

ROLUL STILULUI ATRIBUȚIONAL ÎN DECLANȘAREA ȘI MENȚINEREA DISTRESULUI EMOȚIONAL

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Abstract

The objective of this work is to investigate the role of the attributional style in stressful life situations, as well as the way in which these modify the mood. As a result, we suppose the existence of a relationship between the attributional style, the self-esteem, and depression and anxiety. On the other hand, we consider that pessimism and optimism are directly involved in the way in which a person's mood will evolve, such as anxious or depressive mood. The results confirm the hypothesis of some specific or global deficits at the subjects who are inclined towards depression and anxiety, result which are in a tight relationship with these subject's expectancies, in comparison to the subjects from the nonexperimental group. Moreover, it seems that anxious subjects and those with a high stress perception are, generally speaking, more sensitive in what the emotional information is concerned.

Keywords: *attributional style, mood, pessimism, self-esteem*

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