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UDK 159.942.53:616.34-002

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EMPATIJA, OPTIMIZAM/PESIMIZAM I PSIHOSOMATSKO REAGOVANJE KOD OBOLELIH OD ULKUSNIH BOLESTI

U radu je prikazano istraživanje usmereno na ispitivanje razlika u stepenu izraženosti empatičnosti, sklonosti optimizmu/pesimizmu i sklonosti ka psihosomatskom reagovanju kod osoba obolelih od ulkusne bolesti želuca i dvanaestopalačnog creva i zdravih ispitanika. Ispitivana je takođe i povezanost sklonosti ka psihosomatskom reagovanju sa empatijom i optimizmom/pesimizmom. Primenjeni su Indeks interpersonalne reaktivnosti (IRI), skala optimizma–pesimizma (O–P skala) i test sklonosti ka psihosomatskom reagovanju HI iz baterije KON 6. Uzorak je činilo ukupno 100 ispitanika, 50 ispitanika osnovne grupe obolelih od ulkusne bolesti kojima su upitnici zadati na Klinici za gastroenterologiju, u okviru Kliničkog centra u Nišu i 50 zdravih ispitanika koji su činili kontrolnu grupu. Primena T–testa je pokazala da postoje razlike u izraženosti Fantazije (subdimenzije empatije), ($t_{(df)} = 0.643$, $p < 0.01$), kao i u pogledu pesimističnosti ($t_{(df)} = 4.172$, $p < 0.000$). Osim toga, utvrđena je i značajna povezanost (Pirsonovim koeficijentom korelacije) između izraženosti optimizma ($r = -0.303$, $p < 0.01$) i pesimizma ($r = 0.469$, $p < 0.01$), sa jedne, i sklonosti ka psihosomatskom reagovanju, sa druge strane, kao i između sklonosti ka psihosomatskom reagovanju i subdimenzija empatije: Zauzimanje tuđeg stanovišta ($r = -0.262$, $p < 0.01$), Fantazija ($r = -0.308$, $p < 0.01$), i Lična nelagodnost ($r = 0.324$, $p < 0.01$). Ovakvi nalazi delimično su u skladu sa tezom bostonske grupe psihologa o psihosomatskim bolesnicima kao o osobama kod kojih je izraženo operativno mišljenje i nerazumevanje za emocije, i u skladu sa Seligmanovom tezom o uticaju pesimizma na razvoj bolesti. Njihov značaj je u otvaranju pitanja o uticaju psiholoških faktora u prevenciji i tretmanu psihosomatskih bolesti, posebno ulkusne, kojim bi se buduća istraživanja mogla baviti.

Ključne reči: Empatija, optimizam/pesimizam, sklonost ka psihosomatskom reagovanju, ulkus

EMPATHY, OPTIMISM / PESSIMISM AND PSYCHOSOMATIC REACTIONS IN PATIENTS SUFFERING FROM PEPTIC ULCER DISEASE

This paper presents a research whose purpose is to examine the differences in the level of empathy, tendency to be optimistic/pessimistic, and tendency to develop psychosomatic illnesses between those who suffer from stomach and duodenum ulcers, and those who do not. The correlation between the tendency to psychosomatic reactions, empathy, and optimism/pessimism has also been investigated. The instruments applied in the investigation are Interpersonal Reactivity Index (IRI), the Optimism – Pessimism scale (O – P scale), and Psychosomatic tendency test HI from the test battery KON 6. The sample consists of two groups: a group of patients with peptic ulcer disease (N=50), who were tested in a specialized clinic for gastrointestology, of the Clinical Center in Nis, and the control group. The T-test has established a significant difference in the levels of Fantasy (the subscale of empathy), ($t_{(df)} = 0.643$, $p < 0.01$), as well as in those of pessimism ($t_{(df)} = 4.172$, $p < 0.000$). In addition, a significant correlation (Pearson's correlation coefficient) has been established between levels of optimism ($r = -0.303$, $p < 0.01$), and pessimism ($r = 0.469$, $p < 0.01$), on the one hand, and tendency to psychosomatic diseases, on the other. Finally a correlation has also been established between the tendency to psychosomatic diseases and subdimensions of empathy: Perspective-taking ($r = -0.262$, $p < 0.01$), Fantasy ($r = -0.308$, $p < 0.01$), Personal distress ($r = 0.324$, $p < 0.01$). These findings are partly in line with the notion of the Boston group of psychologists about psychosomatic patients as those with operational thinking, and the inability to understand emotions, and in line also with Seligman's view about the influence of pessimism on a development of an illness. The importance of these findings is finally in opening of the questions of prevention and treatment of psychosomatic diseases, that might be the objects of future research.

Keywords: Empathy, optimism/pessimism, tendency to psychosomatic disease, peptic ulcer