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REZILIJENTNOST I KVALITET ŽIVOTA U ODRASLOM DOBU

Način kojim se odgovara na specifične zahteve i izazove svakog stupnja u razvoju veoma je važan u razumevanju rezilijentnosti. Jedan od indikatora rezilijentnosti je i kvalitet života. Cilj ovog istraživanja je ispitivanje razlika u rezilijentnosti i kvalitetu života kod ispitanika ranog, srednjeg i poznog odraslog doba, kao i povezanost ovih varijabli. Istraživanje je sprovedeno na poduzorku 1612 stanovnika Srbije oba pola, starosti od 25 do 70 godina. Korišćena je PORPOS baterija, namenski konstruisan instrument od 389 stavki i pitanja, koja sadrži i kratke skale za procenu rezilijentnosti i kvaliteta života. Prema dobijenim rezultatima, ispitanici poznog odraslog doba pokazuju manju rezilijentnost i najmanje su zadovoljni dimenzijom kvaliteta života socijalne relacije od ostale dve uzrasne grupe. Opet, oni su u odnosu na dve mlađe grupe zadovoljniji uslovima života. Ispitanici ranog odraslog doba najzadovoljniji su i psihičkim zdravljem i socijalnim relacijama. Zaključujemo da je u razumevanju rezilijentnosti i kvaliteta života, a i njihovog odnosa, neophodno uvažavanje specifičnosti različitih perioda odraslog doba.

Ključne reči: kvalitet života, rezilijentnost, odraslo doba

RESILIENCE AND QUALITY OF LIFE IN ADULTHOOD

The way to respond to specific requests and challenges of each stage in the development is very important in understanding the individual capacity for resilience. Among the many indicators of resilience is the quality of life. The aim of this study was to investigate the resilience and quality of life of respondents in early, middle and late adulthood, as well as correlation between these variables. The survey was conducted on the subsample of 1612 Serbs, both sexes, aged 25 to 70 years. It was used PORPOS battery, specially designed instrument of 389 items, which contained the short scale for the assessment of quality of life and resilience. Respondents in late adulthood showed less resilience, and less satisfaction by dimension social relations than respondents in early and middle adulthood. Again, respondents in late adulthood are more satisfied by dimension living conditions than other two groups of respondents. Respondents in early adulthood are the most satisfied with dimension of mental health and social relations. We conclude that in understanding of resilience and quality of life, and their relationship, it is

necessary to consider specificities of different periods of adulthood.

Keywords: Quality of life, resilience, adulthood