

SOCIAL EXCLUSION RISK AND DEPRESSION SYMPTOMS VS. COPING WITH STRESS

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The notion of social exclusion risk expresses the sense of insecurity and fear of losing the so-far place in important relationships or social structures. This phenomenon affects people who are rejected due to their illness, disability or social status inequality. In the scope of psychological research, social exclusion is defined as a result of deprivation of one of the most fundamental human needs – the sense of belonging. It is considered to be a mediator between illness and stress. The aim of this research was to describe the dependence between the need for and sense of belonging and symptoms of depression vs capacity to cope. The research used among others a General Health Questionnaire (D.Goldberg,1978). In view of the exploration carried out by means of a method of path analysis, one noted essential direct effects. The results have shown that both depression symptoms and life satisfaction depend to a considerable degree on the sense of belonging. The need of belonging influences in a strong and direct way, among others, the coping focused on the search for social support. Undertaking active techniques of coping, including confrontation with a stressful situation and its controlling, depends on a high level of the sense of belonging. Individuals coping by means of taking psychoactive drugs show the symptoms of depression as well as a low sense of belonging. The results obtained indicate that there is the necessity of building up and supporting the sense of belonging as a direct and significant predictor of effective coping with difficult and stressful situations.