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## **POVEZANOST HUMORA I STRATEGIJA PREVLADAVANJA KOD STUDENATA**

Cilj ovog rada je ispitivanje poveznosti humora sa strategijama prevladavanja kod studenata. U savremenom dobu koje se karakteriše kao veoma stresno adaptivno prevladavanje je jedna od najvažnijih veština. S druge strane, pokret pozitivne psihologije ističe humor kao uslov za kvalitetan i sadržajan život. S obzirom na značaj koje ove komponente imaju u ljudskom životu važno je ispitati i njihovu međusobnu povezanost. Uzorak istraživanja čini 79 studenata. Korišćeni instrumenti su Skala za ispitivanje humora (STCI-T) i Test za ispitivanje strategija prevladavanja (COPE). Rezultati sprovedenog istraživanja pokazuju postojanje povezanost humora i strategija prevladavanja.

**Ključne reči:** Humor, mehanizmi prevladavanja

## **RELATIONS BETWEEN HUMOR AND COPING MECHANISMS IN STUDENTS**

The goal of this study was to explore correlations between humor and coping mechanisms on a sample of students. In modern times, which are characterized as very stressful, adaptive overcoming is one of the most important skills. On the other hand, the positive psychology movement emphasizes humor as a condition for a quality and content life. Considering the importance that these components have in human life, it is necessary to examine their interconnection. The study sample consisted of 79 students. Instruments used were the State-Trait-Cheerfulness-Inventory (STCI-T) and a Test for examining coping strategies (COPE). The results of conducted study indicate correlation between humor and coping mechanisms.

**Keywords:** Humor, coping strategies