180.00

CHRONIC FATIGUE AND FEAR, AGGRESSION, DEPRESSION AMONG TEENAGERS

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One of the etiological factors of the chronic fatigue is a gradual exhaustion of personal resources (biological and psychical). A high level of fatigue can be observed in those adolescents who are emotionally highly excitable, have lower stress resistance and are more susceptible to frustration. The rise of fatigue levels is accompanied by their increased tendency to concentrate on emotion. It seems interesting that kind of emotion is specially related to chronic fatigue.

Methods. It was examined 92 young people aged 16-18. It was used the following methods: Questionnaire of Chronic Fatigue by R.Kosugo, State and Fear Traits Inventory by C.D.Spielberg and all, Psychological Inventory of Syndrome of Aggression by Z.Gas and Beck Hopelesness Scale. Results show that correlations are significant most of all for fear as trait (r=0,64 p<0,001), for aggression (r=0,55 p<0,001) and for depression (r=0,49 p<0,001).

Conclusion: All types of emotion may be related to the chronic fatigue among teenagers.