

АДОЛЕСЦЕНТИ И ИЗВОРИ ЗДРАВЉА ADOLESCENTS AND THE SOURCES OF HEALTH



Јелена Љ. Минић, доцент

Универзитет у Приштини са привременим седиштем у Косовској Митровици,
Филозофски факултет
Филипа Вишњића бб,
38220 Косовска Митровица
jminic@yahoo.com

Jelena Lj. Minić, Assistant Professor

University of Priština temporarily settled
in Kosovska Mitrovica,
Faculty of Philosophy
Filipa Višnjića bb
38220 Kosovska Mitrovica
jminic@yahoo.com

The main idea of the monograph *Adolescents and the sources of health* is to promote salutogenesis and Aaron Antonovsky's idea that one should search for sources of health, and not for illnesses when studying adolescents and their families. Salutogenesis promotes health and creates conditions for advancement and further development, by using current, but also creating new sources of health. By representing salutogenesis as an orientation toward factors of health and overall health, the monograph endeavors to redirect the attention of scientists and experts to the importance of salutogenic model of health for adolescents, their parents, and families.

The salutogenic model of health is a model based on salutogenic orientation (as a wider field, which refers to orientation towards overall health and genesis or origin of health – salutogenesis) and it represents a search for sources of health and benefits of individuals and systems, which help them to survive extreme, physically and psychologically health threatening situations and events.

The basic issues in the monograph describe the essence of the work in the best way possible: what are the sources of health in adolescents;

do adolescents become “victims” or “survivors” under the conditions of double-crisis (developmental and societal), i.e. do adolescents manage to maintain and improve their health in the periods of crisis; can some sources of health, primarily the feeling of coherence and the feeling of familial coherence, as central sources of health in Antonovsky's theory, point to adolescent's mental health and the like.

The monograph has the goal of indicating to the possibility of applications of salutogenesis, oriented toward maintenance and improvement of individuals' health, and health of groups, and systems as a whole, and the creation of conditions for advancement and further development. In the monograph, the author has analyzed the possibilities for the realization of a different approach in the preventive work with the adolescents, parents, and families, by strengthening of available, and through the creation of new sources of health, which is especially significant in the period of developmental and societal crisis. On a practical level, through engagement of experts and by taking the necessary measures of primary prevention, based on Antonovsky's salutogenic model of health, the adolescents' mental health, on their

journey toward adulthood, can be preserved, improved and refreshed.

By showing the most important characteristics of the adolescent development period and through the diversity of theoretical approaches, multiple and intensive changes have been indicated, as well as qualitatively different functioning in relation to childhood. Adolescence is the most significant developmental crisis, a critical period of development between childhood and adulthood, because of the enormous developmental potential, but also because of increased risk of appearance of certain psychopathological problems.

The monograph encompasses Aaron Antonovsky's salutogenic model of health, which is psychologically a paramount, but it is insufficiently examined and applied in our scientific community. The author of this monograph shows the central source of health in a salutogenic model of health – feeling of coherence, as well other sources of health (generalized and specific). The feeling of coherence and the feeling of family coherence are seen as central sources of health for adolescents in the current developmental and social crisis. By relying on the theoretical framework of Antonovsky's salutogenic model of health it has been pointed out that the stronger feeling of coherence and the feeling of family coherence in adolescents may be an indicator of a good source of health. While a weaker sense of feeling of coherence and the feeling of family coherence may be a factor of increased vulnerability of adolescence, in the actual developmental period, but also in the development period which lies in front of them (adulthood).

The monograph shows the results of some research on the subject of the feeling of coherence and the feeling of family coherence as a central source of health in the salutogenic model. The sources of health help an individual to build feelings of coherence towards the world which surrounds him or to be more precise it helps him build coherent life experience important for the future development and further advancements. On the other hand, a strong feeling of coherence enables activation

and engagement of sources of health (generalized or specific), but also making new ones.

Research results are also shown, which refer to generalized and specific sources of health. Through research results of domestic and foreign authors, we have strived to show the connection between the feeling of coherence and the feeling of family coherence in adolescents with some source of health. The results are presented so as to show, apart from the objective insight into the paper's problem, that the number of salutogenesis-oriented researchers is ever increasing.

By pointing to the significance of the sources of health in the period of adolescence (during the period of crisis on personal and family level), on the one hand, and in the context of social crisis on the other, the significance of individual sources has been pointed out, but also of sources of health on the level of family as a system. In the monograph, it has been pointed out that the family is an important source of health, with a significant role in forming and developing various sources of adolescents' health. The importance of family and development has been highlighted, but also its significance in the preservation and improvement of health, especially in the periods of developmental and social crisis. It also emphasizes that the family as a safe basis and backup system can overcome dysfunctionality of other important systems which are missing or are not available for adolescents in the conditions of social crisis.

The family is seen in the monograph through a systemic approach, which sees family as a whole, as a complex and a dynamic system. According to the systemic approach, the family as a system is not a simple sum of its parts and despite changes in relation and interaction through time, it leads to homeostasis (balance).

The monograph shows various types of crisis (developmental and social crisis), with attention being paid to individual's and family's crisis, as well as to sources of health in the conditions of crisis. It shows: developmental and non-developmental crisis, family crisis and social crisis.

Crises are treated as an opportunity and a chance for change, with a development potential which can improve the health of individuals and family as a system, but which carries certain risks with it. The monograph offers answers to the questions on how social crisis affects adolescents' mental health, who, apart from children, is considered the most sensitive group when it comes to negative influences from the outer environment.

The overall conclusion is that under the conditions of double crises, developmental and

social, adolescents by using their own, but also the sources of health at the level of family, manage to preserve their health. The role of the family as a system under the conditions of crisis has also been pointed out, and that it can overcome the dysfunctionality of other systems. Also, the role of salutogenesis-oriented researchers has been stressed as well as of practitioners in the preservation, strengthening, and improvement of adolescents' health.

Циљ монографије *Адолесценци и извори здравља* је промовисање салутогенезе, која скреће пажњу на изворе здравља појединца, групе, друштва и супротставља се вишевековној доминацији патогенезе или трагању за факторима болести и дихотомном моделу здравља. У раду је истакнут значај салутогеног модела здравља у очувању и унапређењу менталног здравља адолесцената

у периоду развојне и друштвене кризе. Такође су приказани и резултати неких истраживања осећаја кохерентности и осећаја породичне кохерентности као централног извора здравља у салутогеном моделу код нас и у свету. У монографији је истакнута улога породице као система у условима кризе, који може да надомести дисфункционалност осталих система.