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ZADOVOLJSTVO ŽIVOTOM, ZADOVOLJENJE OSNOVNIH PSIHOLOŠKIH POTREBA I SKLONOST KA PSIHOSOMATICI

Dugo vremena istraživanja opšteg subjektivnog osećaja blagostanja i dobrobiti (eng. well-being) bavila su se varijablama koje zapravo nisu povezane sa srećom. Kada pitamo ljude kako živeti srećan i osmišljen život, oni spontano govore o svojim ciljevima, željama i planovima. Nivo ostvarenja važnih ciljeva, potreba i želja određuje sreću neke osobe. Psihološke potrebe su u središtu procesa postavljanja ciljeva, a uspešnost u zadovoljenju tih potreba određuje naše životne ciljeve. Prema Teoriji samoodređenja, koja se nalazi u osnovi ovog istraživanja, osećaj dobrobiti zavisi od zadovoljenja psiholoških potreba (Deci & Ryan, 2000). Brojna istraživanja su pokazala da su negativne emocije predisponirajući faktori psihosomatskih ispoljavanja. Upravo su ova i brojna druga istraživanja inspirisala i ovo istraživanje da pokaže šta leži u osnovi zadovoljstva životom, koliko je važno ispunjenje osnovnih psiholoških potreba i koliko to utiče na opšti osećaj blagostanja, a šta donosi nezadovoljenje istih i prisustvo negativnih emocija i koliko su one u stanju da naruše zdravlje i subjektivni osećaj dobrobiti.

Ključne reči: zadovoljstvo životom, dobrobit, psihološke potrebe, psihosomatika

SATISFACTION WITH LIFE, BASIC PSYCHOLOGICAL NEEDS GRATIFICATION AND PSYCHOSOMATIC MANIFESTATION PROPENSITY

For a long time, researches overall feeling of subjective well-being, dealt with the variables that are not actually associated with happiness. When we are asking

people how to leave happy and designed life, they are spontaneously speaking about their desires, goals and plans. The level to achieve the important goals, needs and desires defines a person's happiness. Psychological needs are in the middle of the goal setting and performance in meeting those needs, determines our life goals. According to the Self-determination theory, which is located in the hearth of this research, feeling of well-being depends on the satisfaction of psychological needs (Deci & Ryan, 2000). Numerous studies have shown that negative emotions are the main factors of psychosomatic manifestation, and this one and numerous of other studies have inspired this research to show what lies in the basis of satisfaction with life, how important is the fulfillment of basic psychological needs and how it influence the general feeling of well-being. On the other hand, this research shows what brings the presence of negative emotions and what will happen if the needs are not met.

Keywords: life satisfaction, well-being, psychological needs, psychosomatics