

## RAZLIKE U KOGNITIVNIM STRATEGIJAMA PREVLAĐAVANJA STRESA KOD STUDENATA IZ SLOVENIJE I SRBIJE

Proces prevladavanja stresa i anksioznosti danas se smatra jednim od ključnih za razumevanje razvoja pojedinca u kontekstu društva u kome živi i izazova sa kojima se svakodnevno sreće. Polazeći od pregleda razvoja koncepta prevladavanja poslednjih decenija, preko razmatranja nekih od najistraživanijih društvenih faktora koji utiču na njega, ovaj rad je usmeren na ispitivanje razlika u stilovima prevladavanja kod studenata uzrasta od 19 do 25 godina koji su odrastali i žive u Sloveniji i u Srbiji. Dobijeni rezultati pokazali su da studenti u Srbiji u većoj meri koriste proaktivne strategije i strateško planiranje koje odlikuje visoka racionalnost, kao i da se u većoj meri oslanjaju na socijalnu podršku u svom okruženju radi postizanja osećanja sigurnosti, a da se studenti iz Slovenije češće povlače i izbegavaju stresne situacije, kao i da su dobijene razlike nezavisne od stepena doživljenog psihološkog distresa u proteklom periodu i trenutne relaksiranosti ispitanika. Dobijeni nalazi razmatrani su u kontekstu vrednosnih sistema i društvenih promena tokom poslednjih decenija.

**Ključne reči:** stres, prevladavanje, komparativna studija, adaptacija

## DIFFERENCES IN COGNITIVE STRATEGIES OF COPING WITH STRESS BETWEEN STUDENTS FROM SLOVENIA AND SERBIA

Process of coping with stress and anxiety is considered as one of the key processes for understanding individuals' development within the context of the society whose part he is, and challenges he's facing every day. The goal of this research is exploring the differences in styles of coping with stress between young adults in Serbia and those in Slovenia. Beginning with the overview of coping concept development during the past few decades, over discussing some of the most researched societal factors affecting it, this study is focused on exploring differences of coping styles within the student population aged 19 to 25 years who grew up in Slovenia and in Serbia. Results showed that students in Serbia tend to use proactive strategies and strategic planning distinguished by high rationality, as well as rely more on the social support to achieve feeling of security. Students from Slovenia more frequently retreat and avoid stressful situations. Visible differences are not depending on the level of stress experienced in the past period, nor on the relaxation of the

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interviewee in that moment. Results have been considered in the context of value systems and social changes during the last few decades.

**Keywords:** stress, coping, comparative study, adaptation