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FEATURES OF THE INFLUENCE OF SOVEREIGNTY ON THE LEVEL OF MANIFESTATION OF INTERPERSONAL TRUST IN YOUNG PEOPLE

The article analyses the results of a study of empirical indicators of the features of the influence of sovereignty on the level of manifestation of interpersonal trust in adolescents. It is determined that the formation of personal boundaries in adolescence is extremely important for the harmonious development of the individual, since it is relevant for personal sovereignty, sovereignty of psychological space, which affects the level of self-esteem, style of behaviour, and life in the future, and the level of awareness of self-worth and uniqueness. In adolescence, attention is paid to the proper development of self-awareness, the formation of a system of values, especially interpersonal interaction, since developed interpersonal trust contributes to the development of communication skills, has a positive effect on emotional well-being, determines the choice of optimal life strategies, harmonises social experience, and forms emotional stability. Developed interpersonal trust in adolescence is the key to creating optimal conditions for professional development, self-affirmation, and self-realisation of the individual. In the context of the study, the main definitions are understood as follows: Personal sovereignty is the ability to control and protect the psychological space, which is manifested in maintaining the autonomy of the individual, its resistance to external influences, and the ability to build harmonious relationships with others; interpersonal trust is a certain attitude towards others, with the aim of harmonising social relations. The study involved 60 people; the average age of the subjects was 20.7 years. It was empirically determined that the indicators of psychological space sovereignty in adolescents have a predominantly average level of severity, which indicates certain difficulties in the subjects in protecting basic personal boundaries, since their efforts are more aimed at protecting the cognitive and behavioural aspects of their space than at protecting physical boundaries. The lowest level of trust is “trust in oneself,” and the highest is “trust in other people,” which indicates an imbalance between internal and external trust and dependence on external approval. The level of interpersonal trust is associated with a sense of security and confidence in the intentions of others, while a high level of psychological sovereignty forces a person to increase control over their boundaries and to be cautious and alert, which, although it creates a sense of security, limits the network of social contacts and increases feelings of isolation.

Keywords: sovereignty of psychological space, trust, interpersonal trust, adolescence, features of interpersonal trust in adolescence.

У статті аналізуються результати дослідження емпіричних показників особливостей впливу суверенності на рівень прояву міжособистісної довіри в осіб юнацького віку. Визначено, що

становлення особистісних кордонів у юнацькому віці є надзвичайно важливо для гармонійного розвитку особистості, оскільки це актуально для особистісної суверенності, суверенності психологічного простору, що впливає на рівень самооцінки, стиль поведінки та життя у подальшому, на рівень усвідомлення самоцінності та неповторності. У юнацькому віці звертається увага на належний розвиток самосвідомості, формування системи цінностей, особливо міжособистісної взаємодії, оскільки розвинута міжособистісна довіра сприяє розвитку комунікативних навичок, чинить позитивний вплив на емоційне благополуччя, детермінує вибір оптимальних життєвих стратегій, гармонізує соціальний досвід, формує емоційну стійкість. Розвинута міжособистісна довіра в юнацькому віці є запорукою створенню оптимальних умов для професійного становлення, самоствердження, самореалізації особистості. У контексті проведено дослідження основні дефініції розуміються так: суверенність особистості – це здатність контролювати та захищати психологічний простір, що проявляється у підтримці автономії особистості, її стійкості до зовнішніх впливів, здатності будувати гармонійні стосунки з оточуючими; міжособистісна довіра - це певне ставлення до інших, з метою гармонізації соціальних відносин. У дослідження було залучено 60 осіб, середній вік досліджуваних 20,7 років. Емпірично визначено, що показники суверенності психологічного простору в осіб юнацького віку мають переважно середній рівень вираженості, що свідчить про певні труднощі у досліджуваних у захисті базових особистісних кордонів, оскільки їхні зусилля більше спрямовані на захист когнітивних та поведінкових аспектів свого простору, ніж на захист фізичних кордонів. Найнижчий рівень довіри – це «довіра до себе», а найвищий – це «довіра до інших людей», що вказує на дисбаланс внутрішньої та зовнішньої довіри, залежність від зовнішнього схвалення. Рівень міжособистісної довіри пов'язаний з відчуттям безпеки та впевненості у намірах інших, натомість високий рівень психологічної суверенності змушує особистість посилювати контроль за своїми кордонами, бути обережним та настороженим, що хоча і створює відчуття захищеності, але обмежує мережу соціальних контактів та посилює почуття ізоляції.

Ключові слова: суверенність психологічного простору, довіра, міжособистісна довіра, юнацький вік, особливості міжособистісної довіри в юнацькому віці.

Introduction. The formation of personal boundaries in adolescence is extremely important for the harmonious development of the personality. Scientists indicate that the extent to which a person is able to do this depends on the acquisition of personal self-worth, and as a result, the awareness of one's own significance, uniqueness, and uniqueness. According to modern research, personal sovereignty, the sovereignty of psychological space affects the level of self-esteem, style of behaviour, and life in the future, the level of awareness of self-worth and uniqueness. This process is complex and multifaceted, includes personal, social, cultural, and educational aspects. Adolescence is characterised by the intensive development of self-awareness, the formation of a system of values, during this period the role of interpersonal interaction is significantly enhanced. Developed interpersonal trust contributes to the development of communication skills, has a positive effect on emotional well-being, determines the choice of optimal life strategies, harmonises social experience, and forms emotional stability. Developed Interpersonal trust in adolescence is the key to creating optimal conditions. for professional development, self-affirmation, and self-realisation of the individual. The formation of clear personal boundaries, sovereignty, the development of autonomy, emotional regulation, social skills, and critical thinking contributes to the creation of more open, honest, and trusting relationships during adolescence. These qualities will help young people build stable and constructive relationships with others. Therefore, the ability to build optimal psychological boundaries, sovereignty in adolescence, is an important quality during this period of development, as it helps harmonise the personality, is the key to healthy social relationships and contributes to the preservation of emotional well-being.

Theoretical foundations of research. The study of the phenomenon of psychological space allows scientists not only to determine its features but also to describe the functioning of other psychological phenomena that are closely related to this phenomenon. According to V. Koshyrets, “psychological space is a multicomponent formation that includes physical, social, and psychological phenomena. The individual must identify with these phenomena, and they must be significant for him, and he is ready to defend them both physically and psychologically” [5]. The psychological space of the individual is not a fixed construction, since the development of the individual leads to changes in his psychological space. The psychological space of the individual contains “the entire system of significant connections and relationships, ideas about the attitude of significant others to the environment, conditions, and situations,

social objects (and phenomena), the significance of their assessments, views, life achievements, and aspirations, as well as the significance of one's own choices, goals, opportunities, prospects, etc. [5, p. 155]. In the works of I. Gavrylyuk, the concept of "psychological space" is identified with the concepts of "privacy, personal autonomy, preservation of corporeality as a form of subjectivity, nonconformity and independence of beliefs, satisfaction with life, psychological boundaries, etc." [2, p. 63]. Therefore, psychological Space is what is perceived by the individual as something "his own.". The main functions include supporting the identity of the individual, regulating its interaction with others, in order to ensure a sense of security and comfort.

In the studies of I. Gavrylyuk, it is indicated that psychological space is considered sovereign when its boundaries are intact, and therefore its owner is able to maintain his own autonomy. On the other hand, when the boundaries are violated, then we are talking about deprivation. In this case, the individual "feels pressure from the outside and is often dissatisfied with life, 'gets tired of life'" [2, p. 63]. The researcher attributes the reasons that cause the above-mentioned psychological distress to the dissatisfaction of basic needs, restrictions on sovereignty in bodily contacts, and suppression of freedom, in particular, territorial freedom. According to her approach, psychological sovereignty is "a person's ability to control, protect, and develop his or her psychological space, which is based on the general experience of successful autonomous behaviour; as a form of subjectivity that, in various forms of activity, allows one to realise one's needs" [2, p. 64]. In the works of I. Yevchenko, attention is paid to the analysis of the problem of personal sovereignty; in particular, the functions of psychological sovereignty are determined: the boundary between "I" and another; the definition of personal identity; the possibility of equal interaction; the selection of external influences and protection from destructive influences"; the limits of personal responsibility are determined [11, p. 189]. The sovereignty of the individual is manifested in the ability to defend one's boundaries, the ability to say "no," and the ability to resist manipulation. In the research of O. Volynchuk, it is proposed to consider "the boundary as a certain psychologically protective, 'barrier' position of the attitude towards oneself and others, which is aimed at achieving the goal of activity in interaction with other people." [9, p. 69]. A personality with developed sovereignty determines for itself how ready it is to let others into its life so as not to lose independence and identity. So, in the modern interpretation, sovereignty is the ability of an individual to maintain internal autonomy, which is specified in the ability to control one's life and to defend one's own interests and values.

Interpersonal trust is considered by domestic scientists through the prism of partnership relations between people. In particular, G. Chuyko and Ya. Chaplak believe that interpersonal trust is a "universal moral value that does not directly depend on the personal experience of an individual and/or on the practice of his interaction with other people, participation/non-participation in associations of citizens, and/or informal socialisation" [1, p. 31]. The authors emphasise that "when we deal with a stranger, we are able to decide only on affective (even intuitive) trust (after all, we do not know either about him or his intentions towards us)" [1, p. 33]. When analysing interpersonal trust, K. Kruglov points out the importance of taking into account the factors on which it depends, in particular, the personal characteristics of the subjects of interpersonal interaction and the presence/absence of experience of previous interaction [6, p. 140]. Among the personal factors that influence the willingness to trust others, the most studied are the general attitude to trust in other people and the world, the level of subjective control and the sociability of the individual. In the works of T. Williams, gender features of the manifestation of interpersonal trust in college students is identified, the initial hypothesis that it is more difficult for boys to trust than girls was not confirmed. The researcher came to the conclusion that gender does not affect the level of trust [10]. The studies of L. Kolomiets, G. Shulga & I. Lebed indicate the appropriateness of taking into account the level of trust of an individual in himself when analysing interpersonal trust, since "a high level of self-confidence symbolises the individual's experience of a state of inner harmony, psychological well-being, self-acceptance, orientation towards life achievements, achieving success, and an optimistic attitude towards life. On the contrary, a low level of self-confidence is accompanied by insecurity, misunderstanding of oneself and one's own needs, inadequate self-esteem, experiencing intrapersonal conflict, fear of difficulties and failures, inability to use one's own personal resources, which disintegrates the "I," worsens adaptability, reduces the feeling of satisfaction with life, and negatively affects the establishment of social contacts" [3; 4]. Thus, interpersonal trust is a certain attitude towards others, with the aim of harmonising social relations.

The purpose of the article. The purpose of the article is to determine the specifics of the influence of sovereignty on the level of interpersonal trust in adolescents.

Methods. To determine the specifics of the influence of the sovereignty of psychological space on the level of interpersonal trust in adolescence, an empirical study was conducted using the following psychodiagnostic methods: “Sovereignty of Psychological Space” by S. Nartova-Bochaver to assess the effectiveness of protecting one’s personal boundaries, the ability to maintain autonomy in interpersonal and social interaction [9]; the “Interpersonal (Social) Trust Scale” by J. Rotter to determine the level of trust that a person feels towards other people in various social situations [8, p. 246]; the method of trust/distrust of an individual towards the world, towards other people, towards oneself by A. Kupreychenko to assess the individual’s tendency towards the perception of the environment, social interaction, and self-acceptance [7]. Empirical indicators were processed using the SPSS ver. 16.0 statistical program package.

Sample. The sample of the study subjects consisted of 60 people, applicants of the Faculty of Pedagogy, Psychology and Professional Education of Vinnytsia State Pedagogical University, Bachelor's degree, full-time study, specialties 053 Psychology, 231 Social Work, the average age of the study subjects was 20.7 years. The gender composition of the sample was not taken into account, since it was uneven - 8 boys and 52 girls.

Results and discussion. The analysis of the results of assessing the degree of formation and protection of the psychological space of the individual and the level of trust development is presented in Table 1.

Table 1.

Primary statistics of indicators that characterize the security of the psychological space of the subjects and the level of trust

Indicators	Primary statistics						
	M	Me	Mo	SD	SE	Min	Max
Sovereignty of the physical body	1,1	1	0	5,6	1,02	-8	10
Sovereignty of territory	1,6	3	4	5,7	1,04	-10	10
Sovereignty of things	3,07	5	5	6,3	1,15	-9	15
Sovereignty of habits	4,3	5	5	5,2	0,94	-7	13
Sovereignty of social ties	2,3	3	3	3,0	0,55	-5	7
Sovereignty of values	3,6	3	3	6,5	1,19	-11	15
Overall indicator of sovereignty	16	19	-	25,3	4,61	-36	58
Trust in the world	8	7,5	9	2,2	0,40	3	12
Trust in other people	10	11	11	3,0	0,54	3	15
Trust in oneself	14	13	13	4,6	0,83	6	28
Interpersonal trust	83	83	83	8,4	1,54	57	98

Notes: M – mean; Me – median; Mo – mode; SD – standard deviation; SE – standard error; Min – minimum value, Max – maximum value.

According to the results obtained, we can state that the indicators of sovereignty of the psychological space: “sovereignty of the psychological body”, “sovereignty of habits,” “sovereignty of social ties,” “sovereignty of values,” as well as the indicators of trust: “trust in the world”, “trust in other people,” “trust in oneself,” “interpersonal trust” demonstrate high accuracy of measures of central tendency. In the indicated indicators, the values of the mode, median, and arithmetic mean either completely coincide or almost coincide. Other indicators demonstrate moderate accuracy, these are the indicators of “sovereignty of territory,” “sovereignty of things,” “general indicator of sovereignty.”. This gives us grounds for further analysis to use parametric criteria. Since the SE indicators on all scales are relatively small, this indicates sufficient reliability of the average value estimate, which allows us to carry out further characterisation based on the average value of the indicators.

A detailed analysis of individual indicators of the sovereignty of the psychological space of the individual allows us to state that the highest level falls on the indicator "sovereignty of habits" (M=4,3), in second place are "sovereignty of values" (M=3,6) and in third place "sovereignty of things" (M=3,07). Such results indicate a satisfactory level of independence in the formation, control, and preservation of one's habits, rituals in everyday life, which allows the individual to choose his own behavioural strategies at his own discretion, organise his daily life and protect these habits from external influence or imposition. The subjects are relatively independent in determining the usefulness or harmfulness of habits, which allows

them to form their own needs and values, at the same time, if necessary, the ability to protect their habits from external interference, especially when they differ from generally accepted norms. Since habits create a sense of predictability and stability in life; this increases emotional comfort and reduces the stress level of our subjects. Indicators for the parameter “sovereignty of values” indicates that the subjects relatively independently choose which values and beliefs to give preference to when making a choice, they usually rely on personal life experience and moral principles, If necessary, they are able to defend their views and principles. Applicants demonstrate due attention to maintaining control over their belongings. Such indicators indicate the importance of personal autonomy, since the latter reflects the right of the subjects to freely use, protect, and define the boundaries of their property or things that are important to them. According to the author of the concept of the psychological space of the individual, the sovereignty of things is one of the components of psychological comfort and a sense of security. It is manifested in how the subject treats his things and how important it is for him to feel that his personal space and things belong only to him, that they cannot be violated or taken away without his consent.

The indicator of “sovereignty of social ties” (M=2,6) occupies an intermediate position, which indicates partial control by young people over this sphere of life: they relatively independently determine with whom they want to communicate and establish friendly or professional relationships, how close these or those relationships will be, and what aspects of their personal life and to what extent they will be revealed to others.

The lowest positions are occupied by the indicators "sovereignty of the physical body" (M = 1,1) and "sovereignty of territories" (M = 1,6), which indicates an underestimated level of protection and awareness of the boundaries of the physical body and difficulties in establishing a comfortable distance or protecting one's physical "I". We also note the insufficient ability of the subjects to protect their personal territory, which can lead to discomfort and violation of autonomy. The overall indicator of sovereignty of psychological space is within the average range with a tendency to low, which indicates a moderate awareness of one's boundaries and the ability to protect them, but significant difficulties are felt in certain areas.

Summarising the results obtained, we believe that the subjects have difficulties in protecting basic personal boundaries; their efforts are more directed at protecting the cognitive and behavioural aspects of their space than physical boundaries. It is obvious that in order to achieve balance, psychological well-being, and harmony, it is necessary to develop a conscious attitude toward all spheres of sovereignty.

Indicators of the level of trust of the individual in the world, in other people, according to the method of A. Kupreychenko, showed the predominance of average values on all scales. The levels of trust are presented in Fig. 1.

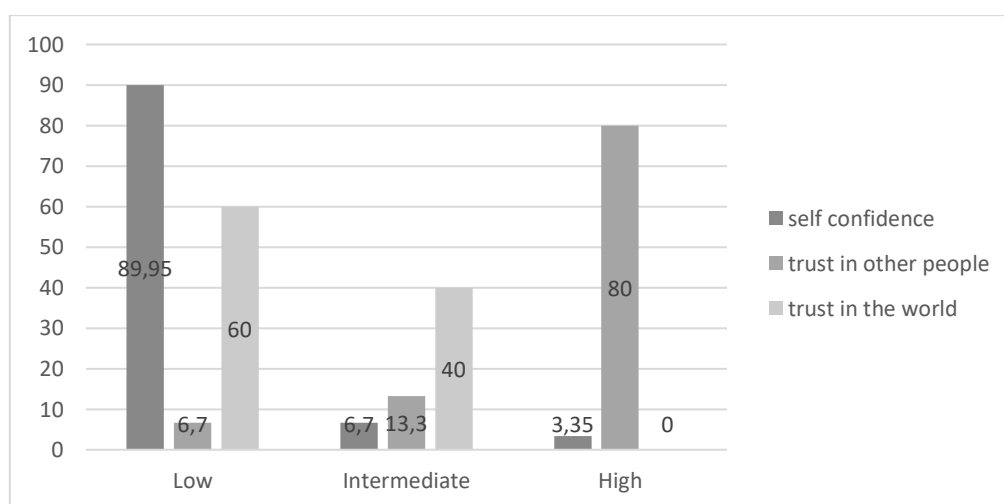


Fig. 1. Trust levels according to the method of A. Kupreychenko

On the scale of “self-confidence,” the following results were obtained: a low level was noted in 89,95% of the respondents, an average level – 6,7% of applicants - and a high level – 3,35% of respondents. Low indicators significantly dominate, indicating a tendency to distrust, according to the author of the concept - these are individuals who are “unable to distinguish ‘good’ from ‘bad.’”. A person demonstrates uncertainty in his ability to navigate in a critical situation, predict the actions of other people, and admit his

own mistakes” [7, p. 21]. In contrast, on the parameter “trust in other people,” high values dominate in 80% of the respondents, average values in 13.3% of respondents, and low values in 6,7%. Thus, the leading trend of our sample is the ability to form stable, positive relationships with other people and to interact constructively with others in specific situations. Obviously, our subjects are confident in other people, able to rely on them in the process of interaction, orientated towards the interaction partner, and ready to cooperate. According to the next parameter, “trust in the world,” low values prevail in 60% of the subjects, medium values were found in 40% of the respondents, while high values were not diagnosed at all. Most young people perceive the world as imperfect; they have a cautious attitude towards their surroundings and are in constant expectation of negative events, which is obviously the cause of increased anxiety, vulnerability, and uncertainty.

Indicators of the level of interpersonal trust of the methodology “Interpersonal (Social) Trust Scale” by J. Rotter are given in Table 2.

Table 2.

Characteristics of the sample of respondents according to the indicator of interpersonal trust

Scale	levels %			
	low level (n=0)	intermediate level (n=36)	above average (n=24)	high level (n=0)
Interpersonal trust	0	60	40	0

According to the results obtained, the average level of interpersonal trust was found in 60% of higher education applicants, above the average by 40%. However, no applicant had a low or high level. If we characterise the obtained level of interpersonal trust, then the higher the indicator, the higher the trust in others among higher education applicants. Such individuals in their behaviour demonstrate a willingness to cooperate, are open in communication, expect honest and responsible behaviour from other individuals. Usually, such young people believe in the good intentions of others, they are less prone to suspicion or doubts about the honesty or reliability of others. Such characteristics affect the quality of social interaction, contribute to better cooperation in a team, and the formation of healthy interpersonal relationships. The next stage of the study involved determining the features of the influence of sovereignty on the level of interpersonal trust in adolescents. For this purpose, a correlation analysis was performed. using the Pearson correlation coefficient. The results of the correlation analyses are presented in Table 3.

Table 3.

Correlation constellations of indicators of psychological sovereignty of the individual with indicators of trust of adolescents

	Trust in the world	Trust in other people	Self-confidence	Interpersonal trust
Sovereignty of the physical body	-,161	-,222	-,230	-,116
Sovereignty of territory	-,022	-,560**	,131	-,453*
Sovereignty of things	-,129	-,478**	,339	,043
Sovereignty of habits	-,126	-,440*	,149	-,014
Sovereignty of social ties	-,159	-,184	-,047	,063
Sovereignty of values	,073	-,285	-,018	-,094
Overall indicator	-,099	-,480**	,083	-,114

The results of the correlation analysis showed the presence of statistically significant relationships between the indicators of trust and sovereignty of space. Let us analyse them in detail. A negative correlation was found between the scale of "trust in other people" and the indicators of sovereignty of space: "sovereignty of territories ($r = -0.560$; $p < 0.01$), "sovereignty of things" ($r = -0.478$; $p < 0.01$), "sovereignty

of habits" ($r = -0.440$; $p < 0.05$), and "general indicator" ($r = -0.480$; $p < 0.01$). Applicants with a high level of trust in others are more open to interaction, do not perceive invasion of their personal space as a threat, tend to share everything they have, worry less about the safety of personal belongings, are flexible in their own habits, more easily adapt to other people's influences, and do not perceive interference by others in their routine as a threat.

The negative relationship between the scales "interpersonal trust" and "territorial sovereignty" ($r = -0.453$; $p < 0.05$) indicates that the lower the trust in others among the subjects, the stronger the need to control and protect their own space, the greater the tendency to perceive others as potential border violators, which, although it provides a sense of security, clearly limits social contacts and increases isolation, a sense of loneliness. Conversely, high trust contributes to the openness and social adaptability of adolescents.

Conclusions. Personal sovereignty is the ability to control and protect the psychological space, which is manifested in maintaining the autonomy of the individual, its resistance to external influences, and the ability to build harmonious relationships with others. Interpersonal trust is a certain attitude towards others, with the aim of harmonising social relations. Formed psychological boundaries will help young people build stable and constructive relationships with others. It has been empirically determined that the indicators of psychological space sovereignty in adolescents have a predominantly average level of severity, which indicates certain difficulties in the study subjects in protecting basic personal boundaries, since their efforts are more aimed at protecting the cognitive and behavioural aspects of their space than at protecting physical boundaries. The lowest level of trust is "trust in oneself," and the highest is "trust in other people." The most significant impact of trust was noted on the indicators of the sovereignty of territories, things, and habits. The analysis of empirical indicators allowed us to state that developed interpersonal trust in adolescents is associated with a sense of security and confidence in the intentions of others, while a high level of psychological sovereignty forces the individual to increase control over their boundaries and to be cautious and alert, which, although it creates a sense of security, limits the network of social contacts and increases the feeling of isolation.

A perspective for further research. The prospect of further research is the development of strategies for harmonizing interpersonal relationships, strengthening trust, and maintaining psychological comfort and well-being of adolescents.

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