

STRES I DEPRESIVNO RASPOLOŽENJE

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Kao neizostavni i neizbježni dijelovi svakodnevnice, stres i depresivno raspoloženje, ostavljaju veliki uticaj na zdravlje populacije i kvalitet života općenito. Otežavaju i narušavaju kognitivne, fizičke i produktivne sposobnosti, izazivajući umor i nezadovoljstvo. Cilj istraživanja je procjena rizika izloženosti stresu, saznanje uobičajenih navika populacije i procjena kvaliteta međuljudskih odnosa. Zbog nepovoljne epidemiološke situacije, prouzrokovane pandemijom sars-cov-19, istraživanje je provedeno pomoću elektronskog web upitnika (sačinjenog od pitanja otvorenog, zatvorenog i kombinovanog tipa). U istraživanju je učestvovalo 257 osoba, od toga 183 žene i 74 muškarca. Više od polovine ispitanika je zadovoljno svojim trenutnim zdravstvenim stanjem. Na poželjne međuljudske odnose ukazuje činjenica da 72% ispitanika ima odličnu komunikaciju i saradnju sa radnim kolegama i ljudima iz okruženja. U 51.80% slučajeva – stres utiče na produktivnost i funkcionisanje. Više od polovine ispitanika, veoma često i po nekoliko sati dnevno, osjeća umor, nezadovoljstvo i iscrpljenost. 75% ispitanika ljekara posjećuje samo onda kada osjeti neku bol i nema razvijenu naviku obavljanja rutinskih kontrolnih pregleda. Najčešće navedeni načini oslobađanja od stresa su: slušanje muzike, šetnja, religija, spavanje, druženje sa dragim ljudima i trening. Da bi se bilo kakve promjene, koje odstupaju od fizioloških, prepoznale na vrijeme, bile adekvatno tretirane i izliječene, neophodno je često obavljanje rutinskih kontrolnih pregleda. Ljudi bi trebali steći naviku odlaska ljekaru i onda kada se osjećaju potpuno zdravi, a manje pažnje bi trebali pridavati riječima: „Šta će reći drugi?“. Problem ne treba potiskivati i zadržavati duboko unutar sebe, nego o njemu treba razgovarati. Za bolju brigu o zdravlju - kontinuirano se educirati.

Ključne riječi: zdravlje, okruženje, navike

STRESS AND DEPRESSIVE MOOD

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Like indispensable and inevitable parts of everyday life, stress and depressive mood, have big impact for health and life quality. Impair cognitive, physical and productive abilities, causing fatigue and dissatisfaction. The aim of the research is to assess the risk of exposure to stress, learn habits and assess the quality of interpersonal relationships. Due to the unfavorable epidemiological situation, caused by the sars-cov-19 pandemic, the research was conducted using an electronic web questionnaire (composed of open, closed and combined questions). 257 people participated in the research, of which 183 were women and 74 were men. More than half of the respondents are satisfied with their current health condition. Desirable interpersonal relationships are indicated by the fact that 72% of respondents have excellent communication and cooperation with work colleagues and people from the environment. In 51.80% of cases - stress affects productivity and functioning. More than half of the respondents, very often for several hours a day, feel tired, dissatisfied and exhausted. 75% of respondents visit a doctor only when they feel some pain and do not have a developed habit of performing routine check-ups. The most common ways to get rid of stress are: listening to music, walking, religion, sleeping, hanging out with loved ones and training. In order for any changes, which deviate from the physiological ones, to be recognized in time, to be adequately treated and cured - it is necessary to perform routine control examinations frequently. People should get into the habit of going to the doctor even when they feel completely healthy, and they should pay less attention to the words: "What will others say?" The problem should not be pushed and kept deep inside, but should be discussed. For better health care - continuous education.

Key words: health, environment, habits