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APSTRAKTNA INTELIGENCIJA, EMOCIONALNA INTELIGENCIJA I JAVLJANJE FLOW-A

Cilj našeg istraživanja bio je nastojanje da otkrijemo i opišemo faktore i preduslove za dostizanje optimalnog iskustva i, uopšte rečeno, složenog osećaja ocharavajuće obuzetosti, ispunjenosti, zadovoljstva i sreće koje prati flow. Koji su to preduslovi, odnosno, crte ličnosti, najvažniji za nastanak flow-a? Zašto ljudi teže flow-u, i da li postoji razlika između osoba različitog nivoa emocionalne i apstraktne inteligencije u sposobnosti dostizanja stanja flow-a. Uzorak istraživanja je prigodan, čini ga 110 ispitanika, starosti od 25 do 50 godina. Sastoji se od ispitanika za koje se ispostavilo, na osnovu dobijenih rezultata testova, da su dostizali stanje flow-a. Među ispitanicima ima dosta sportista, muzičara, umetnika, šahista ali i prosečnih, „običnih” ljudi. Pretpostavka od koje smo krenuli je da količnik apstraktne inteligencije nije prediktor uspeha u životu i zadovoljstva radom koji implicira flow, i da je nastanak flow-a omogućen učešćem crta ličnosti koje čine emocionalnu inteligenciju, a koje su obuhvaćene jednim od testova primenjenih u istraživanju. Većina hipoteza je potvrđena.

Ključne reči: flow, optimalno iskustvo, emocionalna inteligencija, apstraktna inteligencija, sreća, samosvrhovito iskustvo

ABSTRACT INTELLIGENCE, EMOTIONAL INTELLIGENCE AND THE APPEARANCE OF FLOW

The aim of our research was to discover and describe the factors and prerequisites for accomplishing the optimal experience and, generally speaking, a complex feeling of overwhelming engrossment, fulfillment, pleasure and happiness that accompanies the flow. Which conditions or character traits are most relevant for

the upcoming of the flow? Why do people have a tendency towards the flow and is there a difference between people of various emotional and abstract intelligence level and their capability of reaching the flow. The sample of the research is appropriate, consisting of 110 tested subjects ageing from 25 to 50. It is comprised of subjects whose test results showed that they reached the state of the flow. Among them there are many sportsmen, musicians, artists, chess players, as well as average “ordinary” people. The assumption from which we have started is that the quotient of the abstract intelligence is not the anticipation of success in life and pleasure in work implied by the flow and that the achieving of the flow is possible with participation of the traits comprising the emotional intelligence, again consisted in one of the tests used in the research. The majority of the hypotheses are confirmed.

Keywords: flow, optimal experience, emotional intelligence, abstract intelligence, happiness, self-indulgent experience