

## Poboljšava li iskustvo međunarodne mobilnosti osjećaj koherentnosti učenika?

### Does the experience of international mobility improve the sense of coherence in students?

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**Uvod:** Osjećaj koherentnosti temeljni je konstrukt salutogeneze i ključ identifikacije osobnih prednosti pri suočavanju sa stresorima, dakle protektivni čimbenik zdravlja. Bitne sastavnice osjećaja koherentnosti su razumljivost, izvodivost i značajnost te imaju zajednički utjecaj u održavanju zdravlja s obzirom na dinamiku životnih razdoblja.<sup>1</sup> Razdoblje adolescencije je obilježeno brojnim promjenama koja bitno utječu na heterostazu.<sup>2</sup> U temeljima salutogeneze postavka je da visok osjećaj koherentnosti reflektira većim kapacitetom suočavanja sa stresnim situacijama te je prediktor pozitivnih zdravstvenih ishoda. Stoga je glavni cilj svakodnevno pronalaziti mogućnosti unaprjeđenja stupnja osjećaja koherentnosti. Mogućnosti su brojne, u svim dobnim skupinama i različitim aspektima ljudskoga života. Ovaj rad ima za cilj otkriti u kojoj je mjeri međunarodna mobilnost učenika, kao noviji oblik organizacije nastave u medicinskim školama, utjecala na osjećaj koherentnosti učenika.

**Metodologija:** U svrhu provedbe istraživanja bili su anketirani učenici prije i nakon boravka na međunarodnoj mobilnosti. Korišten je standardizirani upitnik osjećaja koherentnosti.<sup>3</sup> Pri obradi podataka korištene su metode deskriptivne i inferencijalne statistike. U analizi se koristila programska podrška IBM SPSS Statistics te Data Mining Server.<sup>4</sup>

**Rezultati:** Nije bilo statistički značajne razlike između grupa s obzirom na vrijednosti osjećaja koherentnosti prije i nakon mobilnosti ( $p=0,44$ ), ali je dubinska analiza otkrila specifičnosti u pojedinim domenama osjećaja koherentnosti nakon mobilnosti.

**Zaključak:** Područje salutogeneze te njen temeljni konstrukt osjećaj koherentnosti slabo je istraživano. Stoga ovaj rad doprinosi otkrivanju novog znanja u tom području i korak je u promociji zdravlja adolescenata.

**Introduction:** The sense of coherence is the basic construct of salutogenesis and the key in identifying personal advantages when dealing with problems, therefore a protective factor of health. The essential components of the sense of coherence are comprehensibility, manageability and meaningfulness, and they have a common influence in maintaining health considering the dynamics of life cycles.<sup>1</sup> The age of adolescence is marked by numerous changes that have an important influence on heterostasis.<sup>2</sup> The thesis that a high sense of coherence is reflected through a higher capacity for dealing with stressful situations and is a predictor of positive health outcomes is one of the foundations of salutogenesis. Therefore, the main goal is to find the possibilities for improving the level of sense of coherence on a daily basis. The possibilities are endless, in all age groups and in different aspects of human life. The aim of this study is to define in what measure has the international mobility of students, as a newer teaching format in nursing schools, influenced the feeling of coherence in students.

**Methods:** For the purpose of research the students were surveyed before and after international mobility. Sense of coherence was measured by Antonovsky's Orientation to Life Questionnaire, which includes 29 items in a seven-point Likert-type scale that provides a global score where a higher score indicates a stronger sense of coherence.<sup>3</sup> Descriptive and inferential statistical methods were used for data analysis. The IBM SPSS Statistics and Data Mining Server (DMS)<sup>4</sup> software was used for analysis.

**Results:** There was no statistically significant difference between the groups in regard to the values of sense of coherence before and after mobility ( $p=0.44$ ), but DMS analysis did discover specifics in certain domains of the sense of coherence after mobility.

**Conclusion:** This research expands knowledge in the field of sense of coherence and contributes to the expansion of new knowledge and it is a step toward promotion of health in adolescents.

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