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PERSONAL BOUNDARIES AS A FACTOR OF PSYCHOLOGICAL WELL-BEING

The article presents a comprehensive theoretical analysis of personal boundaries as one of the key factors of an individual's psychological well-being in the context of contemporary social challenges. The relevance of the study is обусловлена by the increasing level of psychological load, chronic stress, social instability, and the impact of crisis and wartime conditions, which heighten the demands on an individual's internal resources and their capacity for self-regulation. Within the framework of the study, psychological well-being is considered a multidimensional psychological construct that reflects a dynamic process of maintaining inner balance, psychological resilience, and a subjective sense of psychological comfort. The internal and external factors of psychological well-being are analyzed, in particular the role of awareness, self-regulation, and adaptive mechanisms in preserving an individual's mental health. Special attention is given to the analysis of the phenomenon of personal boundaries, their essence, main types, and functions within the structure of psychological self-regulation. The significance of physical, emotional, and mental boundaries for maintaining autonomy, psychological safety, and inner integrity of the individual is revealed. It is shown that violations of personal boundaries are associated with a decrease in psychological well-being, the development of emotional exhaustion, increased anxiety, and maladaptive forms of interpersonal interaction. The article also analyzes the role of emotional intelligence as an important psychological resource for the formation, maintenance, and restoration of personal boundaries. It is substantiated that emotional intelligence ensures awareness of emotional signals, effective self-regulation, empathy, and assertive behavior, which contribute to more flexible and conscious interaction with the social environment. The systemic interrelationship between personal boundaries, emotional intelligence, and psychological well-being is revealed as a unified regulatory mechanism of psychological resilience. It is concluded that well-formed personal boundaries in combination with a developed emotional intelligence are a necessary condition for maintaining psychological well-being, adapting to stressful and crisis conditions, and preserving personal integrity. The theoretical provisions of the article can be used in further scientific research as well as in the practical activities of psychologists, particularly in the field of psychoeducation and psychological support.

Keywords: personal boundaries, emotional intelligence, psychological well-being, self-awareness, empathy, social skills, self-regulation.

У статті представлено ґрунтовний теоретичний аналіз особистісних кордонів як одного з ключових чинників психічного благополуччя особистості в умовах сучасних соціальних викликів. Актуальність дослідження зумовлена зростанням рівня психологічного навантаження, хронічного стресу, соціальної нестабільності та впливу кризових і воєнних умов, що підвищують вимоги до внутрішніх ресурсів особистості та її здатності до саморегуляції. У межах дослідження психічне благополуччя розглядається як багатовимірна психологічна категорія, що відображає динамічний процес підтримки внутрішньої рівноваги, психологічної стійкості та суб'єктивного відчуття психологічного комфорту. Проаналізовано внутрішні та зовнішні чинники психічного благополуччя, зокрема роль усвідомленості, саморегуляції та адаптаційних механізмів у збереженні психічного здоров'я особистості. Особливу увагу приділено аналізу феномена особистісних кордонів, їх сутності, основних видів і функцій у структурі психологічної саморегуляції. Розкрито значення фізичних, емоційних і ментальних кордонів для збереження автономії, психологічної безпеки та внутрішньої цілісності особистості. Показано, що порушення особистісних кордонів пов'язані зі зниженням психічного благополуччя, розвитком емоційного виснаження, підвищеної тривожності та дезадаптивних форм міжособистісної взаємодії. У статті також проаналізовано роль емоційного інтелекту як важливого психологічного ресурсу формування, підтримки та відновлення особистісних кордонів. Обґрунтовано, що емоційний інтелект забезпечує усвідомлення емоційних сигналів, ефективну саморегуляцію, емпатію та асертивну поведінку, що сприяє більш гнучкій і

усвідомленій взаємодії з соціальним середовищем. Розкрито системний взаємозв'язок особистісних кордонів, емоційного інтелекту та психічного благополуччя як єдиного регуляторного механізму психологічної стійкості. Зроблено висновок, що сформовані особистісні кордони у поєднанні з розвиненим емоційним інтелектом є необхідною умовою підтримки психічного благополуччя, адаптації до стресових і кризових умов та збереження цілісності особистості. Теоретичні положення статті можуть бути використані у подальших наукових дослідженнях, а також у практичній діяльності психологів, зокрема у сфері психоосвіти та психологічного супроводу.

Ключові слова: особистісні кордони, емоційний інтелект, психічне благополуччя, самоусвідомлення, емпатія, соціальні навички, саморегуляція.

Introduction The problem of an individual's psychological well-being occupies an important place in contemporary psychological science, as it is directly related to quality of life, the level of adaptation to the social environment, and a person's ability to maintain inner balance under conditions of constant social change. Modern society is characterized by a high pace of transformational processes, increasing informational load, heightened demands on individual psychological resilience, as well as the impact of military conflicts, which significantly complicate the conditions of human life. The combination of these factors often poses a threat to mental health, a sense of safety, and the preservation of personal integrity.

One of the key psychological factors that ensures psychological well-being is personal boundaries. In the works of both domestic and foreign scholars, personal boundaries are viewed as a psychological mechanism that regulates interaction between an individual's inner world and the external environment, ensuring the preservation of autonomy, identity, and emotional stability. A significant contribution to the study of the phenomenon of personal boundaries has been made by Ukrainian scholars O. V. Hryhorieva, V. V. Moskalenko, T. D. Martsynkovska, as well as foreign researchers M. Rosenberg, F. Perls, E. Fromm, and others. Their works emphasize that well-formed personal boundaries contribute to the maintenance of psychological balance, whereas their violation may lead to increased anxiety, emotional exhaustion, depressive manifestations, and difficulties in interpersonal relationships.

The relevance of studying personal boundaries is also increasing in connection with the investigation of an individual's internal resources that contribute to maintaining psychological well-being. In this context, particular importance is attributed to emotional intelligence, which in the works of P. Salovey and J. Mayer is defined as an individual's ability to recognize, understand, and regulate their own emotions as well as the emotions of others. Further development of this concept was carried out by D. Goleman, who emphasized the role of emotional self-awareness, self-regulation, empathy, and social skills in ensuring psychological adaptation and effective interpersonal interaction.

Ukrainian researchers, in particular V. V. Moskalenko, I. M. Haba, O. M. Palamarchuk, and O. P. Liash, note that a developed emotional intelligence contributes to the formation of assertive behavior, an increased level of self-regulation, and an individual's ability to establish and maintain healthy personal boundaries. At the same time, a low level of emotional competence may complicate the process of becoming aware of one's own needs and limits, which negatively affects an individual's psychological well-being.

Despite the significant number of scientific works devoted separately to the problems of personal boundaries and emotional intelligence, the issue of their interrelationship in the context of an individual's psychological well-being requires further theoretical reflection and systematization. Particularly relevant is the analysis of how emotional intelligence functions as a psychological resource for the formation and maintenance of personal boundaries under contemporary conditions of social instability.

The purpose of this article is to provide a theoretical analysis of personal boundaries as a factor of an individual's psychological well-being and to determine the role of emotional intelligence in the process of their formation and maintenance. The study aims to reveal the essence of personal boundaries, their functions and types, as well as to outline the significance of emotional self-awareness, self-regulation, and social skills in preserving psychological balance and personal inner autonomy.

1. Psychological well-being as a psychological category

Psychological well-being is one of the fundamental categories of contemporary psychology, reflecting an integrated state of inner balance, psychological resilience, and subjective life satisfaction. In scientific research, psychological well-being is viewed not only as the absence of mental disorders, but as a dynamic process of harmonious personal functioning that includes emotional stability, positive self-perception, the capacity for self-realization, and effective interaction with the social environment. This approach is evident in the works of representatives of humanistic and positive psychology, in particular A.

Maslow, C. Rogers, and M. Seligman, who emphasized the importance of self-actualization, authenticity, and the development of an individual's inner potential as the basis of psychological well-being.

In foreign psychology, the concept of psychological well-being was thoroughly developed in the works of C. Ryff, who conceptualized it as a multidimensional structure encompassing self-acceptance, autonomy, positive relationships with others, purpose in life, personal growth, and the ability to effectively manage life circumstances. Similar ideas are also reflected in the works of E. Diener, who highlighted the role of subjective well-being, emotional balance, and cognitive evaluation of one's life. According to these approaches, an individual's ability to recognize their own needs, regulate emotional states, and maintain autonomy in interaction with the social environment is a key condition for psychological comfort [1].

Ukrainian scholars, in particular T. Larina, consider psychological well-being as the result of the coherence between internal psychological processes and the external conditions of an individual's life activity. Their works emphasize that psychological well-being largely depends on the level of awareness, the capacity for self-regulation, the development of the value-meaning sphere, and psychological autonomy. Special attention is given to the role of internal regulatory mechanisms that ensure an individual's adaptation to stressful and crisis conditions of modern society [2].

An individual's psychological well-being is formed under the influence of a complex of internal and external factors that are in constant interaction and mutual determination. In contemporary psychology, it is regarded as the result of a dynamic balance between an individual's personal resources and the demands of the social environment. Disruptions of this balance, particularly under conditions of prolonged stress, social instability, or crisis events, may lead to a decrease in psychological resilience and a deterioration of mental well-being.

Researchers attribute the following to the internal factors of psychological well-being: characteristics of self-awareness, the level of self-regulation, the value-meaning sphere, self-esteem, and the individual's capacity for adaptation. In the works of S. Maksymenko, it is emphasized that internal psychological resources determine a person's ability to preserve the integrity of the "Self," resist maladaptive influences, and find meaning even in difficult life circumstances. A special role in this context is played by meaning-based regulation of behavior, which provides inner support and contributes to the maintenance of psychological well-being under conditions of uncertainty.

Another important internal factor is the level of emotional regulation and awareness of one's own emotional states. Insufficient ability to recognize and control emotions may result in increased anxiety, impulsivity, and reduced adaptive capacities of the individual. In this regard, emotional intelligence is considered an integral psychological resource that ensures effective self-regulation, reduces emotional tension, and supports psychological balance.

External factors of psychological well-being include the social, cultural, and situational conditions of an individual's life activity. Social relationships, the level of support from significant others, the professional environment, as well as the overall socio-political context have a significant impact on an individual's psychological state. In the works of C. Rogers and R. May, it is emphasized that an environment lacking safety and predictability may create constant tension, which complicates the maintenance of psychological well-being [3].

The influence of external stressors becomes particularly relevant in the context of military conflicts, which are accompanied by chronic danger, loss of a sense of control, and disruption of the basic sense of safety. Prolonged exposure to conditions of threat, instability, and informational overload may lead to the depletion of an individual's adaptive resources, increased anxiety, and emotional disorganization. Under such conditions, internal mechanisms of psychological protection and self-regulation acquire particular significance, as they enable individuals to maintain relative stability and integrity of the psyche.

In this context, personal boundaries function as an important regulatory mechanism that mediates the interaction between internal and external factors of psychological well-being. Clearly formed boundaries allow individuals to regulate the impact of external stressors, maintain autonomy, and recognize the limits of their own responsibility. In combination with a well-developed emotional intelligence, they contribute to maintaining psychological balance, adapting to challenging conditions, and preserving psychological well-being in the face of contemporary social challenges.

2. Personal boundaries: essence, functions, and significance for psychological well-being

The concept of personal boundaries is one of the key notions in personality psychology and interpersonal interaction, as it reflects the way an individual organizes their psychological space and regulates contact with the external world. In scientific discourse, personal boundaries are understood as a system of internal and external limits that separate the individual "Self" from other people, the social environment, and external influences, while at the same time enabling selective and conscious interaction.

Clearly formed boundaries allow an individual to preserve autonomy, integrity, and a sense of psychological safety, which is an essential condition for psychological well-being.

In the works of Ukrainian researchers, in particular O. Hryhorieva and V. V. Moskalenko, personal boundaries are defined as a mental formation that develops in the process of personality development and reflects the balance between the need for authenticity and the necessity of social adaptation. The authors emphasize that personal boundaries perform a regulatory function, helping individuals to recognize the limits of their own responsibility, distinguish between their own and others' emotions, needs, and intentions, and resist manipulative or destructive influences [4].

A significant contribution to the understanding of the phenomenon of personal boundaries has also been made by foreign scholars. Thus, within the Gestalt approach, F. Perls viewed boundaries as a dynamic contact boundary between the organism and the environment, the disruption of which leads to maladaptive forms of interaction and internal conflicts [5]. K. Lewin, analyzing the psychological field of personality, emphasized that the clarity of boundaries determines an individual's ability to maintain a stable identity under changing conditions. E. Fromm stressed the importance of preserving inner autonomy as a prerequisite for mature and harmonious relationships with others [6].

In the context of psychological well-being, personal boundaries function not only as a protective mechanism, but also as a condition for full personal functioning. They enable individuals to regulate the intensity of emotional involvement, modulate the impact of external stressors, and maintain inner balance. Insufficiently formed or violated boundaries, by contrast, may lead to chronic emotional tension, a loss of control over one's life, decreased self-esteem, and impaired psychological well-being.

Personal boundaries should be considered a multidimensional psychological phenomenon that integrates cognitive, emotional, and behavioral components of personality. Their level of development determines an individual's capacity to maintain psychological resilience, adapt to complex social conditions, and preserve psychological well-being under conditions of heightened stress and uncertainty.

In contemporary psychological science, personal boundaries are regarded as a multidimensional phenomenon encompassing various domains of an individual's psychological functioning. This approach allows for a deeper analysis of the mechanisms regulating interaction with the social environment and helps explain diverse disturbances of psychological well-being that arise when certain types of boundaries are underdeveloped or dysfunctional. In the works of Ukrainian and foreign researchers (V. V. Moskalenko, F. Perls, K. Lewin, N. Brown, M. Rosenberg), it is emphasized that personal boundaries are not a homogeneous construct, but consist of several interrelated levels.

In the most general form, scholars distinguish the following main types of personal boundaries:

- physical;
- emotional;
- mental.

Physical boundaries regulate the limits of bodily proximity, personal space, and physical contact. In the works of K. Lewin and N. Brown, it is emphasized that physical boundaries constitute the basic level of psychological safety, as it is through them that an individual first becomes aware of the separation of their own "Self" from the external world. Violations of physical boundaries, such as intrusive contact or disregard for personal distance, may evoke feelings of threat, increased anxiety, and somatic reactions. Under conditions of chronic stress or military danger, the significance of physical boundaries increases substantially, as they are directly related to survival and a sense of control over one's body [7].

Emotional boundaries define an individual's ability to differentiate their own emotions and experiences from those of others. M. Rosenberg, F. Perls, and N. Tawwab emphasize that well-formed emotional boundaries allow individuals to maintain emotional autonomy, avoid identifying with others' feelings, and refrain from assuming excessive responsibility for others' emotional states. Violations of emotional boundaries often manifest in codependent relationships, emotional exhaustion, feelings of guilt, or chronic anxiety. At the same time, excessively rigid emotional boundaries may lead to emotional isolation and difficulties in forming close interpersonal relationships [8].

Mental boundaries are related to the domain of beliefs, values, attitudes, and worldview orientations of the individual. In the works of E. Fromm and S. Maksymenko, it is emphasized that mental boundaries ensure an individual's ability to maintain their own position, critically process information, and resist ideological or manipulative influence. Well-formed mental boundaries contribute to the preservation of inner integrity, meaning clarity, and psychological resilience. Their violation may result in a loss of confidence in one's own beliefs, internal conflicts, and a decline in psychological well-being [6].

In addition to these basic types, a number of researchers propose extended classifications of personal boundaries. For instance, N. Brown and N. Tawwab identify additional types, including:

- temporal boundaries (regulation of one's time and availability to others);
- material boundaries (attitudes toward property, finances, and resources);
- spiritual boundaries (connection with values, beliefs, and existential meanings) [9].

The specified types of boundaries reflect an individual's ability to be aware of the limits of using their own resources and to maintain a balance between internal needs and external demands. Most scholars agree that all types of personal boundaries are closely interconnected and form a unified system of psychological self-regulation.

The diversity of personal boundary types indicates the complexity of this phenomenon and its significance for psychological well-being. Their coordinated functioning ensures the preservation of psychological balance, adaptation to stressful conditions, and the maintenance of personal inner integrity.

Personal boundaries also perform a number of important psychological functions that ensure the integrity of personality, regulate interaction with the social environment, and support psychological well-being. In the works of contemporary researchers (F. Perls, K. Lewin, N. Brown), it is emphasized that the functioning of personal boundaries is systemic in nature and encompasses cognitive, emotional, and behavioral aspects of mental activity.

One of the basic functions is the protective function of personal boundaries, which consists in preserving psychological safety and preventing destructive influences from the external environment. Owing to this function, individuals are able to limit excessive emotional, informational, or interpersonal load. F. Perls viewed the protective function of boundaries as the ability to regulate the contact boundary between the organism and the environment, which helps to avoid emotional overload and internal disorganization. Disruption of this function often leads to increased anxiety, emotional exhaustion, and reduced psychological resilience [5].

The regulatory function is also of great importance, as it ensures control over the intensity of an individual's interaction with the environment. Within the framework of field theory, K. Lewin emphasized that the clarity of boundaries allows a person to adequately assess their own capabilities and situational demands, choosing adaptive behavioral strategies. The regulatory function manifests in an individual's ability to say "no," define the limits of personal responsibility, and modulate emotional involvement in interpersonal relationships, which is an essential condition for psychological well-being.

No less significant is the identificational function of personal boundaries, which is related to the formation and maintenance of the sense of one's own "Self." In the works of E. Fromm, it is emphasized that awareness of one's own boundaries contributes to the preservation of personal identity, autonomy, and inner integrity. Through the identificational function, individuals are able to distinguish their own needs, values, and beliefs from externally imposed attitudes, which is especially important under conditions of social pressure and information overload.

The communicative function of personal boundaries consists in creating conditions for constructive and equal interaction with others. Well-formed boundaries enable individuals to build relationships based on mutual respect and recognition of each participant's autonomy. Disruption of this function may manifest in manipulative behavioral strategies, aggression, or, conversely, excessive compliance, all of which negatively affect an individual's psycho-emotional state.

Summarizing scientific approaches, the following main functions of personal boundaries can be identified:

- protective (preservation of psychological safety);
- regulatory (control of interaction and emotional involvement);
- identificational (maintenance of the integrity and autonomy of the "Self");
- communicative (ensuring healthy interpersonal relationships) [5, 6].

The combined realization of these functions creates psychological conditions for maintaining psychological well-being, as it enables individuals to effectively adapt to complex social circumstances, preserve inner balance, and resist chronic stress. The functions of personal boundaries become particularly significant in crisis and traumatic conditions, when the capacity for self-regulation and protection of psychological space becomes critically important for maintaining mental health.

Violations of personal boundaries are one of the significant factors contributing to a decline in an individual's psychological well-being, as they lead to disorganization of the internal psychological space, loss of a sense of safety, and reduced capacity for self-regulation. Scientific studies indicate that boundary dysfunction may be situational or chronic in nature, gradually forming stable maladaptive patterns of behavior and emotional response.

Within the Gestalt approach, F. Perls described violations of personal boundaries through the phenomenon of so-called contact disturbances, which complicate adequate interaction between the

individual and the environment. These include introjection, projection, retroflection, profection, confluence, and deflection. These mechanisms indicate difficulties in differentiating one's own and others' experiences, responsibilities, and needs, which negatively affects a person's psycho-emotional state and reduces the level of psychological well-being [5].

Other researchers, in particular N. Brown, emphasize the importance of the level of permeability of personal boundaries. Excessively soft or diffuse boundaries may lead to loss of autonomy, increased vulnerability to manipulation, emotional exhaustion, and codependent forms of interaction. Conversely, overly rigid boundaries are often accompanied by emotional isolation, difficulties in establishing close relationships, and reduced social support, which also negatively affects psychological well-being.

Typical manifestations of personal boundary violations that have a direct impact on an individual's mental state include:

- chronic feelings of guilt or responsibility for others' emotions;
- difficulties in refusing and defending one's own needs;
- emotional dependence and fear of losing relationships;
- increased anxiety and psycho-emotional exhaustion;
- somatic symptoms caused by prolonged stress [4, 8].

In the works of S. Maddi, it is emphasized that violations of personal boundaries reduce the level of hardness and the individual's ability to adapt to crisis conditions. This problem becomes especially acute in situations of chronic uncertainty, social instability, and military threats, when external stressors exceed an individual's adaptive resources. Under such conditions, poorly formed boundaries complicate the restoration of psychological balance and increase the risk of developing anxiety and depressive states.

It is important to note that violations of personal boundaries are not immutable personality characteristics. Most researchers agree that, with the development of awareness, emotional self-regulation, and assertive behavior, the functionality of boundaries can be gradually restored. In this context, the development of emotional intelligence acquires particular significance as a psychological resource that facilitates awareness of one's own limits, regulation of emotional reactions, and maintenance of psychological well-being.

Thus, personal boundaries constitute an important psychological mechanism for ensuring psychological well-being, as they regulate an individual's interaction with the social environment and contribute to the preservation of autonomy, integrity, and psychological safety. Well-formed physical, emotional, and mental boundaries perform protective, regulatory, identificational, and communicative functions, ensuring psychological resilience and adaptation to stressful conditions, whereas their violations are associated with reduced psychological well-being, emotional exhaustion, and increased anxiety. In this context, personal boundaries emerge as a key condition of psychological resilience and a foundation for further analysis of the role of emotional intelligence in their formation and maintenance.

3. Emotional intelligence as a psychological resource for supporting personal boundaries

Emotional intelligence in contemporary psychological science is regarded as a complex integrative capacity of the individual that ensures awareness, understanding, and regulation of one's own emotions, as well as effective interaction with the emotional states of others. The first scientific conceptualization of emotional intelligence was proposed by P. Salovey and J. Mayer, who defined it as the ability to perceive, assess, and express emotions, use them in the process of thinking, and manage emotional processes for the purpose of personal growth. Further development of this concept was carried out by D. Goleman, who emphasized the applied nature of emotional intelligence and its importance for psychological adaptation, interpersonal effectiveness, and psychological well-being.

Within the structure of emotional intelligence, most researchers distinguish the following core components: emotional self-awareness, self-regulation, motivation, empathy, and social skills. According to the approaches of D. Goleman, K. Petrides, and R. Bar-On, these components ensure an individual's ability to respond adequately to emotional stimuli, regulate their own affective states, and build constructive interpersonal relationships. These capacities create psychological conditions for maintaining inner balance and preserving psychological well-being [10, 11].

In the context of supporting personal boundaries, emotional intelligence functions as an important psychological resource, as it facilitates awareness of one's own emotional reactions and needs that underlie the process of boundary setting. Developed emotional self-awareness enables individuals to recognize signals of boundary violations in a timely manner, while the ability to self-regulate allows them to choose adaptive response strategies instead of impulsive or maladaptive forms of behavior. In the works of Ukrainian researchers, in particular V. V. Moskalenko and O. M. Palamarchuk, it is emphasized that

emotional competence is a prerequisite for the formation of assertive behavior and effective protection of personal boundaries [12].

Moreover, empathy and social skills, as components of emotional intelligence, ensure a balance between preserving one's own autonomy and considering the emotional needs of others. This allows individuals to build relationships based on mutual respect for boundaries, which positively affects the quality of interpersonal interaction and the level of psychological well-being. Insufficient development of emotional intelligence, by contrast, may complicate the process of recognizing and protecting personal boundaries, increasing the risk of emotional exhaustion and psychological maladaptation.

Emotional self-awareness and self-regulation occupy a central place in the structure of emotional intelligence and play a key role in the formation and maintenance of personal boundaries. In contemporary psychological research, these components are viewed as basic mechanisms that ensure an individual's ability to recognize their internal states, respond in a timely manner to signals of psychological discomfort, and regulate behavior in accordance with personal needs and values. Through emotional self-awareness, individuals gain the ability to recognize moments when their boundaries are violated and to define acceptable limits of interaction with others.

Emotional self-awareness involves the ability to identify one's own emotions, understand their causes, and recognize the impact of emotional states on behavior and interpersonal relationships. In the works of P. Salovey, J. Mayer, and D. Goleman, it is emphasized that a low level of emotional self-awareness complicates the process of establishing personal boundaries, as individuals are not always able to clearly differentiate their own feelings, needs, and reactions to external pressure. In such cases, boundary violations often remain unrecognized and manifest as chronic emotional tension or inner discomfort [3, 11].

Self-regulation, in turn, ensures an individual's capacity to manage emotional reactions and behavioral impulses in situations that require the protection or adjustment of boundaries. According to D. Goleman and R. Bar-On, self-regulation includes control over impulsive reactions, flexibility in choosing behavioral strategies, and the ability to delay immediate emotional responses. In the context of personal boundaries, this enables individuals not only to recognize boundary violations but also to choose constructive ways of responding, such as assertive communication rather than aggression or passive compliance.

Emotional self-awareness and self-regulation become particularly important under conditions of heightened stress, social instability, and crisis situations. In such circumstances, the capacity for internal regulation allows individuals to maintain psychological balance, limit the destructive influence of external factors, and preserve the functionality of personal boundaries. Ukrainian researchers note that well-developed self-regulation skills contribute to reduced anxiety, increased hardiness, and the maintenance of psychological well-being.

Empathy and social skills are important components of emotional intelligence that ensure effective interpersonal interaction while simultaneously supporting the preservation of personal boundaries. In contemporary psychological research, empathy is understood as the ability to comprehend the emotional states of others without losing awareness of one's own feelings and boundaries. This approach allows individuals to establish contact with others without compromising their psychological autonomy, which is an essential condition for psychological well-being [13].

In the works of C. Rogers, empathy is defined as a fundamental condition for authentic and supportive interpersonal interaction. At the same time, researchers emphasize that empathy must be balanced, as excessive emotional involvement may lead to blurred personal boundaries, emotional exhaustion, and codependent relationships. In this context, emotional intelligence enables individuals to combine the capacity for empathy with the ability to maintain inner distance and differentiate between their own and others' emotions.

Social skills as a component of emotional intelligence include the ability to communicate effectively, resolve conflicts constructively, and establish clear yet flexible boundaries in interaction with others. In the works of D. Goleman and R. Bar-On, it is noted that well-developed social skills contribute to the formation of assertive behavior, which allows individuals to openly express their needs and positions without violating the boundaries of others. Assertiveness in this context represents an optimal form of interpersonal interaction that combines respect for oneself and for others.

The ability to maintain a balance between the "Self" and the "Other" becomes especially significant under conditions of social tension, uncertainty, and crisis situations. In the absence of adequate social skills, individuals may either excessively adapt to environmental demands at the expense of their own boundaries or, conversely, isolate themselves by constructing rigid and impermeable limits. Both strategies negatively

affect psychological well-being, as they disrupt the natural human need for both autonomy and social support.

Thus, emotional intelligence functions as an important psychological resource for supporting personal boundaries and psychological well-being. Emotional self-awareness, self-regulation, empathy, and social skills ensure awareness of personal limits, the selection of adaptive behavioral strategies, and the preservation of inner autonomy in interpersonal interaction. Consequently, the development of emotional intelligence contributes to the strengthening of personal boundaries, increased psychological resilience, and the maintenance of an individual's psychological well-being.

4. The interrelationship between personal boundaries, emotional intelligence, and psychological well-being

The interrelationship between personal boundaries, emotional intelligence, and psychological well-being has a systemic nature and manifests at the level of an individual's psychological self-regulation. Considering these phenomena within a unified theoretical framework makes it possible to explain how internal psychological resources ensure adaptation to complex social conditions, the preservation of inner balance, and psychological resilience. Within this approach, personal boundaries and emotional intelligence are viewed not as isolated characteristics, but as complementary elements of a mechanism that supports psychological well-being.

Emotional intelligence within this system performs the function of a primary "signal mechanism" that ensures awareness of internal emotional processes associated with an individual's interaction with the social environment. Through the ability to recognize one's own emotional reactions, a person receives information about psychological comfort or discomfort in a particular situation. These emotional signals often indicate a violation or a threat of violation of personal boundaries. In the absence of developed emotional self-awareness, such signals may be ignored or distorted, which complicates the process of self-regulation and increases the risk of psycho-emotional exhaustion [13].

Personal boundaries, in turn, perform a structural function within the system of psychological self-regulation by limiting the excessive influence of external stressors and ensuring the preservation of inner autonomy. They enable individuals to define the limits of responsibility, regulate the level of emotional involvement, and control the intensity of interaction with others. When boundaries are well formed, emotional processes become more organized, which contributes to a reduction in tension and the maintenance of psychological balance. Conversely, blurred or violated boundaries may lead to situations in which, even with a sufficient level of emotional sensitivity, individuals are unable to effectively protect their own psychological space [14].

Psychological well-being in the context of this interaction should be regarded as the result of the coordinated functioning of emotional self-regulation and personal boundaries. It is formed not as a static state, but as a dynamic process of maintaining inner balance under conditions of constant change in external circumstances. In situations of heightened stress, prolonged uncertainty, or crisis events, it is precisely the integration of emotional intelligence and clearly defined boundaries that enables individuals to preserve a sense of control, psychological safety, and integrity of the "Self."

The interrelationship between personal boundaries and emotional intelligence becomes particularly significant under conditions of social instability and military threats, when external stressors are chronic in nature and exceed habitual adaptive resources. In such circumstances, the ability to be aware of one's emotional states, regulate them, and establish adequate boundaries of interaction with others becomes a critically important condition for maintaining psychological well-being. The absence of this integration may lead to a loss of inner support, increased anxiety, and reduced hardiness.

Thus, the interrelationship between personal boundaries, emotional intelligence, and psychological well-being can be conceptualized as a unified regulatory mechanism that ensures adaptation to complex life conditions, supports psychological resilience, and preserves inner balance. This integrative approach provides a theoretical foundation for further research and practical psychological interventions aimed at developing individuals' internal resources.

Conclusions

As a result of the conducted theoretical analysis, it has been established that personal boundaries are an important psychological factor of an individual's psychological well-being, as they regulate the interaction between a person's internal psychological space and the external social environment. Well-formed personal boundaries contribute to the preservation of inner balance, autonomy, and psychological safety, which are necessary conditions for full psychological functioning.

It has been shown that psychological well-being should be considered a multidimensional and dynamic construct that is formed through the interaction of an individual's internal resources and external

living conditions. Under conditions of social instability, chronic stress, and military threats, the significance of internal regulatory mechanisms increases substantially, with personal boundaries playing a leading role in maintaining psychological resilience.

The article substantiates that emotional intelligence functions as an important psychological resource for the formation and maintenance of personal boundaries. Its structural components - emotional self-awareness, self-regulation, empathy, and social skills - ensure awareness of one's own needs and limits, the selection of adaptive behavioral strategies, and effective interpersonal interaction without compromising inner autonomy.

It has been established that the relationship between personal boundaries, emotional intelligence, and psychological well-being is systemic and mutually conditioned. Developed emotional intelligence contributes to the strengthening of personal boundaries, while well-formed boundaries, in turn, create conditions for effective emotional self-regulation and a reduction in psycho-emotional load. This interaction enhances psychological resilience and supports adaptation to challenging life circumstances.

Thus, personal boundaries and emotional intelligence should be regarded as key psychological resources for maintaining psychological well-being in the context of contemporary social reality. A promising direction for further research is the empirical study of the characteristics of personal boundary formation in different social groups, as well as the development of psychoeducational programs aimed at fostering emotional intelligence as a means of strengthening an individual's psychological well-being.

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Review received 05.12.2025