

Damjana Panić

University of Niš
Faculty of Philosophy
Department of Psychology
Niš, Serbia

Milkica Nešić

University of Niš
Faculty of Medicine
Niš, Serbia

Marina Hadži Pešić

University of Niš
Faculty of Philosophy
Department of Psychology
Niš, Serbia

NEGATIVE EMOTIONS AND PSYCHOSOMATIC MANIFESTATIONS: COMMON FEATURES AND DIFFERENCES BETWEEN THE TYPE A BEHAVIOR PATTERN AND TYPE D PERSONALITY

Abstract: The Type A Behavior Pattern (TABP) and Type D personality (Type D) are constructs primarily related to cardiac patients as they may contribute to the onset, course, and outcome of cardiovascular diseases, but their association with other adverse health outcomes is also noticeable. The aim of this study was to examine the interrelationship between TABP and Type D, as well as their predictive role for general proneness to psychosomatic manifestations. A cross-sectional, correlational study was conducted among 212 healthy volunteers. The correlation analyses showed that there was an association between Impatience-Irritability and Negative affectivity ($r = .191^{**}$) as components of TABP and Type D, respectively. Furthermore, it was found that both TABP and Type D have a significant percentage of the cumulative variance in the proneness to psychosomatic manifestations, with Type D proving to be a stronger predictor than TABP. Impatience-Irritability ($\beta = .17^{**}$), Negative affectivity ($\beta = .56^{***}$), and Social inhibition ($\beta = .17^{**}$) were distinguished as significant predictors for suggesting an association between negative emotions as components of these constructs and psychosomatic manifestations.

Keywords: Negative emotions, Psychosomatics, Type A Behavior Pattern, Type D personality

NEGATIVNE EMOCIJE I PSIHOSOMATSKE MANIFESTACIJE: SLIČNOSTI I RAZLIKE A TIPA PONAŠANJA I D TIPA LIČNOSTI

Apstrakt: A tip ponašanja i D tip ličnosti predstavljaju konstrukte koji se prevashodno povezuju sa kardiološkim pacijentima, odnosno koji mogu biti jedan od faktora koji doprinose nastanku, ali i toku i oporavku pacijenta koji boluju od

koronarne bolesti. U ovom istraživanju nastojali smo da ispitamo međusobni odnos ovih konstrukata, tj. karaktersika koje ih čine, kao i njihovu prediktivnu ulogu za uopštenu sklonost ka psihosomatskim ispoljavanjima kod zdravih ispitanika. Istraživanje je sprovedeno na prigodnom uzorku od 212 ispitanika oba pola. Rezultati ukazuju da postoji povezanost između Nestrpljivosti-razdražljivosti u okviru A tipa ponašanja i Negativne afektivnosti kao komponente D tipa ličnosti ($r = .191^{**}$). Utvrđeno je da i A tip ponašanja i D tip ličnosti imaju značajan udeo u varijansi psihosomatskih ispoljavanja, ali da je procenat varijanse koji se može objasniti D tipom ličnosti veći. Kao značajni prediktori sklonosti ka psihosomatskim ispoljavanjima su se izdvojili Nestrpljivost-razdražljivost ($\beta = .17^{**}$), Negativna afektivnost ($\beta = .56^{***}$) i Socijalna inhibicija ($\beta = .17^{**}$), odnosno karakteristike koje se odnose na prisustvo negativnih emocija i njihovo potiskivanje u socijalnim relacijama.

Ključne reči: A tip ponašanja, D tip ličnosti, sklonost ka psihosomatskim ispoljavanjima