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ПРОБЛЕМИ  
ПРАКТИЧНОЇ  
ПСИХОЛОГІЇ**

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## **THE RELATIONSHIP BETWEEN GENDER IDENTITY AND LIFE SATISFACTION IN YOUNG WOMEN**

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**Relevance.** Today, the issue of gender identity is widely discussed among both scholars and practitioners, as it is closely related to fundamental aspects of personality formation and self-determination. Understanding and accepting one's gender identity plays a key role in young women's perception of life satisfaction. It affects their social interactions, professional fulfillment, and personal relationships with others. Despite significant advances in gender studies, there are still many unanswered questions about the influence of gender identity on various aspects of life, making this topic relevant and important in contemporary society.

The age range of 18 to 30 is the most important period in the life of any person, when significant changes are actively taking place at the social, personal, and professional levels. The topic of gender identity takes on particular importance at this age as a significant aspect of self-determination, as it is often accompanied by self-exploration and the exploration of different strategies for behavior and self-expression. Thus, the aim of the study is to examine the relationship between gender identity and life satisfaction among young women. The hypotheses of the study are as follows:

1. There is a relationship between gender identity and life satisfaction among young women.

2. Acceptance of one's gender identity contributes to higher life satisfaction among young women.

3. There is a relationship between gender identity type and subjective happiness.

To achieve these objectives, we used the following research methods: Theoretical research methods: analysis and synthesis of scientific literature; Empirical research methods: The unfinished sentence technique for studying gender identity, developed by L. N. Ozhigova [5] ; The gender role questionnaire by S. Bem [5] ; Methodology “Life Satisfaction Diagnostic Test” (LSDT) by A. B. Belousov, developed on the basis of the concept by R. Kh. Shakurov[4]; Methodology: “Subjective Happiness Scale” (SHS) by S. Lyubomirsky [1].

The sample includes 41 women aged 18-30 working in fields such as education, medicine, IT, services, business, marketing, creative industries, etc.

By the theoretical aspects, gender identity self-determination is a key element of a person's self-image, shaped by biological, psychological and socio-cultural factors. For girls and young women (aged 18 to 30), this aspect is particularly important, as this is a period of active self-discovery, affirmation of personal roles and the development of a strong sense of self-esteem.[3] Women who feel inner harmony with their gender role tend to adapt more easily to their environment and are characterised by a more balanced emotional state. The ability to perceive gender roles flexibly makes it easier to cope with external influences and contradictions between one's own desires and social norms. [6] This, in turn, leads to a higher level of personal well-being. However,

the influence of gender identity cannot be assessed out of context. Common stereotypes can hinder the free acceptance of gender roles and provoke internal conflicts. Women who experience a discrepancy between their beliefs and social expectations (e.g., pressure to be a perfect mother or wife) may experience dissatisfaction, anxiety, and emotional exhaustion. External factors such as support from loved ones, level of education and financial stability also have a significant impact. All of these factors directly influence how women view themselves and their place in society. Today, the importance of gender identity may be overshadowed by other factors. However, its contribution to overall well-being remains significant. [2] Therefore, the formation of a conscious and accepted gender identity is positively associated with personal development and psychological stability. Helping women accept their gender roles and overcome limiting stereotypes is a necessary condition for increasing their life satisfaction and achieving harmony with themselves.

## RESULTS OF THE EMPIRICAL RESEARCH

The vast majority of women in the sample (93%—38 participants) are characterised by **androgynous**, which means a balanced combination of masculine and feminine characteristics. Only a small proportion—7% of the total sample—exhibit pronounced feminine traits. Meanwhile, there are no masculine participants in the sample, despite the fact that many of them have pronounced masculine characteristics.

**The unfinished sentence technique** allowed us to explore gender identity perception even more broadly, revealing respondents' personal associations with femininity, strength, and the role of women in society. Many participants emphasise in their responses the importance of traditional feminine qualities such as caring, love, emotionality and the ability to support others. For example, women's responses often emphasise the desire to be loved, understanding their femininity through caring for themselves and others, and recognising the role of women in the family. Several respondents express disappointment and even sadness that outdated ideas persist about women having to be caring housewives or fulfil certain social roles, such as having children and doing housework. Women express a desire to break free from these stereotypes and express themselves through various aspects of their personalities, including their careers, personal interests, and self-development. Most of the women's responses show that they are willing to combine different traits traditionally associated with men and women. Many women assert that they can be both strong and independent as well as caring and emotional. This is confirmed by responses in which women acknowledge their ability to be multifaceted individuals, combining different aspects of gender roles. Respondents' answers also clearly express a desire for respect and recognition of their personalities, regardless of gender roles. Women actively reject the idea that they should conform to stereotypes or be limited in their opportunities. They strive to be free in their actions and perceptions of themselves, without restrictions.

To study the level of subjective happiness among young women, we used the Subjective Happiness Scale (SHS). Forty-one women aged 18 to 30 participated in the survey. We assessed the level of subjective happiness among the participants based on their ratings of four statements.

The results ranged from 12 to 28 points, which indicates a wide distribution of values among the respondents. Among them, there are those with low levels of subjective happiness and those with fairly high levels of happiness. The average score

in the sample was 21 points. This indicates a moderate level of life satisfaction among the participating women and confirms the existence of individual differences in the perception of happiness.

Speaking of the results of our correlation analysis between Gender Identity and level of life satisfaction, we can see on the table 1 that femininity has no significant correlation with most factors of life satisfaction. Traditional notions of femininity (e.g., caring, emotionality) are not determining factors for overall life satisfaction in the group of women studied. Masculinity, on the contrary, shows more pronounced correlations with factors related to achievement and stability.

**Table 1 Correlations between gender identity type and life satisfaction level**

	Spearman's correlation (rho)	Coefficient p
Masculinity	<b>0.380</b>	<b>0.015</b>
Femininity	0.009	0.958
Androgyny	<b>-0.343</b>	<b>0.033</b>

This may indicate that women with more pronounced masculine traits (e.g., ambition, independence) tend to rate their lives as more satisfying in terms of career achievement and financial stability. It is important to note that this may also be related to the social role in which women with high masculinity may exhibit leadership qualities, ambition, and a desire for independence. Androgyny shows negative correlations with factors such as achievement, material wealth, professional sphere, and stability. This may indicate that women with more balanced masculine and feminine qualities face difficulties in achieving career goals, stability, and confidence in their financial situation.

## **CONCLUSION**

The study explored the relationship between gender identity and life satisfaction among young women. The results suggest that gender identity is a meaningful factor influencing one's perception of life and well-being. Women who display traditionally masculine traits-such as independence, ambition, and a drive for success-tend to report higher life satisfaction. These traits are linked to career growth, financial independence, and a greater sense of control over life, contributing to psychological well-being. However, the initial hypotheses were only partially confirmed. While a weak positive correlation was found between masculinity and life satisfaction, the relationship between femininity and life satisfaction was statistically insignificant. Surprisingly, androgyny showed a negative correlation with life satisfaction, contradicting expectations that a balance of masculine and feminine traits would enhance well-being. The hypothesis that acceptance of one's gender identity leads to higher life satisfaction was also not fully supported. Awareness and acceptance of gender roles, particularly feminine ones, did not significantly impact life satisfaction in this sample. Androgynous women often experienced greater anxiety and internal conflict, without a corresponding increase in life satisfaction. Social stereotypes remain influential. Many participants reported internal conflict between societal expectations (e.g., roles of mothers and wives) and personal aspirations, leading to stress and reduced satisfaction. This highlights the need for social support and the freedom to express one's identity

outside traditional gender norms. In conclusion, for young women, the formation and acceptance of gender identity is an important, though complex, factor in life satisfaction. Cultural, social, and individual influences must be considered, especially in a society where gender roles are rapidly evolving. Psychological well-being appears closely tied to the ability to navigate these influences while maintaining inner harmony.

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## THE PSYCHOLOGICAL ESSENCE OF A PERSON'S ATTITUDE TOWARD SUCCESS

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The problem of forming and developing a personality's orientation toward success is one of the central issues in modern psychology of motivation and self-regulation. Success in life and professional activity cannot be explained solely by the presence of abilities or external circumstances. The decisive factor is a person's internal psychological readiness – their mindset, which directs cognitive processes, the emotional-motivational sphere, and behavior toward achieving positive outcomes.

The success mindset is a multidimensional phenomenon that combines cognitive, emotional, and behavioral components. Research by domestic and foreign scholars (D. Uznadze, A. Bandura, C. Dweck, D. McClelland, and others) demonstrates that it serves as the core of personality self-regulation and largely determines the level of life and professional fulfillment.

The first ideas about mindset were formulated in the works of D. Uznadze, who defined it as the "internal readiness" of the psyche for certain activities. In the Western tradition, a close concept is attitude, which includes cognitive, affective, and behavioral components [5].

Further development of the concept took place within motivational theories. In particular, in the works of D. McClelland and J. Atkinson, the relationship between motives of achievement and avoidance of failure was described [1, 4]. A. Bandura substantiated the concept of self-efficacy – the belief in one's ability to achieve set goals [2]. C. Dweck, in her "growth mindset" theory, emphasized that an individual's