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Temperamental determinants of stress coping styles in young adults

Abstract

This paper presents the problem of mutual relations between the intensity of individual temperamental traits distinguished in the Regulative Theory of Temperament (RTT) and the preferred style of coping with stress in a problematic situation. In this paper, the author focuses on identifying the relationship between preferred styles of coping with stress and the level of intensity of individual temperamental traits. The study was conducted on a group of 131 young adults, including 52 men and 79 women aged 20 to 30. The research methods used were the Formal Characteristics of Behaviour – Temperament Inventory: Revised Version (FCB-TI(R)) and the Coping Inventory for Stressful Situations by N.S. Endler and J.D.A. Parker (CISS). The obtained results indicate that temperamental traits correlate negatively or positively with particular stress coping styles. Moreover, in his paper the author demonstrates the possibility of inferring the dominant style of coping with a problematic (stressful) situation based on the intensity of individual temperamental traits.

Keywords: *temperament; stress; coping styles; young adults.*

Introduction

Stress coping processes have occupied interest of psychologists for decades. In the 1970s, researchers focused on stress coping processes in the progress of somatic diseases (Cohen & Lazarus, 1979; Moos, 1977). In the following years, researchers focused on finding the relationship between stress coping processes and experiencing occupational stress (Latack, 1986). The issue of coping with stress was also addressed by Polish researchers. I. Heszen-Niejodek (1994) researched the issue of coping with the stress of somatic illness. J. Strelau (1996) addressed the issue of coping with stress within the framework of the Regulative Theory of Temperament (RTT). The regulative temperament theory gains importance when an individual is confronted with stressors because this theory is reflected in states of emotional arousal that constitute the essence of psychological

stress (Heszen & Sęk, 2012). Consistently with the premises of the Regulative Theory of Temperament (RTT), the relationship between temperament and coping with stress is reciprocal. This is so because to some extent temperament determines reactions to stress, and on the other hand it is one of the factors that determines the costs incurred by an individual in sudden or long-lasting states of stress and the psychological costs of undertaken actions and decisions (Strelau, 2004; Ratajczak, 2000). This paper will present the results of the author's own research on the relationship between individual temperamental traits distinguished in the Regulative Theory of Temperament (RTT) and the preferred style of coping with difficult situations.

Temperament

Temperament is a term referring to a set of inherited personality traits that are genetically determined. These traits are visible from the beginning of human life and constitute the basis of its development (Walker et al., 2017). Temperamental traits are characterised by significant temporal stability and independence from situational or environmental influences (Pulkkinen, 2009). To some extent temperament determines every individual's behaviour, including the way they react to difficult situations that may be stressful (Kruczek et al., 2019). Temperamental reactivity manifests itself in the form of emotional-emotive systems that shape individual's typical stress responses on the grounds of on the individual dynamics of excitation and inhibition processes (Rothbart, 2002). Taking into account the role of temperament as a stable factor influencing behaviour, it seems justified to claim that temperament also influences individual's typical way of coping with stress (Hornowska, 2011). Contemporary research confirms the influence of the configuration of temperamental traits on the way a person functions. When faced with a difficult situation, people with a weak nervous system are characterised by low coping effectiveness, and their actions quickly become disorganized. On the other hand, individuals with a strong nervous system facing a similar situation will react adequately to the strength of the stimulus acting on them (Strelau, 2000; Lengua & Long 2002). The study adopted the characteristics of temperament presented in the Regulative Theory of Temperament (RTT). In his theory Jan Strelau (2006) defines temperament as "basic, relatively stable personality traits relating primarily to the formal characteristics (energetic and temporal) of reactions and behaviours". Temperament consists of the following traits:

- Briskness – the tendency to react quickly and maintain an intense pace of activity and to easily switch from one reaction to another in response to a change in the environment;
- Perseveration – the tendency to continue or repeat behaviours and emotional states after the stimulus that initiated these reactions has ceased to affect them;
- Sensory sensitivity – the ability to respond to sensory stimuli of low stimulating value;
- Emotional reactivity – the tendency to react strongly to stimuli that evoke emotions; emotional reactivity manifests itself in high sensitivity and low emotional resistance;
- Endurance – the ability to respond adequately to circumstances requiring long-term or highly stimulating activity or to respond to conditions of strong external stimulation;
- Activity – tendency to initiate behaviours of high stimulating value or to undertake activities that provide strong external stimulation;
- Rhythmicity – the tendency to regularly perform daily routines or its absence in the case of low intensity of this trait (Cyniak-Cieciura et al., 2016; Poprawa, 2013).

Consistently with the premises of the Regulatory Theory of Temperament (RTT), the relationship between temperament and stress coping skills is reciprocal. This reciprocity results from the fact that, on the one hand, temperament to some extent influences the way we react to a stressor. On the other hand, temperament is one of the factors that determine the costs incurred by an individual in times of intense or long-lasting tension (stress), as well as the psychological costs resulting from the implementation of various coping strategies (Ratajczak, 2000).

Coping with stress

The issue of stress is widely described in the scientific literature. A. Jankowska and R. Krupiński (2012) define stress as a psychophysical reaction resulting from experiencing a situation that is difficult or impossible to resolve. I. Heszen-Niejodek (2000) defines a stress coping style as a set of coping strategies typical of an individual, some of which are activated in the process of coping with a specific stressful confrontation. Coping with stress is a set of activities aimed at overcoming threats. A preventative strategy is implemented when the threat has not yet occurred but may appear in the foreseeable future. The fight strategy involves actively confronting a factor that may lead to a direct threat to health and/or life. The fight strategy does

not always seem to be optimal, at times the defence strategy seems to be more beneficial. A defensive strategy involves protecting oneself, conserving energy and resources until the threat passes or diminishes by itself. In the case of coming into contact with certain environmental factors that exacerbate stress, an adequate strategy seems to be the escape strategy, which is commonly used in the face of so-called hopeless situations (Ratajczak, 2000). C. Carver et al. (1997) attempted to combine coping understood as a style and as a strategy. The authors presented several strategies for coping with stress. They distinguished active coping strategies, which include planning and positive reappraisal. Strategies that manifest helplessness such as abusing psychoactive substances, self-blame and disengagement. Support-seeking strategies and avoidance strategies, such as denial, venting, and engaging in other activities. Coping with stress, understood as a regulatory function, involves maintaining a balance between demands and possibilities or reducing the discrepancies that arise between them. Effective stress management is expressed through a state of balance or an adequate match between demands and possibilities, which leads to a reduction in stress. In turn, ineffective stress management leads to stress build-up. Coping with stress aimed at overcoming stress can be considered from the perspective of managing resources in terms of gains or losses. The benefits consist in acquiring or maintaining existing resources. Losses, on the other hand, mean the loss and consumption of resources. An individual copes with stress by moving, changing or investing his or her resources (Kurzeja, 2024: 145-146).

Own research methodology

The goal of the research was to identify the relationship between the dominant styles of coping with stress and the intensity of individual temperamental traits. Two diagnostic techniques were utilized under the study to measure the studied variables. In order to determine the intensity of temperamental traits, the Formal Characteristics of Behaviour – Temperament Inventory: Revised Version (FCB-TI(R)) was used, while the Coping Inventory for Stressful Situations (CISS) was used to measure stress coping styles. In addition, demographic data regarding the age and gender of the respondents was obtained during the study. The study was conducted on a sample of 131 people – 79 women (60.3%) and 52 men (39.7%). The respondents were aged 20 to 30 ($M = 25.00$; $SD = 3.07$). The research was conducted among young adults studying at the University of Applied Sciences in Nowy Sącz. The research was conducted at the turn of May and

December 2024. The sample of respondents enabled detection of an effect size of $r \geq 0.30$ with a test power of $1 - \beta = 0.95$ (significance level $\alpha = 0.05$).

The following research hypotheses were formulated in the work:

H1 Temperamental traits such as Briskness, Perseverance, Endurance and Emotional Reactivity influence the adoption of the Task-Focused Style (TFS) in the process of coping with stress.

H2 Temperamental traits such as Perseveration, Sensory Sensitivity and Emotional Reactivity influence the adoption of the Emotion-Focused Style (EFS) in the process of coping with stress.

H3 Temperamental traits such as Perseverance, Endurance and Activity influence the adoption of the Avoidance-Focused Style (AFS) in the process of coping with stress.

Operationalization of variables:

- 1. Formal Characteristics of Behaviour – Temperament Inventory: Revised Version (FCB-TI(R))** by M. Cyniak-Cieciura, B. Zawadzki and J. Strelau. The inventory is used to examine temperamental traits and consists of 100 items which are graded by the surveyed individual respondents on a 4-point scale (I strongly disagree/I disagree/I agree/I strongly agree). The obtained results allow us to determine the intensity of the following temperamental traits: briskness, perseverance, sensory sensitivity, endurance, emotional reactivity, activity and rhythmicity (Cyniak-Cieciura et al., 2016).
- 2. N. S. Endler and J. D. A. Parker's Coping Inventory for Stressful Situations (CISS)** in the Polish adaptation by J. Strelau and A. Jaworska. The tool is used to identify stress coping styles. The questionnaire consists of 48 statements. The respondent rates the frequency of taking specific actions in difficult circumstances on a 5-point scale (never/very rarely/sometimes/often/very often). The obtained results allow us to classify stress coping styles on three scales: task-focused style (TFS), emotion-focused style (EMS), and avoidance-focused style (AFS), which may take the form of engaging in substitute activities (ESA) or seeking social contacts (SSC) (Strelau & Jaworowska, 2020).

Research results

Statistical analyses were carried out in order to verify the research model of own work. The significance level in this study was set at $\alpha = 0.05$. Table 1 presents basic descriptive statistics of the indicators of the tested variables along with results of the Shapiro-Wilk normality test. Based on a

high standardized value ($z > 3.29$) one case with an extremely high score on the rhythmicity scale was considered an outlier and excluded from the analysis. The final calculations were performed on a sample of 130 people.

Table 1 Descriptive statistics of the indicators of the variables tested along with results of the normality tests

Dependent variable	<i>M</i>	<i>Me</i>	<i>SD</i>	<i>Sk.</i>	<i>Kurt.</i>	<i>Min.</i>	<i>Max.</i>	<i>W</i>	<i>p</i>
Task-focused style	55,43	57,00	8,90	-0,68	-0,02	31,00	70,00	0,95	<0,001
Emotion-focused style	49,85	51,00	10,91	-0,04	-0,60	26,00	71,00	0,98	0,052
Avoidance-focused style	45,28	45,00	8,76	-0,39	-0,05	18,00	61,00	0,98	0,044
Engaging in substitute activities	20,11	20,50	5,47	-0,24	-0,79	8,00	30,00	0,97	0,011
Seeking social contacts	15,84	16,00	4,08	-0,25	0,10	5,00	24,00	0,98	0,043
Briskness	43,52	44,00	5,13	0,22	0,48	30,00	58,00	0,99	0,213
Perseverance	46,62	46,00	6,35	-0,07	-1,04	32,00	58,00	0,96	0,002
Rhythmicity	19,71	19,50	4,96	0,71	0,67	9,00	34,00	0,96	<0,001
Sensory sensitivity	44,49	44,00	5,53	-0,17	0,70	28,00	57,00	0,98	0,029
Resilience	34,72	36,00	8,14	-0,18	-0,72	15,00	50,00	0,98	0,036
Emotional reactivity	41,07	40,50	9,48	0,11	-0,90	22,00	60,00	0,97	0,006
Activity	38,34	39,00	8,07	-0,48	0,21	15,00	56,00	0,98	0,028

Annotation. *M* – mean; *Me* – median; *SD* – standard deviation; *Sk.* – skewness;

Kurt. – kurtosis; *Min.* – minimum value; *Max.* – maximum value;

W – result of the Shapiro-Wilk test; *p* – *p* value for the Shapiro-Wilk test.

Source: own research

The analyses of the distribution of normality of the data enabled us to conclude that only the avoidance-focused style and briskness were characterized by a score distribution close to normal. However, considering the difficulty in obtaining a normal distribution for psychological variables,

it was found that in our own work, parametric Pearson's r correlation as well as linear regression based on this correlation coefficient can be used (George & Mallery, 2019).

In the second stage of the analyses, Pearson's r correlations were performed for all tested variables in order to confirm the relationship between stress coping styles and temperamental traits (Table 2).

Table 2 *The relationship between stress coping styles and temperamental traits – results of Pearson's r correlation analysis*

Variable		Task-focused style	Emotion-focused style	Avoidance-focused style	Engaging in substitute activities	Seeking social contacts
Briskness	Pearson's r	0,26	-0,27	-0,31	-0,53	0,10
	significance	0,003	0,002	<0,001	<0,001	0,241
Perseverance	Pearson's r	-0,33	0,73	0,05	0,27	-0,24
	significance	<0,001	<0,001	0,586	0,002	0,006
Rhythmicity	Pearson's r	0,14	-0,20	-0,14	-0,18	-0,03
	significance	0,117	0,024	0,108	0,036	0,768
Sensory sensitivity	Pearson's r	0,07	0,27	0,12	0,15	0,11
	significance	0,439	0,002	0,176	0,085	0,197
Resilience	Pearson's r	0,23	-0,46	0,19	0,10	0,29
	significance	0,007	<0,001	0,030	0,272	<0,001
Emotional reactivity	Pearson's r	-0,33	0,70	0,06	0,27	-0,15
	significance	<0,001	<0,001	0,479	0,002	0,084
Activity	Pearson's r	0,16	-0,39	0,37	0,08	0,51
	significance	0,065	<0,001	<0,001	0,342	<0,001

Source: own research

Correlation analysis demonstrated that briskness positively relates to the task-focused style and correlated negatively with the emotion-focused and avoidance-focused styles, especially with engaging in substitute activities, for which the relationship was strong ($r = -0.53$). This means that in stressful situations people with a higher level of briskness were more likely to focus on the task, while less likely to use strategies based on avoidance and emotion regulation.

Perseverativity correlated negatively with the task-focused style and the search for social contacts, and positively with the emotion-focused style and engaging in substitute activities, which indicates that people with a higher tendency towards perseveration were less likely to choose strategies focused on problem-solving or social support, and were more likely to

focus on their own emotions and substitute activities. The relationship with focus on emotions was particularly strong ($r = 0.73$).

Rhythmicity correlated weakly and negatively with emotion-focused style and engaging in substitute activities, whereas sensory sensitivity showed a weak, positive correlation with emotion-focused coping style.

Sensory sensitivity correlated positively with task-oriented style ($r = 0.27$). This means that in a difficult situation people with a higher level of sensory sensitivity used a stress-coping style focused on the emotions they experienced.

In the case of endurance, positive but weak correlations were discovered with focusing on a task, avoidance and seeking social contacts. Furthermore, endurance correlated moderately strongly and negatively with the emotion-focused style, which suggests that people who were more resistant to stress were less likely to use strategies based on the experiencing difficulties emotionally.

Emotional reactivity was negatively related to task-focused style and positively related to emotion-focused style and engaging in substitute activities. A particularly strong correlation was discovered between emotional reactivity and focus on emotions ($r = 0.70$), indicating that in stressful situations more emotionally reactive individuals were more likely to focus on their own emotions.

Activity was positively correlated with the tendency towards avoidance-focused actions and seeking social contacts ($r = 0.51$), and negatively with the focus on emotions.

The results presented above allow us to state that the first hypothesis (H1), assuming that temperamental traits such as briskness, perseverance, endurance and emotional reactivity influence the adoption of a task-focused style (TFS) in the process of coping with stress, has been confirmed. A positive correlation was noted between the task-based style and briskness, defined as the tendency to react quickly and perform activities at a high pace. Endurance also positively correlates with this style, meaning that people who focus on the task are highly resistant to life's inconveniences. Moreover, people who prefer a task-focused style (TFS) are characterized by low perseverance, which manifests, among other things, in the tendency to quickly forget about decisions made and past experiences. This trait is also manifested in the reluctance to constantly repeat the same behaviours. Emotional reactivity indicated in the first hypothesis correlated with TFS negatively. This means that under stressful circumstances, people with this style do not react excessively emotionally and are able to take effective actions. The second hypothesis (H2), according to which temperamental traits such as perseveration, sensory sensitivity and emotional

reactivity influence the adoption of an emotion-focused style (EFS) in the process of coping with stress, was positively verified. High perseverance, expressed in the tendency to meticulously analyze and think back to past events, especially those that evoke strong unpleasant emotions, intensifies emotional reactions in stressful situations. Moreover, people characterized by this style (EFS) are characterized by high sensory sensitivity, i.e. a tendency to intensely feel and distinguish sensory stimuli, and high emotional reactivity, i.e. a pattern of intense emotional reactions even in situations with little stimulating value, including stressful ones. The third hypothesis (H3) assuming that temperamental traits such as perseverance, endurance and activity influence the adoption of the avoidance-focused style (AFS) in the process of coping with stress was not fully confirmed. The lack of influence of perseveration on the decision to adopt AFS coping style is inconsistent with the assumptions of this hypothesis. The remaining two traits, i.e. endurance and activity, positively correlate with ASF. It can therefore be assumed that people who are highly resistant to the hardships of life, including unfavourable environmental conditions, and who are active in their professional and social lives will choose a coping style focused on avoidance in problematic situations.

At the final stage of the analysis, a number of regression model tests was performed utilizing the input method, in which attempts based on the temperamental traits were made at predicting the level of stress coping through focusing on the task, emotions and avoidance. The preliminary analysis demonstrated no co-linearity of predictors (in each model VIF < 3) and no correlation of random components (in each model Durbin-Watson statistic < 2). The remaining premises for the regression analysis were also judged to be met. Detailed results of the analysis along with standardized and unstandardized regression coefficients are presented in Table 3.

Table 3 Regression models predicting the level of individual stress coping strategies based on temperamental traits

Dependent variable	Explanatory variables	<i>B</i>	<i>SE</i>	<i>Beta</i>	<i>t</i>	<i>p</i>	Model match
Task-focused style	(Constant)	55,52	11,58		4,80	<0,001	<i>F</i> (7; 120) = 5,11; <i>p</i> < 0,001; <i>R</i> ² _{adj.} = 0,185
	Briskness	0,22	0,15	0,13	1,50	0,136	
	Perseverance	-0,31	0,17	-0,24	-1,84	0,068	
	Rhythmicity	0,21	0,14	0,12	1,48	0,142	
	Sensory sensitivity	0,17	0,13	0,11	1,28	0,204	
	Resilience	-0,01	0,10	-0,01	-0,09	0,932	
	Emotional reactivity	-0,16	0,11	-0,19	-1,45	0,149	
	Activity	0,02	0,10	0,02	0,17	0,867	
Emotion-focused style	(Constant)	9,76	10,23		0,95	0,342	<i>F</i> (7; 122) = 30,96; <i>p</i> < 0,001; <i>R</i> ² _{adj.} = 0,619
	Briskness	-0,21	0,13	-0,10	-1,62	0,108	
	Perseverance	0,65	0,15	0,38	4,37	<0,001	
	Rhythmicity	-0,22	0,13	-0,10	-1,73	0,087	
	Sensory sensitivity	0,31	0,12	0,16	2,59	0,011	
	Resilience	-0,18	0,09	-0,14	-2,06	0,041	
	Emotional reactivity	0,36	0,10	0,31	3,61	<0,001	
	Activity	0,02	0,09	0,02	0,26	0,796	
Avoidance-focused style	(Constant)	21,43	10,57		2,03	0,045	<i>F</i> (7; 122) = 11,75; <i>p</i> < 0,001; <i>R</i> ² _{adj.} = 0,368
	Briskness	-0,65	0,13	-0,38	-4,92	<0,001	
	Perseverance	0,19	0,15	0,14	1,24	0,219	
	Rhythmicity	-0,16	0,13	-0,09	-1,26	0,210	
	Sensory sensitivity	0,20	0,12	0,13	1,67	0,098	
	Resilience	0,22	0,09	0,21	2,44	0,016	
	Emotional reactivity	0,17	0,10	0,19	1,67	0,097	
	Activity	0,59	0,09	0,54	6,60	<0,001	

Annotation. *B* – unstandardized regression coefficient; *SE* – standard error; *Beta* – standardized regression coefficient; *t* – Student's *t* test result; *F* – result of the analysis of variance; *p* – statistical significance; *R*²_{adj.} – corrected *R*-square

Source: own research

All tested regression models demonstrated good adjustment to the data. The model explaining the task-focused style explained 18.5% of the variance in the dependent variable, the model predicting the emotion-focused style explained 61.9%, and the model predicting the avoidance-focused style explained 36.8%.

In the case of the model concerning the task-oriented style, none of the analyzed predictors achieved statistical significance in predicting this stress coping strategy. However, with regard to perseveration, a score at the level of statistical tendency was recorded ($p = 0.068$). The negative value of the *Beta* standardized coefficient suggests that people with a higher level of perseveration may be less likely to choose this style of coping with stressful situations.

The emotion-focused style was significantly predicted by perseveration, sensory sensitivity, endurance, and emotional reactivity. The analysis of *Beta* value indicates that people with higher levels of perseveration, sensory sensitivity and emotional reactivity demonstrated a greater tendency to focus on emotions in stressful situations. Furthermore, lower endurance also favoured this coping strategy. The strongest effects were observed for perseveration ($Beta = 0.38$) and emotional reactivity ($Beta = 0.31$).

In the model explaining the inclination towards avoidance focused style, briskness, endurance and activity turned out to be significant predictors. *Beta* values indicate that people demonstrating endurance and activeness, but less brisk, were more inclined to utilize avoidance strategies in stressful situations. Among the analyzed variables, activity had the strongest impact ($Beta = 0.54$).

Conclusion

The aim of the study was to identify temperamental traits distinguished in Strelau's Regulative Theory of Temperament (RTT) that predispose individuals to adopt specific coping strategies – coping styles – in stressful situations. The study, conducted on a group of 130 young adults, confirmed the research assumptions that there is a correlation between the style of coping with stress selected by an individual and the intensity of particular temperamental traits demonstrated by said individual. Different models of temperamental predictors determining the choice of a specific coping style were identified depending on the chosen style of coping with stress. The determinants of the choice of task-focused stress coping style (TFS) are: briskness, perseveration, sensory sensitivity, emotional reactivity and endurance. Statistically significant predictors for selecting emotion-focused stress cop-

ing style (EFS) are the following temperamental traits: briskness, perseverance, sensory sensitivity, emotional reactivity, endurance and rhythmicity. The predispositions for choosing the avoidance-focused style (AFS) turned out to be traits such as: briskness, activity and endurance. Moreover, the regression model tests performed for the purpose of this study demonstrated good match. The model explaining the emotion-focused style (EFS) turned out to be the most accurate model, whereas the model explaining the task-focused style (TFS) was the least accurate. The conducted research proves that it is possible to distinguish specific sets of temperamental traits, based on which one can attempt to draw conclusions regarding the dominant strategies for coping with stress. The study discussed herein focused on the mutual relationship between temperamental traits and the selected coping style, without taking into consideration other variables such as personality traits, self-esteem and current psychophysical condition or support resources. The aforementioned variables should undoubtedly be taken into account in further research under the research topic discussed in this text (Kurzeja, 2024: 151; Kurzeja, 2025: 196-198).

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Детерминанте темперамента од значаја за стилове суочавања са стресом код младих

Проблем *с*треса и начина суочавања са њим има дују историју. Током година *с*роведен је велики број *с*траживања у настојању да се одговори на питање *ш*та одређује то да једна особа ефикасније савладава *с*трес од друге. Један од *п*раваца ових *с*траживања био је *п*раћање за индивидуалним разликама у *т*емпераменту или *ц*ртама личности, које се *з*а тим *с*пољавају у осећањима, мислима и *п*онашању *п*ојединца у различитим околностима, укључујући и *т*ешке или *с*тресне *с*итуације. У *т*ексту се *п*редставља проблем међусобног односа између *и*нтензивности *п*ојединих *ц*рта *т*емперамента, издвојених у регулативној *т*еорији *т*емперамента (RTT), и доминантног *с*тила суочавања са *с*тресом у *п*роблемској *с*итуацији.

У овом раду аутор се усредсређује на *и*дентификовање односа између *п*реферираних *с*тилова суочавања са *с*тресом и *с*тејена изражености *п*ојединих *ц*рта *т*емперамента. У *с*траживању су коришћени *И*нвентар формалних карактеристика *п*онашања – *т*емперамент, ревидирана верзија (FCB-TI(R)) и *И*нвентар суочавања са *с*тресним *с*итуацијама, аутора Н. С. Енглера и Џ. Д. А. Паркера (CISS).

*С*траживање је *с*роведено у *п*руји од 131 младих, укључујући 52 мушкарца и 79 жена узраса од 20 до 30 година. Да би се одговорило на *п*остављено *с*траживачко питање, изведен је низ *с*тастичких анализа *п*рикуљеног материјала, укључујући *П*ирсонове коефицијенте *к*орелације за све *с*тастичке варијабле. Поред *п*ога, ради *п*роширивања резултата *п*рејходно *с*роведених *к*орелационих анализа, *к*онструисан је и *т*естиран низ *р*егресионих модела *к*оришћењем *м*етодe уношења (*input method*), у којима су на основу *ц*рта *т*емперамента издвојених у регулативној *т*еорији *т*емперамента (RTT) *н*ачињени *п*окушаји *п*редвиђања *с*тејена суочавања са *с*тресом *п*уштем *ф*окусирања на *з*адатак, *е*моције или *и*здебавање.

Добијени резултати указују на то да *ц*рте *т*емперамента моју *п*озитивно или *н*егативно да *к*орелирају са одређеним *с*тиловима суочавања са *с*тресом. У раду аутор *п*оказује да је могуће *п*окушати да се на основу *и*нтензивности *п*ојединих *ц*рта *т*емперамента *и*здеде *з*акључак о доминантном *с*тилу суочавања са *с*тресом у *п*роблемској *с*итуацији.

Кључне речи: *т*емперамент; *с*трес; *с*тилови суочавања; *м*лади.

Temperamentalne uwarunkowania stylów radzenia sobie ze stresem młodych dorosłych

Problematyka stresu i radzenia sobie z nim posiada długą historię. Na przestrzeni lat prowadzono szereg badań stanowiących próbę odpowiedzi na pytanie od czego zależy, że jedna jednostka w sytuacji stresu radzi sobie efektywniej od innej. Jednym z kierunków tych badań było poszukiwanie różnic indywidualnych w zakresie cech temperamentu czy osobowości, które to następnie manifestują się w sobie odczuwania, myślenia czy działania człowieka w różnych okolicznościach w tym także trudnych czyli stresogennych. W artykule przedstawiony został problem wzajemnych relacji między nasileniem poszczególnych cech temperamentu wyróżnionych w regulacyjnej teorii cech temperamentu (RTT) a preferowanymi stylami radzenia sobie ze stresem w sytuacji problemowej.

Autor w publikacji skupia się na zidentyfikowaniu związku pomiędzy preferowanymi stylami radzenia sobie ze stresem a poziomem nasilenie poszczególnych cech temperamentalnych. Jako metody badawcze zastosowano Formalną Charakterystykę Zachowania – Kwestionariusz Temperamentu: Wersja Zrewidowana (FCZ-KT(R)) oraz Kwestionariusz Radzenia Sobie w Sytuacjach Stresowych N.S. Endlera i J.D.A. Parkera (CISS).

Badania przeprowadzono na grupie 131 młodych dorosłych w tym 52 mężczyzn i 79 kobiet w wieku od 20 do 30 lat. W celu odpowiedzi na tak postawione pytanie badawcze dokonano szeregu analiz statystycznych zebranego materiału badawczego w tym przeprowadzono korelacje r Pearsona dla wszystkich zmienionych testowanych, ponadto w celu pogłębienia wyników wcześniej przeprowadzonych analiz korelacji, wykonano szereg modeli regresji metodą wprowadzania, w których przewidywano poziom stylu radzenia sobie ze stresem przez koncentrację na zadaniu, koncentrację na emocjach i unikanie na podstawie cech temperamentu wyróżnionych w Regulacyjnej Teorii Temperamentu (RTT).

Uzyskane wyniki wskazują, że cechy temperamentu korelują w sposób ujemny lub dodatni z poszczególnymi stylami radzenia sobie ze stresem. Autor w swojej publikacji wykazuje, także na możliwości podjęcia próby wnioskowania o dominującym stylu radzenia sobie ze stresem w sytuacji problemowej na podstawie natężenia poszczególnych cech temperamentu.

Słowa kluczowe: temperament; stres; style radzenia sobie; młodzi dorośli.

Temperamentalne odrednice stilova suočavanja sa stresom kod mladih odraslih

Pitanje stresa i suočavanja s njim ima dugu povijest. Tijekom godina provedeno je niz istraživanja u nastojanju da se odgovori na pitanje što uvjetuje učinkovito savladavanje stres. Jedan od pravaca tih istraživanja bio je traženje individualnih razlika u temperamentu ili osobinama ličnosti, koje se zatim očituju u osjećajima, mislima i ponašanju osobe u različitim okolnostima, uključujući i teške ili stresne situacije. U članku se prikazuje problem međusobnog odnosa između intenziteta pojedinih temperamentalnih crta, istaknutih u regulacijskoj teoriji temperamenta (RTT) i preferiranog stila suočavanja sa stresom u problematičnoj situaciji.

Ovaj rad identificira odnos preferiranih stilova suočavanja sa stresom s razinom izraženosti pojedinih temperamentalnih crta. Metode istraživanja korištene u studiji uključivale su Inventar formalnih karakteristika ponašanja – temperament, revidirana verzija (FCB-TI(R)) i Inventar suočavanja sa stresnim situacijama N.S. Endlera i J.D.A. Parkera (CISS).

Istraživanje je provedeno na skupini od 131 osobe, uključujući 52 muškarca i 79 žena u dobi od 20 do 30 godina. Kako bi se odgovorilo na postavljeno istraživačko pitanje, provedeno je niz statističkih analiza prikupljenog materijala, uključujući Pearsonove r korelacije za sve ispitivane varijable. Nadalje, kako bi se proširili rezultati prethodno provedenih korelacijskih analiza, izrađen je i testiran niz regresijskih modela korištenjem metode unosa (input method), u kojima su na temelju temperamentalnih crta istaknutih u Regulacijskoj teoriji temperamenta (RTT) napravljeni pokušaji predviđanja razine suočavanja sa stresom putem usmjerenosti na zadatak, emocije i izbjegavanje.

Dobiveni rezultati ukazuju da temperamentalne crte mogu pozitivno ili negativno korelirati s određenim stilovima suočavanja sa stresom. U ovom radu autor ukazuje na mogućnost pokušaja zaključivanja o dominantnom stilu suočavanja sa stresom u problematičnoj situaciji na temelju intenziteta pojedinih temperamentalnih crta.

Ključne riječi: temperament; stres; stilovi suočavanja; mladi odrasli.