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PSYCHOLOGICAL WELL-BEING OF A PERSONALITY DEPENDING ON LIMINAL EXPERIENCE

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The relevance of the study. The concept of liminality is one of the least studied in modern humanitarian cognition, in particular in psychology, by the way, and the difference from the phenomenon of age and abnormal life crises. However, no methods of studying the liminal experience of personality in psychology have not yet been presented. The purpose of the study is to determine the list of liminal events, the presence of which determines the extent of the liminal experience of the individual and to characterize his connection with psychological well-being.

*The **Aim** of the study is to determine the level of psychological well-being depending on the liminal experience of the individual.*

Results. A list of life events that correspond to the descending, ascending, permanent and reverse liminal experiences is defined. The types



of liminal experience and their connection with age and psychological well-being are shown.

Conclusions. "Low level of ascending experience and descending liminal experience " conveys more indicators of positive experiences. "Dominance of descending liminal experience" conveys the lowest indicators of autonomy, management of environment, personal development, life goals, self-acceptance.

"Low Level of Permanent Liminal Experience" provides the highest positive relations and autonomy. "Low Level of Reverse and Permanent Liminal Experience" provides the highest indicators in the structure of psychological well-being. "Dominance of Permanent Liminality" and "Dominance of Reverse Liminality" provides the lowest environmental management. "Low Level of Permanent Liminal Experience" provides the highest personal growth and life goals rates, but "Dominance of Permanent Liminality" provides the lowest personal development. "Dominance of Permanent Liminality" provides the lowest Self-acceptance. Thus, "Low Level of Permanent Liminal Experience" provides the highest Psychological well-being rates, but "Dominance of Permanent Liminality" provides the lowest Psychological well-being.

"High level of reverse and permanent liminal experience" with "low level of ascending and descending liminal experience" result on the highest rates of Positive relations, Management of environment, Personal development, Life goals and Psychological well-being.

"Low level of ascending and descending liminal experience" with the "dominance of permanent liminality" supposes the lowest rates of Personal development. The lowest rates of Self-acceptance are characterized people with "dominance of descending liminal experience". Thus, "Low level of ascending and descending liminal experience" with the "dominance of permanent liminality" supposes the lowest rates of Psychological well-being.

Keywords: *personality, liminality, liminal experience, life path, events of life, life crisis, psychological well-being, age, status.*

Психологічне благополуччя особистості в залежності від лімінального досвіду



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Актуальність дослідження. Поняття лімінальності є одним із найменш вивчених у сучасному гуманітарному пізнанні, зокрема у психології, до речі, а відміну від близького за значенням феномену вікових та ненормативних життєвих криз. Утім методів вивчення лімінального досвіду особистості у психології досі не було представлено.

Метою дослідження є визначення рівня психологічного благополуччя залежно від лімінального досвіду особистості.

Результати. Визначено список подій життя, що відповідають низхідному, висхідному, перманентному та зворотному лімінальному досвіду. Показано типи лімінального досвіду та їх зв'язок із віком та психологічним благополуччям.

Висновки. «Низький рівень висхідного та низхідного лімінального досвіду» передбачає вищий рівень позитивних стосунків. «Домінування низхідного лімінального досвіду» передбачає найнижчі показники автономії, управління середовищем, особистісного розвитку, життєвих цілей, самоприйняття. «Низький рівень перманентного лімінального досвіду» забезпечує найвищі позитивні стосунки та автономію. «Низький рівень зворотного та перманентного лімінального досвіду» забезпечує найвищі показники в структурі психологічного благополуччя. «Домінування перманентної лімінальності» та «Домінування зворотної лімінальності» забезпечують найнижчий рівень управління середовищем. «Низький рівень перманентного лімінального досвіду» забезпечує найвищі



показники особистісного зростання та життєвих цілей, але «Домінування постійної лімінальності» забезпечує найнижчий особистісний розвиток. «Домінування постійної лімінальності» забезпечує найнижче самоприйняття. Таким чином, «Низький рівень постійного лімінального досвіду» забезпечує найвищі показники психологічного благополуччя, але «Домінування постійної лімінальності» забезпечує найнижче психологічне благополуччя. «Високий рівень зворотного та перманентного лімінального досвіду» з «низьким рівнем висхідного та низхідного лімінального досвіду» призводить до найвищих показників позитивних стосунків, управління навколишнім середовищем, особистісного розвитку, життєвих цілей та психологічного благополуччя. «Низький рівень висхідного та низхідного лімінального досвіду» з «домінуванням постійної лімінальності» передбачає найнижчі показники особистісного розвитку. Найнижчі показники самоприйняття характеризуються людьми з «домінуванням низхідного лімінального досвіду». Таким чином, «Низький рівень висхідного та низхідного лімінального досвіду» з «домінуванням перманентної лімінальності» передбачає найнижчі показники психологічного благополуччя.

Ключові слова: особистість, лімінальність, лімінальний досвід, життєвий шлях, події життя, життєва криза, психологічне благополуччя, вік, статус.

Introduction. The concept of liminality is one of the least studied in modern humanitarian knowledge, in particular in psychology, by the way, and unlike the similar phenomenon of age and non-normative life crises. Studies of liminality as a special position of individuals and groups in the processes of social mobility have not yet received a developed theoretical apparatus, which makes the concept of liminality one of the most underestimated. This is partly explained by the non-psychological origin of interest in liminality - in the rituals of passage of traditional societies (in anthropology A. van Gennep), as well as in some sociological and philosophical studies, for example, by W. Turner (Turner, 1969).



The concept of liminality is currently gaining a second wind due to its rich heuristic potential, especially for the study of social changes at the macro and micro levels: the study of individual and group traumatic experiences (Abrams, 2004; Little, 1998), interracial relations (Brunsma, 2013; Daniel, 2007). At the same time, despite the appeal to the classic texts of A. van Gennep (1999) and W. Turner (1969), liminality is interpreted very broadly and ambiguously - from the description of the psychological state of individuals in a situation of experiencing a new experience to the characterization of the situation of marginal groups and the analysis of accelerating social changes. There is no psychological interpretation of liminality, while in sociology liminality is “the position of individuals in the process of transition from one status to another”: the definition may seem quite sufficient, but it does not explain what statuses are in question and what these transitions are characterized by.

A. van Gennep (1999) identified three key phases of the ritual of transition that accompany “any change of place, status, social position and age” – “separation” (from the preliminal status), “edge” (liminality) and “connection” (postliminal inclusion in the social structure). The allocation of these three phases emphasizes the three most important characteristics of liminality as a special phase of social mobility: transitivity – the change in the preliminal position and identity of an individual or group, which is combined with the incompleteness of metamorphosis; temporality – the presence of normatively fixed temporal and (possibly) spatial boundaries of the transitional state; cardinality – the special value of status changes for the carrier and the society that evaluates them, or the group.

This type echoes Turner's rituals of increasing social status and is the most typical and universal example of the legitimation of a new postliminal identity of a higher rank. Each person goes through rituals of "life turning points", which emphasize important transitions in fate - birth, adulthood, professional specialization, marriage,



parenthood, death. At each such moment, liminalization occurs - a break with the past status and the acquisition of a new one through the passage of special religious or secular rituals. In age psychology, such ascending liminality is called age crises, in which an individual, acquiring new needs and not being able to satisfy them, experiences a rather difficult period of life, the successful passage of which allows him to adapt in society and reach a higher level of mental development. However, the development of an individual's social career - through transitions from one status to another (higher). If transitions require mandatory passage of trials, tests, examinations, special ritual practices (whether willingly or unwillingly), then liminality is inevitable (historical practices of initiation, dedication, and even self-sacrifice). Modern life offers new rituals of ascending liminality: elections of people's deputies, admission to higher education, employment, defense of dissertations, sports competitions, etc. Examinationality (the need for trials) is not only an attribute of liminalization, but also a mechanism for exiting the previous state, which emphasizes the cardinal nature of changes and defines the very essence of "transition". Unlike the conditioned traditional rituals of increasing status, modern forms do not guarantee transition, even creating a situation of liminal competition with a possible unsuccessful outcome, but participation in rituals is mandatory for achieving success.

Going through life's trials, or "transitions" in classical psychology is called experiencing a non-normative or existential crisis. Thus, liminality in the ascending vector is partly correlated with age-related and non-normative crises. Increasing status, material or spiritual "acquisitions", the formation of mental neoplasms, successful resolution of existential problems and overcoming intrapersonal conflicts – all this indicates the ascending liminality of the personality. On the other hand, difficulties in experiencing an existential crisis by a personality, accompanied by a prolonged stay in a state of value conflict or value vacuum, can be correlated with



going through a “downward” transition, that is, descending liminality. In the concepts of liminality, descending liminality is understood as the degradation of status with or without subsequent stigmatization. For example, public condemnation of a certain type of behavior leads to the exclusion of the individual from the group (his isolation, lowering of social status, marginalization) or other sanctions (in other words, "losses" for the individual). The stigmatization of status degradation is usually accompanied by negative emotions of the individual, such as a sense of shame, aggression, guilt.

In addition, researchers distinguish between permanent (status non-structuralism, voluntary or forced status marginality) and reversible (status change rituals, transgression) liminality.

The **Aim** of the study is to determine the level of psychological well-being depending on the liminal experience of the individual.

Methods and sample of the study. The presented study used the author's questionnaire for studying liminal experience (Khomulenko & Hres, 2024) and the methodology for assessing psychological well-being by C. Ryff. The sample of the study subjects consisted of 108 people, aged 21 to 70 years, who sought psychological help in order to overcome stress caused by the following events: forced migration (54 people), loss of job (9 people), death of a loved one (10 people), loss of housing (6 people), difficult childbirth, difficulties in physical and psychological recovery after childbirth (6 people), maternity leave: independent care of an infant and a young child (3 people), service in the Armed Forces of Ukraine (2 people), change of profession and place of study (4 people), admission to higher education (5 people), somatic illness (9 people).

In order to study the types of liminal experience according to the criterion "ascending - descending", clustering values on the corresponding scales was carried out (Fig. 1).



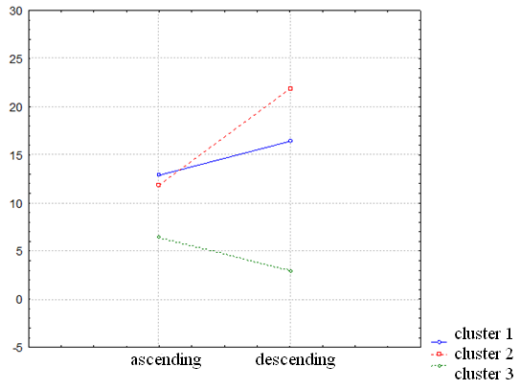


Fig. 1. The results of clustering of ascending and descending liminality.

Cluster 1 - the highest in sampling indicators of ascending liminality, which generally meet the norm, with a slight advantage of indicators of low liminality. The type was called "high level of ascending and descending liminal experience".

Cluster 2 - high rates of descending liminality at the average rates of ascending liminality. The type was called the "dominance of descending liminal experience".

Cluster 3 - average rates of ascending liminality at low rates of descending liminality. The type was called the "low level of ascending and descending liminal experience". In order to clarify the link between the liminality of the life experience of the individual and the objective factor of human age, a comparative analysis was carried out (Table 1).

Table 1

The average age of the studied with different liminal experience by the criterion "Ascending - descending"

	Groups	H



	Cluster 1		Cluster 2		Cluster 3		
Age	37,36	2,93	54,34	7,37	26,52	3,94	94,24

It was quite obvious that the lower liminal experience, which is responsible for the third cluster, characterizes the younger people. The experience of experiencing negative events of life, which is relevant downward liminality, is inherent in older people (cluster 2). All the differences are significant at $p < 0.0001$.

Table 2 shows the differences in the indicators of psychological well-being in people with different types of liminal experience according to the criterion "Ascending - descending".

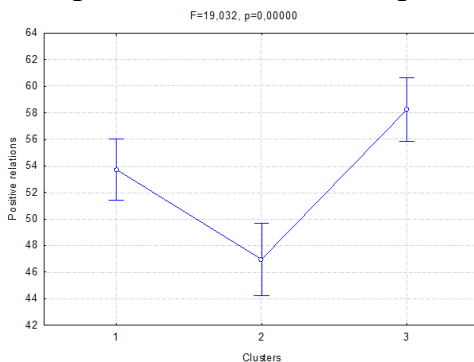


Fig. 2. Positive relations in people with different types of liminal experience according to the criterion "Ascending - descending".

"Low level of ascending experience and descending liminal experience " conveys more indicators of positive experiences.



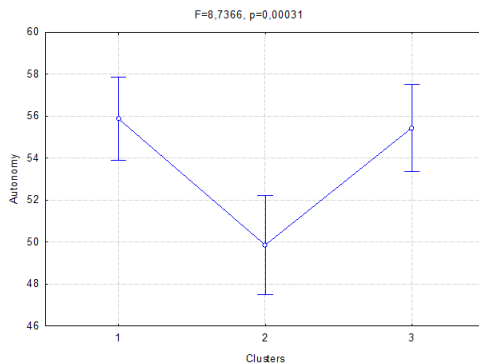


Fig. 3. Autonomy in people with different types of liminal experience according to the criterion "Ascending - descending".

"Dominance of descending liminal experience" conveys the lowest indicators of autonomy.

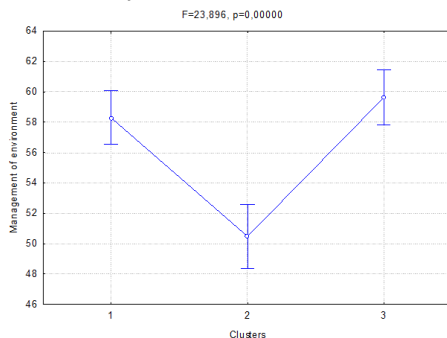


Fig. 4. Management of environment in people with different types of liminal experience according to the criterion "Ascending - descending".

"Dominance of descending liminal experience" conveys the lowest indicators of management of environment.



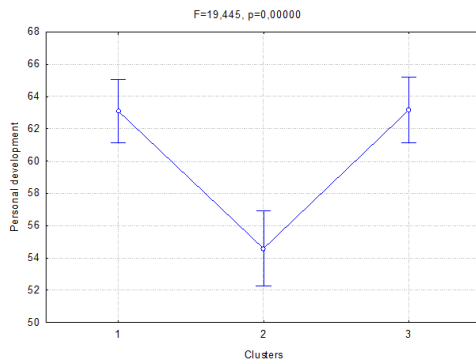


Fig. 5. Personal development in people with different types of liminal experience according to the criterion "Ascending - descending".

"Dominance of descending liminal experience" conveys the lowest indicators of Personal development.

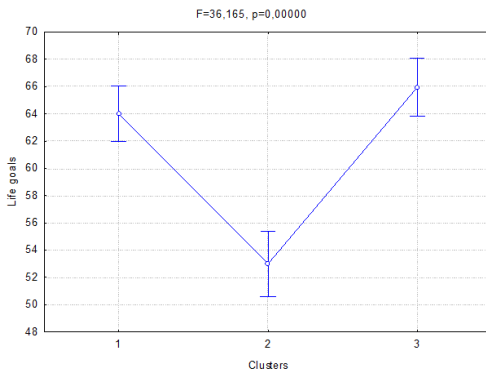


Fig. 6. Life goals in people with different types of liminal experience according to the criterion "Ascending - descending".



"Dominance of descending liminal experience" conveys the lowest indicators of Life goals.

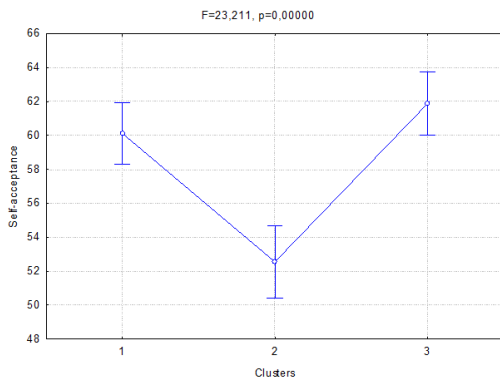


Fig. 6. Self-acceptance in people with different types of liminal experience according to the criterion "Ascending - descending".

"Dominance of descending liminal experience" conveys the lowest indicators of Self-acceptance.

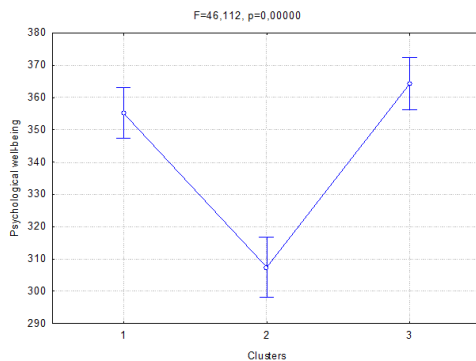


Fig. 7. Psychological well-being in people with different types of liminal experience according to the criterion "Ascending - descending".

"Dominance of descending liminal experience" conveys the lowest indicators of Self-acceptance.

Further, in order to study the types of liminal experience according to the criterion "reverse - permanent" was clustering values on the corresponding scales (Fig. 8).

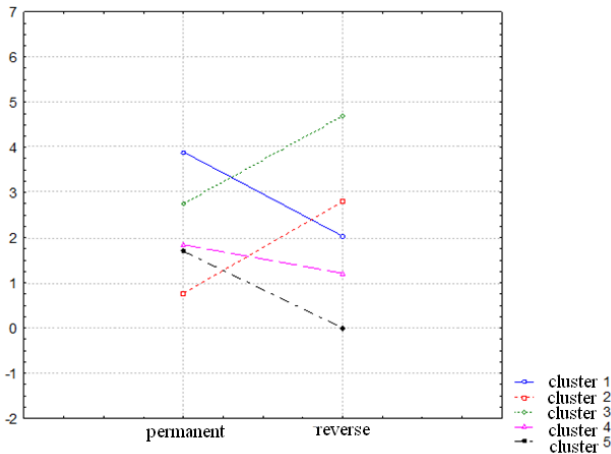


Fig. 8 The results of clustering of permanent and reverse liminality.

Cluster 1-Medium-high levels of permanent liminality against the background of medium-low reverse lyminality. The type was called the "dominance of permanent liminality".

Cluster 2 - low permanent liminality against the backdrop of the average liminality. The type was called the "dominance of reverse liminality".



Cluster 3 - average permanent liminality against the background of high reverse liminality "High levels of reverse and permanent liminal experience".

Cluster 4 - low reverse and permanent liminality. The type was called "low level of reverse and permanent liminal experience".

Cluster 5 - low permanent rates and lack of reverse liminality. The type was called "low level of permanent liminal experience".

"Low Level of Permanent Liminal Experience" provides the highest positive relationships, but "Dominance of Permanent Liminality" provides the lowest positive relations (Fig. 9).

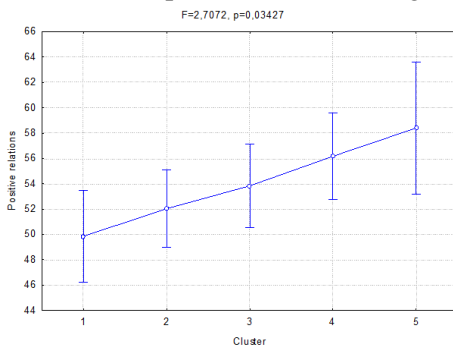


Fig. 9. Positive relationships in people with different types of liminal experience according to the criterion "Reverse - Permanent"

"Low Level of Reverse and Permanent Liminal Experience" provides the highest autonomy indicators in the structure of psychological well-being (Fig. 10).



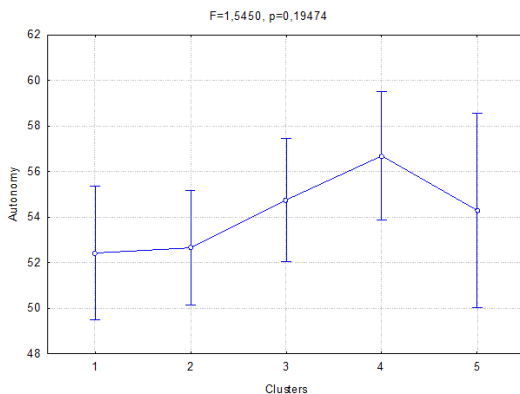


Fig. 10. Autonomy depending in people with different types of liminal experience according to the criterion "Reverse - Permanent"

"Dominance of Permanent Liminality" and "Dominance of Reverse Liminality" provides the lowest environmental management (Fig. 11).

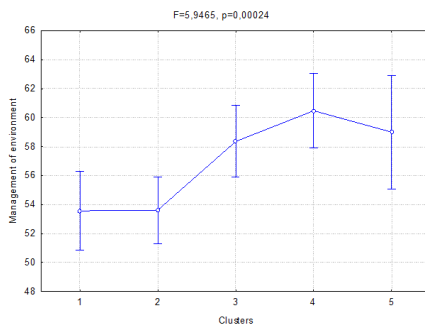


Fig. 11. Management of environment in people with different types of liminal experience according to the criterion "Reverse - Permanent"

"Low Level of Permanent Liminal Experience" provides the highest personal growth rates, but "Dominance of Permanent Liminality" provides the lowest personal development (Fig. 12).

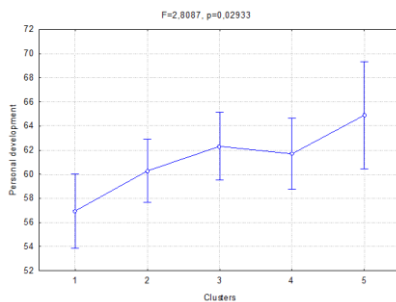


Fig. 12. Personal development in people with different types of liminal experience according to the criterion "Reverse - Permanent"

"Low Level of Permanent Liminal Experience" provides the highest Life goals rates, but "Dominance of Permanent Liminality" provides the lowest Life goals (Fig. 13).



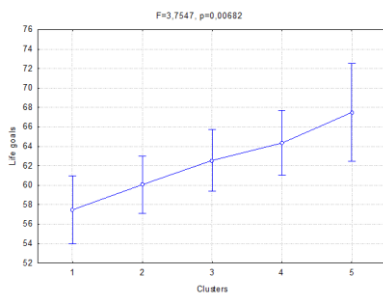


Fig. 13. Life goals in people with different types of liminal experience according to the criterion "Reverse - Permanent"

"Dominance of Permanent Liminality" provides the lowest Self-acceptance (Fig. 14).

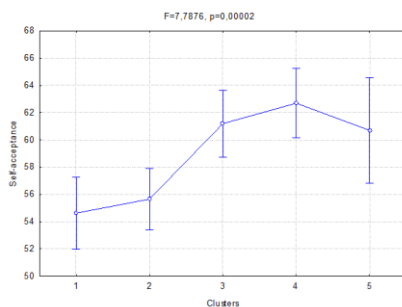


Fig. 14. Self-acceptance of environment in people with different types of liminal experience according to the criterion "Reverse - Permanent"

"Low Level of Permanent Liminal Experience" provides the highest Psychological well-being rates, but "Dominance of



"Permanent Liminality" provides the lowest Psychological well-being (Fig. 15).

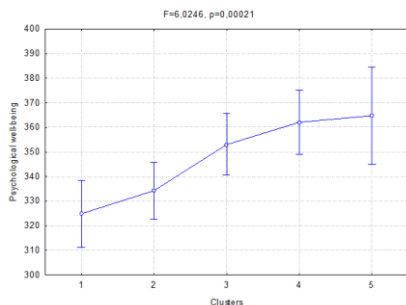


Fig. 15. Psychological well-being in people with different types of liminal experience according to the criterion "Reverse - Permanent"

"High levels of reverse and permanent liminal experience" with "low level of ascending and descending liminal experience" result on the highest rates of Positive relations (fig. 16).

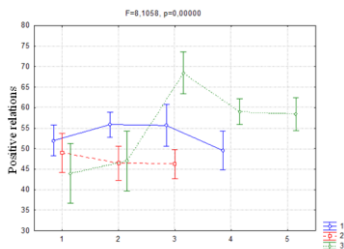


Fig. 16. Positive relations in people with different types of liminal experience according to the criterion "Reverse - Permanent" and "Ascending - descending"



Autonomy doesn't depend on the types of liminal experience (fig. 17).

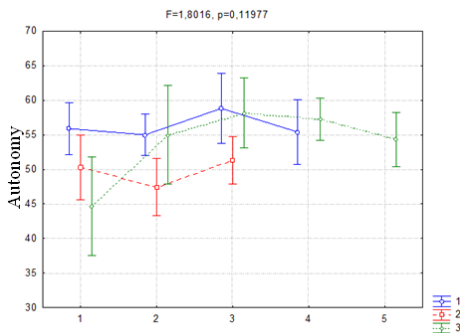


Fig. 17. Autonomy in people with different types of liminal experience according to the criterion "Reverse - Permanent" and "Ascending - descending"

"High levels of reverse and permanent liminal experience" with "low level of ascending and descending liminal experience" result on the highest rates of Management of environment (fig. 18).



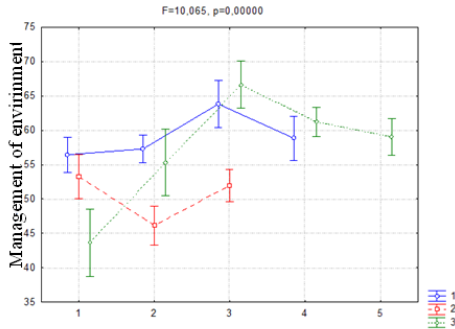


Fig. 18. Management of environment in people with different types of liminal experience according to the criterion "Reverse - Permanent" and "Ascending - descending"

"High levels of reverse and permanent liminal experience" with "low level of ascending and descending liminal experience" result on the highest rates of Personal development (fig. 19).

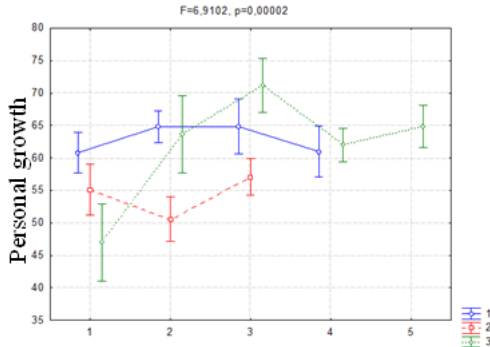


Fig. 19. Personal development in people with different types of liminal experience according to the criterion "Reverse - Permanent" and "Ascending - descending"



"Low level of ascending and descending liminal experience" with the "dominance of permanent liminality" supposes the lowest rates of Personal development.

"High levels of reverse and permanent liminal experience" with "low level of ascending and descending liminal experience" result on the highest rates of Life goals (fig. 20).

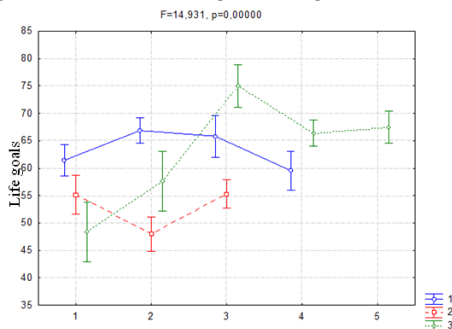


Fig. 20. Life goals in people with different types of liminal experience according to the criterion "Reverse - Permanent" and "Ascending - descending"

The lowest rates of Self-acceptance are characterized people with "dominance of descending liminal experience" (fig. 21).





Fig. 21. Self-acceptance in people with different types of liminal experience according to the criterions "Reverse - Permanent" and "Ascending - descending"

"High levels of reverse and permanent liminal experience" with "low level of ascending and descending liminal experience" result on the highest rates of Psychological well-being (fig. 22).

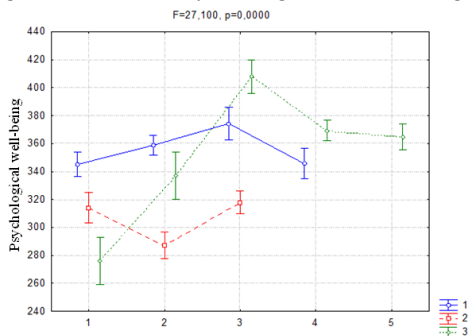


Fig. 22. Psychological well-being in people with different types of liminal experience according to the criterion "Reverse - Permanent" and "Ascending - descending"



"Low level of ascending and descending liminal experience" with the "dominance of permanent liminality" supposes the lowest rates of Psychological well-being.

Conclusions. The presented research examines the phenomenon of liminal awareness, which is characterized by the presence of significant elements of life that convey: a) an increase in the status of specialness ("excessive liminality"), b) a decrease in status ("low-grade liminality"), c) transgressiveness to status ("reversible liminality"), d) marginality to status ("permanent liminality"). Apparently, before the classification of liminality was determined, a variety of lifestyles were identified that reflect one or another type of liminality.

The typology of liminal experience based on the criterion "ascending - descending" is represented by empirically identified cluster profiles: "high level of ascending and descending liminal experience", "dominance of descending liminal experience", "low level of ascending and descending liminal experience".

The typology of liminal experience based on the criterion of "reverse - permanent liminality" is represented empirically by cluster profiles: "dominance of permanent liminality", "dominance of reverse liminality", "high level of reverse and permanent liminal experience", "low level of reverse and permanent liminal experience", "low level of permanent liminal experience".

"Low level of ascending experience and descending liminal experience " conveys more indicators of positive experiences. "Dominance of descending liminal experience" conveys the lowest indicators of autonomy, management of environment, personal development, life goals, self-acceptance.

"Low Level of Permanent Liminal Experience" provides the highest positive relations and autonomy. "Low Level of Reverse and Permanent Liminal Experience" provides the highest indicators in



the structure of psychological well-being. "Dominance of Permanent Liminality" and "Dominance of Reverse Liminality" provides the lowest environmental management. "Low Level of Permanent Liminal Experience" provides the highest personal growth and life goals rates, but "Dominance of Permanent Liminality" provides the lowest personal development. "Dominance of Permanent Liminality" provides the lowest Self-acceptance. Thus, "Low Level of Permanent Liminal Experience" provides the highest Psychological well-being rates, but "Dominance of Permanent Liminality" provides the lowest Psychological well-being.

"High level of reverse and permanent liminal experience" with "low level of ascending and descending liminal experience" result on the highest rates of Positive relations, Management of environment, Personal development, Life goals and Psychological well-being.

"Low level of ascending and descending liminal experience" with the "dominance of permanent liminality" supposes the lowest rates of Personal development. The lowest rates of Self-acceptance are characterized people with "dominance of descending liminal experience". Thus, "Low level of ascending and descending liminal experience" with the "dominance of permanent liminality" supposes the lowest rates of Psychological well-being.

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