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## **POVEZANOST MEHANIZAMA SUOČAVANJA SA STRESOM, NEUROTICIZMA I IRACIONALNIH UVERENJA KOD ADOLESCENATA**

U ovom istraživanju ispitana je povezanost između mehanizama suočavanja sa stresom, neuroticizma i iracionalnih uverenja na uzorku od 300 učenika III i IV razreda srednjih škola u Somboru (143 mladića i 157 devojaka). Neuroticizam je meren sa NEO-PI-R inventarom ličnosti. Mehanizmi suočavanja sa stresom mereni su sa skraćenom verzijom upitnika "Ways of coping" Lazarusa i saradnika. Iracionalna uverenja su merena Inventarom ideja. Osnovni cilj istraživanja bio je da se utvrde mehanizmi suočavanja sa stresom, njihova povezanost sa neuroticizmom i iracionalnim uverenjima, kao i određivanje strukture te povezanosti. Faktorskom analizom dobijeno je 5 faktora: Maštanje i potiskivanje sa samooptuživanjem, Kognitivno prevladavanje, Direktno prevladavanje, Negacija i Prepuštanje. Kanoničkom korelacionom analizom dobijen je velik broj statistički značajnih korelacija. Iracionalna uverenja su bila u visokoj pozitivnoj korelaciji sa svim domenima neuroticizma i pojedinim mehanizmima suočavanja sa stresom. Takođe je pronađen velik broj značajnih korelacija između neuroticizma i mehanizama suočavanja sa stresom. Iracionalna uverenja kao i neurotsko reagovanje na stresnu situaciju bilo je izraženije kod devojaka. Na osnovu utvrđenih rezultata moguće je odrediti smernice za dalja istraživanja i praktični rad u domenu psihoterapije i prevencije neurotskog reagovaja kao i prevencije neadekvatnih mehanizama suočavanja sa stresom.

**Ključne reči:** mehanizmi suočavanja sa stresom, neuroticizam, iracionalna uverenja, psihoterapija, prevencija, adolescenti

## **RELATIONS BETWEEN MECHANISMS OF STRESS COPING, NEUROTICISM AND IRRATIONAL BELIEFS AMONG ADOLESCENTS**

The study estimated the connection between the mechanisms of stress coping, neuroticism and irrational beliefs in the group of 300 seventh and eighth high school graders in the city of Sombor (143 boys and 157 girls). Neuroticism was measured with the NEO-PI-R personal inventory. The mechanisms of stress coping

were measured with the shortened version of “Ways of Coping“ survey of the authors Lazarus and associates. Irrational beliefs were measured with the Idea Inventory. The main aim of the study was to state the mechanisms of stress coping and their connection to neuroticism and irrational beliefs, as well as to define the structure of this connection. The factor analysis obtained five factors: imagination and suppression with self-blaming, cognitive prevailing, direct prevailing, negation and surrender. The canonic correlative analysis showed a great number of statistically significant correlations. Irrational beliefs were in high positive correlation with all the domains of neuroticism and individual mechanisms of stress coping. Besides, a great number of important correlations between the neuroticism and the stress coping mechanisms were found. Irrational beliefs and neurotic reaction to stress situations were more expressed in female participants. It is possible to define the directives for the further research and practical work on the basis of the results stated, in the scope of psychotherapy and neurotic reactions prevention, as well as in the prevention of non-adequate stress coping mechanisms.

**Keywords:** stress coping mechanisms, neuroticism, irrational beliefs, psychotherapy, prevention, adolescents