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Flow and Anti-Flow as Predictive and Protective Factors in the Life of Adolescents

Abstract

Introduction: In the present research our goal was to identify those personality traits which can trigger anti-flow and those traits which can be useful in banishing anxiety, weariness and apathy.

Methods: The study was conducted on 599 teenagers. The questionnaire contained the Psychological Immune System Inventory (PISI), The Flow Questionnaire (Oláh) and questions regarding the emotive tone. In this article we will present the first part of our study, the results regarding flow and anti-flow.

Results: Teenagers can achieve flow during activities done together with the family, friends or in their free time.

Conclusions: Analyzing the answers we can conclude that teenagers found the school a boring place and many times they experienced anxiety there. Our results can offer important information and can be helpful in the development and implementation of future prevention programs.

Key words: *flow, anti-flow, teenagers, anxiety, apathy.*

Introduction

According to Csikszentmihályi (1997), flow is a state which enables the development of aptitudes. The more frequent the perfect experience (flow) is, the greater the chance for the evolution and the development of aptitudes. The notion of flow is not quite new, an ancient Chinese Taoist, Csüang-Ce, used the word jü to describe