

A fiziológiai reaktivitás változékonysága stressz helyzetben a pozitív illúziók és illuzórikus mentális egészség függvényében

VINCZE ANNA EMESE¹

Abstract

Investigating positive illusions relationship to mental health is like walking on a double-edged blade, positive illusions were either considered to be a key element of mental health, either blamed to reflect neurotic denial. This debate moved to the physiological area as well. The present study addresses this debate, by measuring stress elicited physiological reactivity considering levels of self-enhancement, defensive denial and a series of rational/irrational beliefs. Participants were a sample of 92 undergraduate students. Overall results indicated that high self enhancers have had lower physiological reactivity to stress than low self enhancers. However, high self enhancers classified in the defensive group showing as well cognitive vulnerability to distress we found to be the most reactive to social stress challenge tasks.

Keywords

positive illusions, illusory mental health, physiological stress reactivity