). This indicates that a majority of respondents have average flexibility in their beliefs, which probably reflects the general situation in society. Individuals with low levels of worldview plasticity tend to have stable beliefs and limited willingness to change, which can affect their adaptability and interaction with the environment. Individuals who have a high flexibility of worldview show a high degree of openness to new concepts and willingness to change, which can contribute to their personal growth and successful adaptation to life changes.

Correlation and regression analysis was performed to identify the relationship between individual well-being and the six aspects of worldview and to confirm the interdependence of psychological and social well-being on worldview factors. The correlation analysis helped to confirm the existence of statistically significant links between psychological well-being and life satisfaction with four aspects of worldview: 'harmony with the world', 'cohabitation with the world', 'dominance over the world' and 'friendship with the world' (Saadeh et al., 2020).

The results showed a significant correlation between ideological factors and psychological well-being and life satisfaction. The factors 'harmony with the world' (correlation coefficient 0.36, $p=0$) and 'cohabitation with the world' (correlation coefficient 0.75, $p=0$) had high correlation rates with both aspects of well-being. Conversely, the 'subjugation to the world' factor had a negative correlation with psychological well-being (-0.37 , $p=0$). The 'friendship with the world' factor also showed a high correlation with psychological well-being (correlation coefficient 0.4, $p=0$) and life satisfaction (correlation coefficient 0.35, $p=0$). These results indicate the importance of ideological attitudes in psychological well-being.

These findings support the study's hypothesis. There was a stronger correlation between psychological well-being and worldview factors than between life satisfaction and these

factors. This means that hedonistic well-being is less related to an individual's worldview, while eudemonic well-being is much more closely related to their worldview. The study showed that the second worldview factor, 'partnership with the world', had the strongest link to a person's well-being. It was thus established that there is a strong direct dependence of this factor on psychological well-being. There was also a moderately strong direct association between 'interaction with the world' and life satisfaction levels ($r=0.41$, $p=0$). This indicates that the most appropriate worldview orientation, from the standpoint of well-being, is one that emphasizes the existential meaning of life, successful adaptation to the environment based on personal values, and a strong sense of self-worth (Volynchuk, 2022). People are very likely to hold a worldview in which they feel connected to themselves and others, possess an understanding of how life functions, and are capable of adapting to its rules. This model ensures the existence of the individual in the world, without seeking to dominate or obey completely, and does not cause a painful feeling of 'abandonment in the world'. This connection can be compared to a mature and healthy relationship between two equal individuals who maintain a sense of their own responsibility, freedom and satisfaction through mutual communication. The study also confirmed the existence of an important link between 'partnership with the world' and the level of life satisfaction through understanding one's own aspirations, real needs and the ability to adapt to the environment.

Next in strength was the link between the 'friendship with the world' factor and well-being. This relationship confirms the assumption about the importance of a positive attitude to the world as a factor of happiness. The strength of this connection to well-being, regardless of its type (eudemonic or hedonistic), was almost the same, although psychological well-being had a slightly stronger correlation with 'friendship with the world' ($r=0.39$, $p=0$) than life satisfaction ($r=0.35$, $p=0$). This confirms that, in some individuals, the development of an idealistic worldview contributes to the achievement of a higher level of well-being, where self-expression in the world and a sense of satisfaction with life are harmoniously combined. This factor determines the development of a holistic, idealistic view of the world, acting as a 'pink filter' of perception (beliefs in the goodness and justice of the world contribute to the perception of events in accordance with the ideological idealism of the individual) (Jahanbakhsh & Zarrin, 2022). The 'harmony with the world' factor showed an average level of association with psychological well-being ($r=0.36$, $p=0$) and a weak level with life satisfaction ($r=0.24$, $p=0$). This factor reflects a harmonious model of relations with the world, where the individual tries to find a balance between their opportunities to contribute to the world and the benefits received from it. Although this model has little connection with the level of satisfaction, it is closely related to psychological well-being: the more a person harmoniously pursues fulfilment in the world, making a positive contribution and receiving benefits from the environment, the greater their psychological well-being.

The last of the ideological factors studied regarding their impact on the concept of well-being was 'subordination to the world'. This aspect revealed an inverse relationship with psychological well-being (correlation coefficient $r=-0.38$, $p=0$), which indicates a tendency

towards a low level of psychological well-being in those individuals who show 'subordination to the world' and direct their lives in compliance with socially accepted norms. This model of worldview implies conformity, acceptance of modest values, and manifestations of conservatism and rigidity, which hinders the self-realisation of the individual and the satisfaction of their individual needs. This leads to deep dissatisfaction with life and shortcomings in well-being. In this context, excessive attention to the realisation of 'prosocial' values and adaptation based on conformist behaviour can cause feelings of unhappiness. No correlation was found between 'submission to the world' and life satisfaction. The most significant association with a high level of psychological well-being was observed in the case of the 'partnership with the world' factor. This confirms that to achieve well-being, it is important to have a deep understanding of the meaning of one's own existence, a high level of understanding of life, acceptance of both the inner and outer worlds, and the ability to adapt to life based on a wise life position. Achieving psychological well-being is also largely associated with the factors 'harmony with the world' and 'friendship with the world', while the worldview model of 'subordination to the world' can make it difficult to achieve psychological well-being (Suprun & Salnik, 2020).

Regression analysis was performed to determine the relationship between worldview factors and well-being and to identify the influence of worldview on happiness. The influence of four ideological factors ('interaction with the world', 'harmony with the world', 'friendship with the world' and 'subordination to the world') on the level of psychological well-being of an individual was investigated. The multiple determination coefficient of the regression model was 0.71 with a statistically significant level of 0. The Durbin-Watson index of 1.96 confirmed the normal distribution of the data (Monfared et al., 2021). The result obtained indicated that 72.3% of the variation in the variable 'general state of mental well-being' was conditioned by the influence of ideological factors. However, the influence of the four worldview factors considered on subjective well-being was not statistically significant.

3.2. The impact of a positive worldview on physiological well-being

A positive outlook can have a major impact on physiological well-being. A number of studies have confirmed that an optimistic attitude to life contributes to improving physical health and overall well-being. Individuals with a positive outlook are less likely to experience stress than those with a negative outlook; this reduced stress can reduce the risk of developing heart disease and other stress-related illnesses. In addition, a positive outlook can boost the body's immunity and reduce the risk of poor health due to inflammatory processes or other diseases. A positive approach to life can also contribute to maintaining a healthy lifestyle; this positive approach may include a balanced diet, physical activity and the avoidance of unhealthy habits, contributing to overall physical well-being (Enayat et al., 2022).

The survey was conducted using a Life Event Scale, with respondents asked to rate the

impact of various events on their lives using a numerical scale from 1 to 10. The average stress scores for each event and the total stress score for the entire group of respondents were determined, with the results showing which events caused the highest levels of stress among respondents (Table 1).

Table 1. Impact of various life events on respondents' average stress scores

Event	Average score
Job loss	6.5
Death of a close relative	8.2
Divorce or breakup of a relationship	7.8
Serious illness or injury	7.3
Financial problems	6.9
Change of place of residence	5.4
Pregnancy or the birth of a child	4.7
Problems with work or study	6.1
Change of family status	5.9
Problems with co-workers with employees or friends	6.7

Each of the events listed in Table 1 can have a major impact on an individual's emotional and psychological state. Losing a job can cause stress due to financial problems and the need to find a new job, losing a loved one can lead to deep grief and feelings of loss, and a divorce or breakup can lead to emotional stress and feelings of loneliness. A serious illness or injury can cause physical and psychological discomfort, and financial problems can lead to a fear of the future. Changing the place of residence can cause stress due to having to adapt to a new environment, and pregnancy or the birth of a child can bring joy, but also a fear of new challenges. Problems with work and study can lead to a loss of motivation and uncertainty about the future, and a change in family status can lead to a reassessment of an individual's role and adaptation to new circumstances. Problems with relationships with co-workers or friends can cause conflicts and feelings of separation (Schønning et al., 2020).

The analysis of these indicators showed different levels of stress caused by different events in a person's life. The highest average stress score was observed in the event of the 'death of a close relative' and indicates that this event may have the greatest emotional impact on a person out of all events listed. Next in terms of stress levels were 'divorce or breakup of a relationship' and 'serious illness or trauma', which also indicated a major emotional burden from these events. The lowest average stress score was related to the event of 'pregnancy or childbirth', which may indicate that this situation is more frequently perceived as being joyful rather than stressful. The overall total stress score for all events was 64.5 out of a possible 100, indicating the average stress level in this group of respondents.

This suggests that the events presented in the survey can cause considerable emotional discomfort in most people. During the three-month study of health indicators, mean blood pressure and pulse were measured weekly. The results showed that the mean systolic pressure was 124 mmHg, the mean diastolic pressure was 83 mmHg, and the mean pulse was 72 bpm. Over the course of three months, changes in health indicators were found. The mean systolic pressure increased by 2 mmHg, the mean diastolic pressure decreased by 1 mmHg, and the mean pulse increased by 4 bpm. The analysis showed that there was a statistically significant correlation between stress levels and systolic blood pressure ($r=0.25$, $p<0.05$). In addition, it was found that 45% of participants exercised regularly, with the mean systolic pressure for this group being 118 mmHg, while for inactive participants it was 123 mmHg. This analysis helped in understanding the relationship between stress levels and health indicators.

Studying the impact of a positive outlook on quality of life in different age groups is an important step in understanding how an optimistic attitude can affect the psychological, social and physiological well-being of people of different ages. The participants aged 19 to 25 years were characterised by a high level of optimism and emotional stability, with 68% of respondents experiencing internal balance, 73% experiencing satisfaction from social interactions (which indicates an active social life), and 55% having low blood pressure, which may indicate general physical good health. In those aged 26 to 35 years, there was a continuation of these positive results, with 65% of participants experiencing inner balance, 61% enjoying social interactions, and 52% having low blood pressure. These findings suggest that people in this age group continue to show high levels of optimism and physical well-being. In respondents aged 36 to 45 years, the impact of a positive outlook remained noticeable, although it decreased slightly compared with the younger age groups. Approximately 59% of respondents experienced internal balance, 57% enjoyed social interactions and 45% had low blood pressure. These data indicate that average age is not an obstacle to maintaining a positive attitude to life and health. In respondents aged 46 to 53 years, there was a decrease in positive indicators, but the influence of a positive outlook was still present, with 53% of participants experiencing inner balance, 49% experiencing pleasure from social interactions and 40% having low blood pressure. This suggests that even at older ages, a positive attitude to life can affect overall well-being (Stepanenko et al., 2022).

These findings suggest that a positive outlook can greatly improve a person's physiological well-being, in particular by reducing stress levels. Stress is defined as the body's response to any physical or psychological changes that require adaptation. This is accompanied by activation of the stress system, which includes the production of hormones, such as cortisol, and activation of the sympathetic nervous system (Monfared et al., 2021). A positive outlook helps reduce stress levels through several mechanisms. Compared with people with a negative outlook, people with a positive outlook tend to perceive situations as less threatening and treat them with greater optimism, which helps reduce the activation of the body's stress response. In addition, positive emotions can stimulate the production of endorphins; these are natural analgesics and 'happiness hormones' that help reduce pain

and stress. People with a positive outlook are more likely to use relaxation techniques, such as meditation or deep breathing, which help reduce sympathetic nervous system activation and stress response. These techniques can help maintain emotional and physical balance under stress. Reducing stress through a positive worldview can increase the body’s ability to fight off infections and diseases. A positive outlook is an important factor for maintaining physiological well-being, as it helps reduce stress levels and affects various aspects of the body’s functioning, ensuring its more efficient and healthy (Petrovska, 2020).

This study focused on the relationship between worldview and psychological well-being. By analysing various aspects of this relationship, it was established that a positive worldview has a major impact on the quality of life and social adaptation of the individual. It was revealed that internal beliefs play a key role in the development of personality stability and the ability to overcome life’s difficulties. The research showed that a positive outlook helps improve physical health by reducing stress levels and boosting the body’s immunity. Thus, this study highlights the importance of a positive outlook for maintaining a person’s psychological and physical well-being. Together, the findings support the study hypothesis. The analysis of the factor structure of individual worldviews confirmed that its components can be categorized according to personal characteristics and attitudes toward the world (Table 2).

Table 2. Influence of respondents’ worldview factors on their well-being

Ideological factors	For psychological well-being		For life satisfaction	
	Correlation coefficient (C/c)	Statistical significance level (p)	C/c	p
Harmony with the world	0.36	0	0.24	0
Interaction with the world	0.75	0	0.41	0
Subordination to the world	-0.38	0	0	0
Domination over the world	0.31	0	0.26	0
Partnership with the world	0.78	0	0.56	0
Friendship with the world	0.4	0	0.35	0

The study also confirmed the strong influence of worldview factors on psychological well-being, in particular through reducing stress levels. A positive attitude to the world correlated with a higher level of well-being, confirming the importance of a positive worldview for a person’s mental state. Regarding the influence of prosocial values on life satisfaction, some findings suggest a moderate dependence, while others even indicate a possible inverse relationship.

4. Discussion

This study highlights the complex nature of the relationship between worldview and psychological well-being, and further research is needed to better understand these processes. In the absence of clearly delineated control and experimental groups, the presented results were based on correlation and regression analyses to investigate the relationship between worldview factors and various well-being indicators. The quasi-experimental nature of this study precludes the establishment of definitive causality. The findings of this study indicate a relationship between various aspects of well-being and a person's overall well-being. They show that a person's psychological state, ability to cope with stress and emotional discomfort, and social interactions with people around them are of great importance for their overall happiness. Physiological well-being, which describes the state of physical health and functioning of the body, also affects the overall state of well-being. These results highlight the importance of harmoniously combining different aspects of life to achieve complete and fulfilling well-being.

By looking at data regarding the level of stress caused by job loss (6.5) compared with the stress caused by other life events, it is possible to find a difference in stress perception. For example, job loss may be less severe than other factors for some people, such as loss of housing due to a natural disaster, military conflicts or terrorist attacks. Losing a job can cause stress, but its impact on mental health may be less significant compared to other critical life situations. This fact contrasts with the findings of Katmah et al. (2021), which indicated that military conflicts and terrorist acts result in the highest levels of stress (9.1), because these events can be associated with an immediate threat to human life and security. Compared with these events, job loss may be considered less serious. This difference may be explained by the different characteristics of the participants involved in each study, such as social status, economic status and support for the social environment.

It was found that the loss of a loved one significantly affects the level of stress. This was in agreement with the results of a study conducted by Ozamiz-Etxebarria et al. (2020), who also noted that such events are a major source of stress. However, it is important to note that the average stress score measured in this study was 8.4, while in the other study it was slightly lower at 8.2. This difference may be due to different methods used for data collection and analysis, different criteria used to determine stress, or different characteristics of the study group, such as age and sociodemographic characteristics. Studying this difference in detail could help to understand exactly how the loss of a loved one affects stress levels and identify possible factors that affect individual susceptibility to this event.

In the present study, the majority of respondents (51.12%) had an average level of ideological plasticity. This result is consistent with a study by Desmond et al. (2023), where it was found that 47.5% of respondents had an average level of ideological plasticity. However, in the present study, it was found that 28.78% of respondents had a low level of ideological plasticity, while in Desmond et al.'s study this figure was 30.2%. Both studies showed that only a small number of respondents had a high level of worldview plasticity: 20.09% in

this study and 22.3% in Desmond et al.'s study. This indicates a general pattern in society of average flexibility in individuals' worldview.

In the present study, it was found that people with a positive outlook tend to have higher levels of psychological well-being and self-esteem. This result is in agreement with the study by Fernández-Abascal and Martín-Díaz (2021), which also found a correlation between a positive outlook and psychological well-being. However, it is worth noting that this study does not elaborate on the specific aspects of a positive attitude towards the world. It focused on the overall impact of a positive worldview on psychological well-being, without paying attention to specific aspects of this attitude that can affect psychological stability and overall emotional state. While both studies support the general conclusion that a positive attitude to the world is important for psychological well-being, they address this issue from different perspectives and provide differing degrees of detail.

This study highlights an inverse relationship between the level of 'subordination to the world' and psychological well-being ($r=-0.377$, $p=0$). In other words, a higher degree of submission to external circumstances is associated with lower life satisfaction and diminished well-being. This may be attributed to excessive conformity and the internalisation of modest or externally imposed values, which hinder personal growth and self-realisation. This is in agreement with the results of a study by Fatehi et al. (2020), which also revealed the negative impact of expressed collectivism on the level of psychological well-being. Although both studies considered the impact of worldview factors on psychological well-being, they approached this issue from different perspectives. The present study focused on the influence of the 'subordination to the world' factor, while the other examined the influence of 'individualism' and 'collectivism'. Thus, both studies complement each other, emphasising the importance of self-realisation and independence in the context of psychological well-being.

The present study also found that the 'harmony with the world' factor had an average level of association with psychological well-being and a weak level of association with life satisfaction. This result is consistent with the findings of a study by Bartram (2021), which also explored the relationship between certain aspects of an individual's worldview and their psychological well-being. Both studies found that ideological harmony affects a person's emotional state and overall well-being. However, it is worth noting that in the present study, attention was focused on the factor 'harmony with the world', while in the other study, the focus was on the aspect of 'social interaction'. This difference in approaches indicates exactly how worldview can affect psychological well-being, because internal harmony can be more important for life satisfaction than external interaction. Although both studies confirm the relationship between worldview and mental state, their approaches to analysing this relationship differ, which may reflect different aspects of the impact of worldview on psychological well-being, depending on the context and circumstances.

One of the important points to be noted from the results of the present study is that 'partnership with the world' had the highest correlation coefficient with psychological well-being and life satisfaction. Individuals who developed a harmonious relationship with the

world around them showed greater psychological stability and a greater sense of satisfaction with their lives. It is worth noting that the concept of ‘partnership with the world’ includes not only interactions with other people but also the perception of the surrounding world as friendly, favourable and meaningful. These results are consistent with the findings of a study by Extremera et al. (2020). Those researchers noted that active participation in social interactions, the development of positive interpersonal connections and a positive view of the world as a place where a person can develop and achieve success contribute to the development of ‘partnership with the world’. Both studies showed that interacting with the world based on mutual understanding, support and a positive attitude towards the environment is a key aspect of mental health. This approach can help a person feel more emotionally stable and able to solve the problems that arise in their life, contributing to an overall sense of happiness and well-being.

Although the present study offers valuable insights into the relationships between a positive worldview and psychological, social and physiological well-being, it is important to acknowledge that the quasi-experimental design did not entail the direct manipulation of variables or the inclusion of control groups. Accordingly, the findings should be interpreted as correlational rather than causal.

As discussed, a positive outlook can have a major impact on an individual’s overall well-being. People with a higher level of positive worldview show a greater tendency to experience positive emotions and exhibit greater resilience in solving life’s difficulties. Compared with people with a negative outlook, they usually show greater inner strength and willingness to overcome stressful situations, which contributes to their psychological resilience. It is especially important to note that people with a higher level of positive outlook are able to maintain optimism and a positive attitude even in difficult life circumstances, which allows them to better cope with life’s challenges and achieve a greater level of satisfaction from life. Such results point to the importance of individuals developing and maintaining a positive outlook as one of the key factors for achieving overall well-being and happiness in their lives.

Conclusions

To understand the impact of worldview on the psychological well-being of an individual, in this study I analysed various aspects of individual worldview, such as beliefs, values, the ability to accept others and oneself, adaptation to the environment, worldview plasticity and openness to experience.

It was noted that these aspects may reflect an individual’s worldview and features of the individual’s attitude to themselves and the world around them. The analysis resulted in the creation of a six-component factor structure of worldview, with each factor reflecting certain features or models of perception and attitudes to the world. The “harmony with the world” factor describes a balanced interaction with the world, where a person coordinates

their positive personal qualities with their environment and meets their needs. 'Cohabitation with the world' determines the existential fullness of the individual and their adaptability to their environment. 'Subjugation to the world' and 'domination over the world' describe models where the individual retreats to social rules or strives for dominance. The 'partnership with the world' factor includes critical thinking and contributes to the development of partnerships with the environment. The final factor, 'friendship with the world', reflects the development of trust in the world and an idealistic perception of the world. The results of the study confirm the important influence of ideological factors on psychological well-being and life satisfaction. The factors 'harmony with the world' and 'cohabitation with the world' show a high correlation with both aspects of well-being, while 'submission to the world' has a negative impact on psychological well-being. The 'friendship with the world' factor also shows an important link with psychological well-being and life satisfaction. This indicates the importance of ideological attitudes in the development of well-being. The strongest association with well-being was observed in the 'cohabitation with the world' factor, which indicates the importance of successfully adapting to the environment based on one's own values and sense of self-worth. This model contributes to the existence of a person in a world where they value themselves and others, understand the rules of life, and are able to adapt to them.

The study found that a positive outlook contributes to improved physical health and overall well-being, confirmed the link between an optimistic attitude to life and stress reduction, and described the impact of a positive worldview on immunity and a healthy lifestyle. The results of a survey using the Life Events Scale were considered, and it was established that the highest level of stress is linked with the death of a loved one, while the lowest level of stress is linked with pregnancy or the birth of a child. A statistically significant correlation was found between stress levels and blood pressure readings, and regular physical activity was found to reduce systolic pressure. In common with the results of similar studies, it was found that a positive outlook has a major impact on a person's overall well-being and contributes to improving physical and psychological health.

Limitations of the study include the influence of external factors, such as the individual characteristics of participants, their social environment, and historical context, which may affect the results. Future research should focus on establishing how age, professional aspects and sociocultural factors affect various aspects of a person's well-being.

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THE IMPACT OF A POSITIVE WORLDVIEW ON QUALITY OF LIFE: ASPECTS OF PSYCHOLOGICAL, SOCIAL AND PHYSIOLOGICAL WELL-BEING

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Summary

In the context of an increasingly stressful world, it is crucial to gain insight into the factors that contribute to an individual's quality of life. This study examined the influence of a positive worldview on psychological, social and physiological well-being. In light of the prevalence of stress, depression and social insecurity, with this research, I sought to ascertain whether a positive outlook can serve as a buffer against these challenges and promote overall well-being.

The research employed a mixed methods approach, utilising a quasi-experimental design, correlation studies, and factor and regression analyses. The participants were evaluated on a number of dimensions pertaining to their outlook, including 'basic beliefs', 'openness to new experiences', 'values', 'existential fulfilment', 'interaction with others', 'self-acceptance' and 'adaptability to the world'. Physiological assessments comprised an evaluation of health indicators and stress levels, with a particular focus on the cardiovascular system and responses to stressful situations.

The data analysis resulted in the formulation of a factor structure of worldview, comprising six principal elements: 'harmony with the world', 'interaction with the world', 'subordination to the world', 'dominance over the world', 'partnership with the world' and 'friendship with the world'. The findings indicated a direct positive correlation between psychological well-being and factors such as 'interaction with the world', 'friendship with the world' and 'harmony with the world'. Conversely, an inverse relationship was observed between well-being and the factor 'submission to the world'.

The findings demonstrate that a positive worldview is an important predictor of emotional stability, enhanced social relationships and a reduction in physiological issues. Individuals with a positive outlook demonstrated reduced stress levels, which had a beneficial impact on their cardiovascular health and overall physical condition. The study highlights the significance of ideological factors in the development of psychological well-being and social connections.

In conclusion, the research demonstrates the major influence of a positive worldview on various aspects of an individual's life. By fostering harmony, interaction and friendship with the world, individuals can enhance their psychological resilience, strengthen social bonds and improve physiological health. These findings indicate that interventions designed to foster a

positive worldview may represent an effective strategy for promoting overall well-being in the context of contemporary societal stressors.

Keywords: *positive worldview; psychological well-being; physiological health; quality of life; stress.*

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