

Enikő Albert-Lőrincz, Márton Albert-Lőrincz,
Annamária Kádár, Tímea Krizbai,
Réka Lukács-Márton
Romania

Relationship between the Characteristics of the Psychological Immune System and the Emotional Tone of Personality in Adolescents

Abstract

Introduction: In the present research our goal was to demonstrate if there is a relation between the affective tone of personality (flow – anti-flow) and the functionality of the Psychological Immune System.

Methods: The study was conducted on 599 teenagers. The questionnaire contained the Psychological Immune System Inventory (PISI), The Flow Questionnaire (Oláh) and questions regarding the emotive tone. In this article we will present the second part of our study: the results regarding the relation between flow and functionality of the Psychological Immune System.

Results: It was proven that there is a correlation between the psychological tone of personality (flow – anti-flow) and the functionality of the Psychological Immune System. There are significant differences between the values obtained in the Monitoring Subsystem and the flow experienced during activities done alone, as well as the Auto-regulating Subsystem values and the flow experienced at school or with friends.

Conclusions: Positive thinking, optimism and feeling of control aid the flow experience in individual activities, emotional control and self-regulation aid the flow during school activities and activities with friends.

Key words: *Psychological Immune System, flow; anti-flow; teenagers.*