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SELF-ORIJENTACIJA I SUBJEKTIVNA I PSIHOLOŠKA DOBROBIT KOD STUDENATA

Osnovni cilj istraživanja je testiranje prediktivne moći različitih tipova self-orijentacije u predviđanju dobrobiti studenata. Konstrukt self-orijentacije proističe iz Teorije samoodređenja i obuhvata Integrisani self, Ego-investirani i Impersonalni self. Dobrobit je određena uz pomoć dve komponente: 1) Subjektivna dobrobit – zadovoljstvo životom i 2) Psihološka dobrobit – smisao života. Uzorak je prigodnog tipa i obuhvata 392 studenta sa različitih fakulteta iz Kragujevca, Niša i Kosovske Mitrovice, starosti od 18 do 36 godina ($AS=21.15$; $SD=2.43$). Od toga je 166 mladića (42.3%) i 226 devojaka (57.7%). Za procenu self-orijentacije korišćen je Upitnik ego funkcionisanja, a za merenje dobrobiti Skala opšteg zadovoljstva životom i Skala smisla života. Sprovedene su dve odvojene hijerarhijske regresione analize, u kojima su prediktori tipovi self-orijentacije, a kriterijumi se razlikuju (zadovoljstvo životom i smisao života). Redosled ubacivanja prediktora isti je u obe analize (Integrisani self, Ego-investirani i Impersonalni self). Nalazi sugerišu usvajanje modela iz trećeg koraka. Predikcioni model koji sadrži sva tri tipa self-orijentacije pokazao se statistički značajnim u predviđanju zadovoljstva životom ($F(3,388)= 15.347$; $p<.01$) i objašnjava ukupno 34.2% varijanse kriterijuma. Kao najbolji prediktor izdvojio se Impersonalni self ($\beta= -.506$; $p<.01$), zatim Integrisani ($\beta=.247$; $p<.01$) i na kraju Ego-investirani ($\beta= .129$; $p<.01$). Za predviđanje smisla života, takođe je usvojen model sa svim tipovima self-orijentacije ($F(3,388)= 101.500$; $p<.01$) i on objašnjava 44% varijanse kriterijuma. I u ovom modelu, Impersonalni self je najbolji u predviđanju smisla života ($\beta= -.601$; $p<.01$), a slede ga Integrisani ($\beta= .236$; $p<.01$) i Ego-investirani self ($\beta= .135$; $p<.01$). Rezultati su u skladu sa pretpostavkama Teorije samoodređenja i potkrepljeni su prethodnim empirijskim nalazima.

Ključne reči: self-orijentacija, subjektivna i psihološka dobrobit, zadovoljstvo životom, smisao život, Teorija samoodređenja

SELF-ORIENTATION AND SUBJECTIVE AND PSYCHOLOGICAL WELL-BEING OF STUDENTS

The basic goal of the research was to examine the predictive powers of different types of self-orientation in well-being prediction. The construct of self-orientation comes from the Theory of self-determination and it includes Integrated self, Ego-invested self and Impersonal self. Well-being is defined by two components: 1) Subjective well-being – satisfaction with life and 2) Psychological well-being – the sense of life. The sample consists of 392 students from different faculties from Kragujevac, Nish and Kosovska Mitrovica, aged between 18 and 36 years ($AS=21.15$; $SD=2.43$). 166 are male (42.3%) and 226 female students (57.7%). In order to measure self-orientation the Ego Functioning Questionnaire was used, and for measuring well-being the Scale of general satisfaction with life and the Scale of the sense of life were used. Two separate hierarchical regression analyses were conducted. In both analyses, the predictors were types of self-orientation, and the criteria are different (satisfaction with life and the sense of life). The sequence of inserting predictors is the same in both analyses (Integrated self, Ego-invested self and Impersonal self). The findings suggest the acceptance of the model from the third step. The prediction model that includes all three types of self-orientation has shown statistically significant in the prediction of satisfaction with life ($F(3,388)= 15.347$; $p<.01$) and it explains 34.2% of the criteria variance. Impersonal self stands out as the best predictor ($\beta= -.506$; $p<.01$), followed by Integrated self ($\beta= .247$; $p<.01$) and finally Ego-invested self ($\beta= .129$; $p<.01$). A model was accepted also for the prediction of the sense of life, with all types of self-orientation ($F(3,388)= 101.500$; $p<.01$) and it explains 44% of the criteria variance. In this model also, the Impersonal self is the best at predicting the sense of life ($\beta= -.601$; $p<.01$), followed by Integrated self ($\beta= .236$; $p<.01$) and Ego-invested self ($\beta= .135$; $p<.01$). The results are in accordance with the assumptions of the Self-determination theory and are supported by preceding empirical findings.

Keywords: self-orientation, subjective and psychological well-being, satisfaction with life, sense of life, Self-determination theory