

**Leposava Vukičević**

UDK 159.922.8:616.89

**Milica Grujić****Danka Popović****Dragica Mihajlović****Uroš Velić**

Fakultet za pravne i poslovne studije „Dr Lazar Vrkatić“ – Novi Sad

## NEUROTICIZAM I IRACIONALNA UVERENJA

U ovom istraživanju ispitivana je povezanost neuroticizma i iracionalnih uverenja kod srednjoškolaca. Uzorak je činilo 275 ispitanika, učenika VII, XII i XIV beogradske gimnazije, Elektrotehničke škole „Rade Končar“ i Trgovačke škole, starosti između 15 i 19 godina. Za potrebe ovog rada korišćene su Skala neuroticizma, odnosno izolovana dimenzija Neuroticizma iz upitnika NEO – Pi R i Skala iracionalnih uverenja GABS – 37. Pouzdanost mernih instrumenata se kretala od nivoa  $\alpha = 0.682$  za Skalu Neuroticizma do  $\alpha = 0.819$  za Skalu GABS – 37. Dimenziju neuroticizma karakteriše opšta tendencija ka doživljavanju negativnog afekta, kao što je osećaj straha, tuge, osramoćenosti, krivice, itd. Uočeno je da nisu sve dimenzije neuroticizma povezane sa svim oblicima iracionalnih uverenja. Oni učenici kod kojih su Iracionalna uverenja po pitanju ljubavi bila više izražena u isto vreme su bili više depresivni, vulnerabilni i impulsivni. Dok je manifestacija anksioznosti i impulsivnosti više povezana sa obezvređivanjem i apsolutističkim zahtevima prema sebi, kao oblikom iracionalnih uverenja. Negativne emocije često otežavaju adaptaciju kod adolescenata i moguće je da upravo određena povezanost istih i određenih oblika mišljenja kod srednjoškolaca još više doprinosi njihovom kasnijem razvoju.

**Ključne reči:** Neuroticizam, iracionalna uverenja, srednjoškolski adolescenti

## NEUROTICISM AND IRRATIONAL BELIEFS

In this study we investigated the association of neuroticism and irrational beliefs among high school students. Research has been done at the sample which included 275 students of selected high schools in Belgrade, aged between 15 and 19 years. The level of neuroticism was measured using Scale of neuroticism which was

isolated dimensions of Neuroticism from the questionnaire NEO - Pi R. While irrational beliefs were measured using the Scale of irrational beliefs Gabs – 37. Measuring instruments used in this study showed high reliability which is  $\alpha=0.682$  for Scale of neuroticism to the  $\alpha=0.819$  for set of Scale of irrational beliefs. The results show that Irrational beliefs when it comes to love positively correlated with dimension Vulnerability ( $r=.233$ ,  $df=272$ ,  $p<.01$ ), Depression ( $r=.282$ ,  $df=272$ ,  $p<.01$ ) and Impulsivity ( $r=.312$ ,  $df=272$ ,  $p<.01$ ). Anxiety is positively correlated with factor Invalidation ( $r=.226$ ,  $df=272$ ,  $p<.01$ ). While the Absolute requirements to yourself positively correlated with the dimensions of Depression ( $r=.325$ ,  $df=272$ ,  $p<.01$ ) and Impulsivity ( $r=.181$ ,  $df=272$ ,  $p<.01$ ). Dimension of neuroticism is usually is expressed by a general tendency towards experiencing negative affect, such as feelings of fear, sorrow, dishonor, guilt, etc.. It was noted that not all dimensions of neuroticism associated with all forms of irrational beliefs. Those students which irrational beliefs are more expressed in terms of love at the same time are more depressed, impulsive and vulnerable. While the manifestations of anxiety and impulsivity are associated more with the devaluation of the absolutist demands on yourself, as a form of irrational beliefs. Negative emotions usually make adaptation in adolescents more difficult and may have very specific connection between them and certain forms of thinking in high school even further contributes to their subsequent development.

**Keywords:** neuroticism, irrational beliefs, high school adolescents