

психическо здраве, самоконтрол, социално компетентност и когнитивна компетентност (Newland 2015).

Поради това реалното усещане за психично благополучие трябва да бъде разглеждано като субективно-психично преживяване, проявяващо се под формата на удоволствие, спокойствие, хармония, сигурност. Понеже тези преживявания имат ситуативен характер – възникват по повод на някакви конкретни социални обстоятелства или поведения – , трябва да потърсим още някакъв **психичен инструмент**, който да повлиява състоянието на психично благополучие. Това вероятно е **преживяването на личностна ефективност**. Когато един човек смята, че притежава тази способност, той може да се стреми да променя и съгласува отделни параметри на психичната реакция, така че да се движи в рамките на удовлетвореността от себе си. Това означава, че **субективната проява на психичното благополучие изглежда трябва да се сведе до субективното преживяване на удовлетвореност от себе си**. Във фиг. 1. е представен авторов модел на структурата на психичното благополучие като интегрален феномен.

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