

2. BÖLÜM

Dürtüselliğin Biyolojik Temelleri

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Dürtüsellik tarihsel olarak uzun yıllardan beri önemli bir psikiyatrik kavramdır ve Freud, Kraepelin, Bleuler gibi birçok bilim insanı 'Dürtü Kontrol Bozuklukları' ile ilgilenmiştir. Dürtüsellik; genellikle yeterli öngörü olmadan hızlı ve vakitsiz eylemlere yatkınlık olarak kabul edilmektedir. Normal eğilimler ile kategorik bozukluklar arasında herhangi bir yoğunlukta görülebilmektedir (Dalley ve Robbins, 2017). Eysenck dürtüselliği; risk alma, planlama eksikliği ve hızlı karar verme olarak ifade etmiştir (Cooper, 1986). Davranışsal perspektiften bakıldığında dürtüsellik; yeterince tasarlanmamış, erkenden ifade edilmiş, oldukça riskli veya duruma uygun olmayan ve sıklıkla istenmeyen sonuçlara neden olan eylem yelpazesi olarak tanımlanmaktadır. Kısaca hazı erteleyememedir ya da özdenetimin tersidir (Arce ve Santisteban, 2006).

Moeller, Barratt ve arkadaşları (2001) dürtüsellik tanımının; 1) olumsuz sonuçlara azalmış duyarlılık, 2) bilgi tam olarak işlenmeden, uyarılara hızlı, plansız tepkiler verme, 3) uzun vadeli sonuçların dikkate alınmaması bileşenlerini içermesi gerektiğini bildirmiştir. Dürtüsellik genel olarak; dürtü ya da güdülere direnememe, kişiye ve/veya başkalarına zarar verebilecek eylemlerde bulunma olarak ifade edilmektedir. Antisosyal ve borderline kişilik bozukluklarının, madde bağımlılığı, dikkat eksikliği hiperaktivite bozukluğu (DEHB), mani, şizofreni gibi birçok ruhsal hastalığın tanımlayıcı özelliklerinden biridir. İntihar, şiddet ve saldırgan davranışlar ile ilişkili bulunmaktadır (Horn ve ark., 2003; Robbins ve Dalley, 2017). Bu olumsuz, patolojik yaklaşımların dışında 'işlevsel dürtüsellik' kavramı da tanımlanmıştır.

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