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THE RELATIONSHIP BETWEEN SELF-WORTH AND SUBJECTIVE WELL-BEING

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Self-esteem is closely related to certain indicators of subjective well-being, such as life satisfaction, positive and negative emotions, etc. Self-worth and subjective well-being are involved in the evaluation of emotional experience, particularly highlighting individual self-awareness and self-esteem. Therefore, both self-worth and subjective well-being are related to individual cognitive and emotional experiences. Self-esteem influences the level of psychological health, which is mainly achieved through self-acceptance. In the work "Unconditional Self-Acceptance and Psychological Health", it was found that self-acceptance is closely related to self-esteem (John, Haaga, 2001). Du (2017) found that self-esteem was positively correlated with subjective well-being, and a study by Wang (2006) found that self-worth was positively correlated with subjective well-being. Assessing happiness and satisfaction with one's own life is often considered by scientists as the main indicator of subjective well-being and is used as an important criterion for successful development. Self-esteem levels may change with age (Lichtenstein, 2005). A high quality of life lies in developing one's own potential, establishing positive social contacts, and constantly searching and discovering one's own value, in order to achieve the unity of physical and mental health.

Key words: self-worth, self-evaluation, self-acceptance, subjective well-being, life satisfaction, self-esteem.