

Bölüm 9

ÜNİVERSİTE SON SINIF ÖĞRENCİLERİNDE SÜREKLİ KAYGI: ALGILANAN EBEVEYN TUTUMLARI, MÜKEMMELİYETÇİLİK VE NARSİSTİK REKABETİN ETKİSİ

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Sürekli Kaygı

Kaygı; bilişsel, fizyolojik ve davranışsal açıdan tanımlanmaktadır. Bilişsel düzeyde negatif modu, gelecekteki muhtemel tehlike ve tehditlere karşı endişeyi ve eğer gerçekleşirse onu kontrol edemeyeceğine dair olan inançları içermektedir. Fizyolojik düzeyde ise gerilim durumunu ve kronik aşırı uyarılma durumunu kapsamaktadır. Davranışsal düzeyde değerlendirildiğinde ise tehlikenin olabileceği durumlardan kaçınma davranışı ile kendisini göstermektedir (Barlow, 2002; Hooley & ark., 2016).

Kaygı, Spielberger (1966) tarafından, durumluk ve sürekli olmak üzere ikili yapı ile kavramsallaştırılmıştır. Durumluk kaygı, anlık bir uyarıcıyla tetiklenen sinir sisteminin uyarılmasından kaynaklanmaktadır. Duyulan endişe ve algılanan gerilim geçici ve bilinçlidir. Sürekli kaygı ise, kişinin nesnel olarak tehlikeli olmayan durumları tehdit edici olarak algılamaya yatkınlığından söz etmektedir. Bu yatkınlık sonrasında ise kişi, bazı durumlara yüksek bir kaygı durumu ile yanıt vermektedir (Spielberger, 1966). Durumluk ve sürekli kaygıyı iki farklı enerji türüne benzetmektedir. Durumluk kaygıyı, belirli bir yoğunluk durumunda gerçekleşen ve şimdiki andıran kinetik enerjiye benzetmektedir. Aynı zamanda sürekli kaygıyı ise uygun bir şekilde aktive olabilen gizli bir eğilime benzeyen potansiyel enerjiye benzetmektedir. Sürekli kaygı ve durum şartları-

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Not: Bu çalışma, ilk yazarın Klinik Psikoloji Yüksek Lisans tezinden üretilmiştir

etkisine bakıldıktan sonra narsistik rekabetin sürekli kaygıyı yordadığı dikkate alınır, varsa kişinin narsistik rekabetçi davranışlarını azaltmak üzerine çalışılması sürekli kaygının tedavisinde etkili olabilir.

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