



**PRESENTING RESEARCH DATA FOR
CHANGES AND IMPACTS ON PSYCHOLOGY
AND PSYCHOPATHOLOGY OF ALBANIANS
AFTER YEAR 1990**

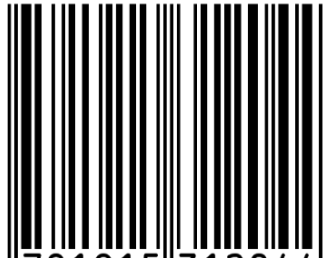
**(Life Events and Emotional Well-Being after Communism
Breakdown)**

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ABSTRACT

Focus in this study is in psychological well-being, indicating personal experience, life experiences that has happened and their emotional impact. Purpose is to gain evidences that could lead for discussions about emotional well-being and clinical problems in those years for Albanian facing political and social changes that had happened in Albania in early 1990.

Research strategy is a clinical one taking evidences from the past in retrospective for life experiences, their kind and their personal and social level which are presumed to connect with social and political changes that happened in 1990. After identifying these evidences, a comparison is made for different periods of time and different age groups.

Research design and interpretation of evidence is based on ecological human development theory evolved by Uri Bronfenbrenner in 1979 and revision in 1995

Methodology used respect triangulation. Narratives, poll and interview are used for evidences. Some of the results were that changes happened in 1990 influenced emotional wellbeing of Albanian people but the kind of this influence was different in different periods during transition in comparison with before change, for good at the beginning. Principal influences have been in those aspects of life and experiences that dominate our life like work, family and social relationship. Some other findings were that experiences strictly related with psychological disturbances like sleep problems, eating problems were dominant on these years and that work and economical level has strongly defined the level of well-being and emotional health in Albanian people before and after the changes.

Keywords: research data, changes, impacts, psychology, psychopathology, Albanians, 1990

INTRODUCTION

The period of transition in many countries with totalitarian history has been the object of research and writing,,,, ¹clinical and ²welfare ³problems ⁴.
⁵Research in various disciplines of psychology has deepened scientific evidence in this area as well as in social, cultural, political psychology, psychology of transition, development, and even in clinical and abnormal psychology. Interest has also been shown in sociological and social studies which improve the understanding and descriptions of social dynamics in these groups or societies helping to better understand individual dynamics. The psychology of transition by focusing on how life transitions develop and are hindered throughout life and how they can be reflected in the psychological, emotional and cognitive health of human, has contributed in a special way in this regard.

The focus of the study is on subjective and psychological well-being, with indicators on individual experience, on life events that occur, and on their emotional and vital impact. The aim is to obtain data that can open valuable discussions about emotional well-being and emerging clinical issues, in relation to the major socio-political changes that occurred in Albania during and after 1990. Another goal is to assess which was the impact brought by social changes, occurring mainly in the first years after 1990, on the individual psychological plane as well as to explain the dynamics of this impact. This is a difficult challenge, as the transition or social difficulties do not necessarily imply individual difficulties or setbacks which can then become the premise for psychological disorders. This is due to the fact that negative experiences

¹Stompka P. (1993). "The trauma of social change. Cultural trauma and collective identity".

²Pinquart, Silbereisen, (2004). "Effect of breakdown of communist system"

³Vaclav Havel (1992). "Paradise lost"

⁴Goldfarb J. C (1991). "Post-totalitarian mind"

⁵Hall JA (1994). "After the Fall, Psychological legacy of post-communist oppression"

do not always lead to clinical vulnerabilities. It is difficult to measure exactly how individual transitions, and when hampered by social transitions with their successes and failures, are reflected in people's emotions, cognitions, and quality of life.

From this point of view, there are few studies on Albania regarding the psychological impact that social changes have evolutionarily on the individual. Perhaps this study comes a little late, making its findings extremely difficult, especially with those studies that offer empirically comparable opportunities with the period before and after 1990.

Existing studies aim to measure or photograph the existing situation at a given time. But they fail to concretize a possible evolution of psychological problems, which are not only related to changes in the natural moments of time, but also to inheritance in the psychological and social sense. The perspective in this study is developmental systemic as it is believed that problems and setbacks come from ongoing maladaptive interactions within the system or systems and between systems which maintain and atrophy the problem. The aim of the research is to assess the impact of social changes on individual life transitions and their impact on stress from life and emotional well-being over the years in certain age groups that have experienced the socio-political changes that occurred in the early 90s.

Albanian society in the social and historical context has undergone many developments. These developments have at times been rapid and at times slow. The rapid developments are those in the early 90s, the slow ones before the 90s, and the transitional ones after the 90s.

It may seem a bit dubious that a study in the field of psychology and mental health shows interest in the history of a nation and its progress, but if we consider the most contemporary approaches that

analyze and try to understand the human being in the individuality, these aspects are important. They emphasize that a human do not grow and develop in a vacuum, but in a set of social, economic, historical, political, cultural, etc. influences. These influences determine to a considerable extent his behavior and thoughts, habits, emotions, judgments, prejudices, and even feelings and personality or even life transitions (events, experiences) in the society of which it belongs. This influences the term individuality to be frequently discussed by these approaches.

The 90s marked radical changes in Albania. These changes were felt and experienced by everyone in that period, even by those who were born and raised later ¹. These changes created what was called the political and social transition and consequently a personal one ².

The changes happened from the way of talking "Do not talk about anything that is yours in your thoughts" to another way where "Freedom of speech and thought" dominates. Albanian society overcame isolation and they felt free to emigrate. The political life of the country changed from a one-party-state system to a multi-party political system, where the people are free ³ to choose their leaders. The social life of the country changed. Many families were torn apart by family departures and long stays in emigration, accompanied by negatively diverse events even within the country. The forms of emigration were severe, traveling on foot for days, by rafts by the sea, etc. The series of changes that occurred with the establishment of the pluralistic political system, initiated phenomena such as school dropout ⁴, mass emigration, economic problems, unemployment, the

¹Transmission from parent to child through interactions.

²The study relies on the approach (expressed above) according to which social changes bring individual consequences.

³Debates and conflicts over freedom of the vote continue to be a hot topic for Albania.

⁴Dropping out of school due to emigration, departures, due to chaos and due to devaluation.

collapse or closure of many state institutions, etc. The company moved towards the privatization of state property and the development of free market. The first private production companies were established. The so-called state land was dispersed and problems regarding its ownership still remain today a major social gangrene.

In addition to emigration abroad, internal migration also began. People migrated from remote areas to more urban ones, creating overcrowding in these areas and difficulties in anticipating and systematizing these mass movements in time. They were so massive that in some areas of the country they even established their own communities. Albanian society faces new and unknown problems at the time, such as drug use, cultivation and distribution in very young age groups, trafficking in human beings and their use for prostitution, etc. The society also faced an increase in crime (from the verifications made the increasing tendency of crime seems to be in the period of 87-90 ¹⁾ or problems with health and education, child care, family, increasing the number of divorces, violence against women, abandonment and neglect of the child, violence against the child, exploitation of the child, etc.

The main objective of this study is to create a database which records the life events of Albanians of different age groups who have experienced the changes of the 1990s and to measure the emotional experiences that have accompanied these events by calculating their frequency, period. and respective emotional connotations, etc. This research enables to distinguish negative and positive events based on the evaluation made by the subjects themselves (self-report evaluation) and enables a determination of their distribution in different periods such as before 1990 (starting from 1985) and after

¹See data in chap. The last.

the 90s. . The analysis of this research also creates the possibility of a comparison as the subjects have been asked about events and experiences since 1985. Thus, the opportunity is created to determine whether or not the profound social changes that occurred in these years had an impact on emotional well-being, life evolution of people, their individual transitions etc.

Another objective of the research is to discover how the problems of psychological development of the new generation and the relatively young one, are related in a developmental continuity to the retrospective developmental events and conditions of this quarter century after 1990. This connection comes that generations do not live apart but are influenced by each other in dealing with life situations, with thoughts, reasoning, cognitions, judgments, emotions, perceptions, habits, attitudes, etc. Also although social conditions massively determine the nature of thinking (or at least feeling) in all generations, it is still a different meaning they give to what they experience. This is because conditions such as the economy, work, leisure, achievements, are more focused in some generations than in others. These conditions are directly related to the fulfillment of needs which are not only basic as long as they relate to man. Man has different psychological needs and social conditions can guarantee or threaten these needs. But again this is not enough to determine whether a person is healthy or not psychologically healthy. This is enough to understand that as long as these problems exist, there are also shortcomings in meeting these needs with their specifics. Despite the fact that there are many moderators within a person who influence the way of coping with the impact of these conditions and the psychological well-being itself, which are related to the person himself, his personality, self-efficacy, locus of control, problem-solving skills (Carlson, 2000), subjective perception (Kim, 2008) etc, studies show that whenever

there is an increase in these factors, there is also an increase in psychological and clinical vulnerabilities such as anxiety, depression, developmental problems and suicide. Some of these changes affect the quality of life (security, tranquility, goals, values, needs) so strongly that they also affect the quality of inner mental and emotional life (worldview and feelings).

The theoretical basis of the research shows that stressful events in life threaten or at least affect the nature and coping of life transitions in humans and increase the possibility for mental clinical problems as they threaten the emotional well-being of a person. These problems include individuals' problems of anxiety, depression, eating, obesity, etc. The research design and interpretation used the ecological perspective of human development developed by Urie Bronfenbrenner in 1979.

CHAPTER I: OBJECTIVES

1.1. The research objectives

Objective 1. To assess the individual life impact of the social changes that occurred in 1990 (*life events before and after the changes*).

Objectives 2 . Assess the emotional loads of these changes (*perceived emotional impact of events*).

Objectives 3 . Assess the impacts of change specifically and in details.

Objectives 4 . Create comparison opportunities with the period before and after the system change.

Objectives 5 . Build the course of individual life transitions and experiences in age groups that have experienced the changes that have occurred.

1.2. Psychological Well-Being

Dinner (1984, 1991) ¹defines psychological well-being by stating that "Psychological well-being is about how people value their lives". According to him, these assessments can be in the form of cognitions or affections. The affective part is a hedonistic assessment guided by emotions and feelings, such as the frequency or intensity with which people experience pleasant or unpleasant states in response to their lives. The cognitive part has to do with judgments of life satisfaction. People are in a certain state of well-being even if they are not aware of it and this has to do with what they are experiencing. According

¹(Ed Diener, Richard Lucas) Encyclopedia of Applied Psychology, pp. 669-671. Diener, E. (1984). "Subjective-wellbeing".

to him ¹, subjective well-being, which is well-being from a person's personal perspective, includes several dimensions:

- positive affect,
- negative affect,
- life satisfaction (judgment) as well
- spherical pleasures.

The affective dimension of well-being includes emotions and feelings (experiences, state of mind). Emotions, on the other hand, are distinctive evaluative reactions to specific events. Life satisfaction is one's judgment on one's life satisfaction while life domains are different aspects of life.

According to Diener et al. there is a hierarchical structure of the constructive subjective well-being construct where at the highest and abstract level, it is an entire or general assessment of one's life. Understanding this level is difficult to measure and lower level constructs such as affective and cognitive dimensions of well-being are used. The focus in the first construct is on emotions and feelings, where emotions are seen as distinctive evaluative reactions to specific events, (e.g. positive and negative) while feelings are often described as diffuse or affective feelings that are not necessarily related to specific events. It is presumed that if one's life goes well then he or she will experience high levels of positive emotions and moods and low levels of negative emotions and moods (Diener, 1984: 670). Affective aspects of experience are also related to personality dimensions. Thus, the positive affect strongly correlates with extraversion, the negative affect is strongly related to neuroticism.

¹Ed. Diener; Shigehiro Oishi, and Richard Lucas. "Personality, Culture, and Subjective Well-Being: Emotional and Cognitive Evaluations of Life." *Annual Review of Psychology* Vol.54: 403-425. February 2003 (Volume publication date).

Affect must be distinguished from life satisfaction as the latter reflects one's individual judgment as to whether his or her life is going well. Thus an individual may have high levels of negative affect and still be satisfied with the conditions of his life (Diener, *ibid.*).

Carol D. Ryff (1996) defines psychological well-being starting from her perspective of positive psychological functioning ¹ using six key dimensions such as:

1. Self-acceptance.
2. Positive relationships with others.
3. Autonomy.
4. Environmental Mastery.
5. Purpose in life.
6. Personal Growth.

It is based, among other things, on life development perspectives (Roger, Maslow) on psychological well-being, which highlight the challenges of change faced by man at different stages of the life cycle, creating a multidimensional model based on what it means to be in good psychological health or what is functional and dysfunctional. The first dimension is that of self-acceptance. This is highlighted as one of the most common criteria of well-being, the central feature of mental health as well as self-actualization, optimal functioning and maturity.

¹Carol D. Ryff points out that research on mental health weighs heavily on the side of psychological dysfunction which means that studies on positive psychological functioning are minor when recorded with mental health investigations. The meaning even, she says, of basic terms such as mental health is one-sided from the typical use of the term health (understanding it) with the absence of disease rather than with its presence. This wording, she says, ignores human capacities and needs for explosion, as well as the protective features associated with being well.

The second dimension emphasizes the importance of warm and trusting interpersonal relationships. The ability to love is seen as a central component of mental health (strong feelings of empathy and affection for others). Deep love, deep friendship, fuller identification with others, etc., show that warm bonding with others is also seen as a criterion of maturity (theories of attachment and intimacy).

Self-determination, independence, regulation of inner behavior, are another important dimension. Thus, the self-actualized are described as persons who during operation show autonomy and resistance to non-culture. The full functioning of man in having an internal locus of evaluation, is described as a way that one does not need others for approval, but evaluates oneself based on personal standards. Individualization is seen as liberation from conviction in which the person is no longer bound by collective fears, beliefs, and the laws of the masses. The process of turning inward in later years is seen by human development theorists as giving the person a sense of freedom from the norms that govern daily life.

Environmental control, which is related to an individual's ability to choose or create environments appropriate to his or her mental condition, is defined as another characteristic of mental health. Maturity is seen to require participation in a significant sphere of activity outside oneself, the ability to manipulate and control complex environments. Successful growth, says Ryff, also means the extent to which the individual takes advantage of environmental opportunities in a combined way. Active participation in the environment and environmental control are key components in an integrated structure of positive psychological functioning.

Goals in life, beliefs that give someone the feeling that life has a purpose and meaning, also include mental health. A clear understanding of life purpose, a sense of justice, being productive

and creative or achieving emotional integration contribute to feeling that life has meaning. Optimal psychological functioning also requires, in addition to these characteristics, that one continues to develop one's potential, to grow and expand as a person. Openness to experience is a key characteristic for the full functioning of the individual. The need for self-actualization and realization of self-potential is a central need in the clinical perspective of personal growth, and facing new challenges in life.

The term emotional well-being, in other studies, (Orosa, 2013) has been used to express the incidence of mental disorders, but on a larger scale, measured by self-report inventories in relation to life events / experiences occurred or measured from statistical indicators on the number and type of disorders. Peter Warr (2012) emphasizes that in determining and treating psychological well-being it is also important to consider physiological and social factors. Some forms of this well-being, he says, are closely related to bodily processes and / or social well-being. Affects are 'primitive' experiences that occur throughout life as components of emotions, states, values, attitudes, orientations, prejudices and ideologies and are central to well-being in any environment¹.

¹Warr, Peter (2012), *How to Think About and Measure Psychological Well-Being*, Institute of Work Psychology, University of Sheffield. In M. Wang, RR Sinclair and LE Tetrick (eds.), *Research Methods in Occupational Health Psychology*, New York. Psychology Press. Routledge, 2012.

CHAPTER II: METHODOLOGY

A Clinical Evidential-Comparative Longitudinal Retrospective Inquiry

The basic research strategy in this study is similar to that of a clinical research that aims to gather retrospective data on past experiences and experiences at the individual and social level, which are thought to be related to the political and social changes that occurred in the beginning of the 90s. These data are evidenced and then compared with different periods and age groups, giving the research both evidential and comparative value. A number of qualitative and quantitative instruments are used in the study. The combination of these instruments was also made due to the character of the study (clinical), which enabled a deeper knowledge and analysis of the issue raised for the study. Research design is based on the multisystematic theoretical recommendations of the theory of human development ecology, developed by Uri Bronfenbrenner in 1979, revised in 1995, according to which a research design on human development must consider several systems.

In this study, it was considered necessary to record personal events and experiences as well as perceived emotional experiences that accompanied them, which could later serve as an indicator-orientation of the quality of psychological well-being of Albanians in these periods. The interest is to show the progress but also the variability in these events / changes, which enables the evidential and comparative character of the study. Another attempt has been made to collect professional data from mental health professionals in the form of open interviews with them but also in the form of statistical data.

The aim was to gather information from as many sources as possible. The collected data have an evidential and comparative character. Target data spans a wide range of time from 1985 to 2014 culminating in changes in the 90s and 91s and by i comparing with years 1985, 1986, 1989, 1992 1996, 1997, 1998, 2001, 2004, 2005, 2006, 2008,

2013, 2014. These years were divided into **12 periods grouped into 6 identical questionnaires.**

In the implementation of the methodology, instruments of a quantitative and qualitative format were used. The use of quantitative and qualitative instruments was done to increase the possibility of identifying and recognizing the dynamics that may have influenced and contributed to our psychological well-being in these years. The combination of these instruments brought greater diversity of information and wider opportunities for analysis.

Quantitative instruments created wider population identification opportunities on events experienced in the periods being investigated in different age groups and different cities of the country that became part of the study. They also enabled the creation of a set of data on the nature (positive or negative) of events and emotionally perceived experiences of those events, as well as the possibility of a mathematical summarization of events (positive and negative changes expressed numerically). This also created the possibility of an orientation in which of the directions the highest positive and negative values of perceived experiences are achieved, for each period and for each age group in the study. The data of these summaries and other indicators brought a wide and valuable interpretive and analytical opportunity for discussion.

The use of qualitative instruments brought to the study deeper and more typical facts and experiences, which greatly helped the analysis and drawing conclusions in a more vertical-individual dimension (within the person and his life). The collected data helped to better understand how some of the changes that occurred in the larger social environment (macro, exo, and mesosystem ¹) affected the quality of life

¹Bronfenbrenner, 1979.

in terms of emotional and emotional well-being (microsystem) in Albanians in those years.

To find out about subjective emotional experiences, events, types and their variability in Albanians between the years before and after 1990, a quantitative research in the form of a survey was used. The survey was conducted using a standardized instrument, LES ¹(Live Experiences Survey). This instrument is a self-report questionnaire which aims to measure the impact of life changes on an individual over time. It primarily measures emotional impact. The use of LES helped to identify life events or changes that occurred in the subjects as well as the relevant experiences or emotional loads, the creation of synthesis, comparisons in different age groups and periods, etc. The application of the questionnaire was done with 1080 subjects of which some were filled incorrectly, some were not returned at all and some were not considered due to the few answers reducing to 790 the number of questionnaires used for research analysis. The collected data identified several events that typically occurred in different periods and their emotional loads, enabling the creation of a curve on emotional loads over periods that are investigated evolutionarily. The application of LES made it possible to collect valuable data on several events that occurred at the individual level in different settings such as family and family relationships, work, personal achievements and beyond. It also enabled a specification of them in relation to different time periods, different age groups as well as a definition of the respective perceived emotionality, with which they were accompanied enabling the definition of periods with higher events and emotionality as well as a curve that represents the progress over the years (periods) of this level starting from 1985. The main disadvantage at this point remains the distant time for which the subjects were asked to reflect/recall to remember events and the emotional experience

¹Sarason, Johnson, Siegel, 1978.

perceived to those events, carried the risk that some events may not be easily remembered. The survey tries to identify some important events that have importance and impact on someone's life, then it is seen which period and age group these events are most related to.

Narratives have also been used to deepen the search and explore a little deeper into individual experiences and dynamics. Narratives helped uncover other experiences that were unknown or not considered in the instrument, and provided individual interpretations of those experiences. They also provided during the analysis a categorical ranking of the spheres that are emphasized more either in the way they are listed in the narrative, or in the way they are described, which helped their typification in different age groups and periods. The implementation of the narratives further deepened the data and findings for conclusions and discussions. A total of 16 narratives were used for analysis. In the narrative the subjects were asked to write their life stories, progress, events and relevant experiences especially for the periods being researched. They are asked to describe events and experiences that occurred mainly in these years but also in the past, in order to enable a comparison between years and age groups, how they describe their lives or what have been the life evolutions and transitions and how they were resolved referring to the different periods in which the subjects lived and the different ages they had at the time they occurred and the socio-political changes in the country.

Further completion of the research also identified semi-structured interviews with psychiatrists with long working experience. Interviews with psychiatrists were used to gather specific professional opinions, which in addition could help to detail the situation in more specific and over a longer period of time, enabled by their long experience at work, that also helped to provide analysis, professional findings whether to identify the type, frequency, quantity, gravity and comparison between

the two periods, as well as data and interpretations on the causes where the systemic interpretation used in the study seems to have been confirmed. Nationwide, 12 psychiatrists with long work experience were interviewed, of which 8 were used for analysis as they provided information about what was required in the study. The psychiatrists interviewed ranged from 21 years of mental health work to 48 years of work. The reason for choosing only doctors was because in the period before the political and social changes the psychological service did not exist and in the period after it was implemented late without creating at that time experience in this regard.

In order to obtain data on social, economic, health and safety conditions, which in this study are considered as factors influencing psychological well-being ¹, statistics from archival sources and beyond on crime and safety, morbidity in the years being studied and data from various sources were used (print media, publications, opinions) on some of the social changes that have occurred as in lifestyle, events in the social environment, etc.). Data from the Central State Archive were used as a source to obtain statistics on mental illness before the 1990s. As for the statistics on mental illness after the changes, the data from the Ministry of Health were used ².

The application of the survey was realized in the first half of 2014. The value of the survey lies in the provision of abundant quantitative data for the extended time periods defined in the study as well as for the defined age groups. Survey has been a focal point of research due to its broad nature as well as research. The sample for the survey was 1080 of which 790 subjects resulted in the most

¹The whole study is based on the assumption that the radical political-economic-social changes that took place in the early 1990s had their impact on people's lives and consequently on their psychological well-being.

²As in the first and second case these statistics are not entirely reliable. During the regime due to the closure of hospitals and healthy individuals, after the regime due to non-registration or proper documentation of cases.

complete and understandable answers and were used for analysis, while the rest were disqualified. One of the general criteria for the sample regardless of the instrument, was the age of the subjects in such a way that they had experienced and could describe the changes that occurred in 1990-1991, as well as their life experiences starting from 1985. For this reason, it was determined as a criterion that the subjects were not less than 38 years old and that they were all Albanians. In the case of narratives this criterion was not taken into account as it was judged that the narrative story of a 30 year old e.g. compared to the narrative of a 50-year-old would constitute separate comparison opportunities (for the first 30 years of life).

Narratives have been used to give a deeper cognitive and exploratory character to the research. They present qualitative individual descriptions of the life, experiences and performance of an entity over the years under investigation. Despite their lack of generalizing value they have served to give research a more complete illustration of individual life and experiences as well as individual interpretations by better clarifying the dynamics of impacts on these experiences.

The sample for narratives was 20 subjects in the pilot phase, 22 subjects in the application phase from which 16 of them were selected based on descriptive, detailed wealth and research goals. The time of realization of the narratives was in 2012.

Semi-structured interviews with professional psychiatrists with over 23 years of work experience at the time of the interview, 2012, were used to identify more professional information and to reveal more influential dynamics from their greater experience, more specific, more diverse and more related to the purpose of the research (investigation into social impacts on emotional health). First, experienced doctors were identified and then the interview was negotiated. For this purpose, about 12 psychiatrists were selected from different districts

of the country, mainly those who have covered psychiatric service over the years (Vlora, Elbasan, Tirana, Korça, Shkodra, etc.). Twelve psychiatrists, of whom 8 were used in the analysis, responded to the interview for this purpose. The answers in the interviews are open, which gives the data a completely qualitative character.

2.1. Study assignments

The research assignments in this study are:

- to determine the level and quality of emotional well-being of Albanians in different periods, through the identification of experiences;
- identify life experiences with significant emotional load, their type and frequency;
- make comparisons of these experiences between age groups and between periods before and after 1990
- to deepen the findings through deeper individual descriptions and to be able to establish analytical interpretations in this regard;
- create orienting summaries of emotional well-being as well as additional data that help find the answers raised in the study.

2.2. Central Hypothesis

The study is based on the assumption that radical political-economic-social changes that occurred in the early 90s, had their impact on people's lives and consequently on their psychological well-being. Thus after 1990 the conditions for more positive and negative emotional events and experiences increased. Also after 1990, the psychological well-being of Albanians was threatened more due to the intensity of events, lack of preparation to cope with them and due to our totalitarian heritage in the psychological sense (inherited psychological

difficulties, mentality, slow psychological change). Some of the study hypotheses are:

Hypothesis 1

Increase in positive and negative experiences (events) in the social environment (breakdown of isolation, political, economic, labor instability, services, law, institutions, crime, health, family, domestic violence, divorces, losses, accidents, introduction of new services, emerging from isolation, free market and initiative, political, economic pluralism, etc.) as well as in the personal environment (work, achievements, difficulties, successes in overcoming personal transitions, etc.).

Hypothesis 2.

Fluctuations in individual transitions in some age groups as a result of increasing or decreasing the level of difficulty of the conditions of development of society.

2.3. Sample indicators for Survey

For the realization of the survey through the application of LES, 1080 subjects were selected according to the statistical formula that calculates the sample size in a population¹ for the realization of a survey² with error margin or reliability interval + or - 3 and 95% reliability level. The sample percentage for analysis includes 73.1% of the sample or 790 questionnaires in total.

¹According to INSTAT (2009) The number of population for the age group from 40 to 89 years is 1177686 in total, of which the largest number is occupied by the age group 50-54 years with 195480 persons, then 45-49 with 192924 persons, 40-44 years with 186451 persons, 55-59 years old with 162745 persons, 60-64 years old with 130616 persons, 65-69 years old with 103332 persons, 70-74 years old with 92497, 75-79 years old with 63818, 80-84 years old with 35085 and age group 85-89 years old with 14738 persons in total.

²Sample size calculator. www.surveysystem.com/sscalc.htm

The main feature of the participants in the selection was that they had experienced the changes that occurred in the early 1990s at the socio-political level, as well as being able to remember these changes and events in their lives related to these periods that are being investigated starting from 1985 (subjects over 38 years old). Care was taken to ensure that the number of participants in the areas was as representative as possible, as well as gender and age distribution. The number of participants by cities is more representative than by areas due to some features related to the number of population in these areas ¹. Age, gender, place of birth and place of residence were used as general variables of the sample, while other variables such as education or work were not taken into account because in such a time evolution in which the study extends, these variables change as well as a part of them can be identified in the questionnaire at events such as finishing a school or starting a job (see appendix to the questionnaire at the end). Participants were selected from cities and villages in Albania and can be grouped into those who have preserved their place of residence and those who have changed their place of residence.

Survey participants (selected to complete the LES questionnaire) are from different areas of Albania. Females interviewed make up 53% of the sample, and males 47%.

¹The distribution of the population in the range of prefectures according to INSTAT is: Berat 140964 inhabitants in total, Shkodër 217375 inhabitants in total, Tirana 763634 inhabitants in total, Vlora 184279 inhabitants in total, Dibër 136630 inhabitants in total, Durrës 265330 inhabitants in total, Kukës 85239 inhabitants in total, Lezha 135609 inhabitants in total, Elbasan 2998, F Gjirokastra 75172 inhabitants in total, Korça 220438 inhabitants in total.

Table 1. Demographic characteristics of the sample in survey

		<i>number</i>	<i>PERCENT</i>
Total champion		790	100%
gender	MALE	370	47%
	Females	420	53%
Age group	38-44	176	22%
	45-51	291	37%
	52-58	184	23%
	59-65	105	13%
	Over 65 years old	34	4%
Migratory status	Place of birth and residence the same	658	83%
	Place of residence different from place of birth	132	17%
Residential area	Coastal area	199	25%
	Central area	360	46%
	Mountain areas	112	14%
	Tirana	119	15%

2.3.1. Sample for narratives

The sample for narratives is 16 in total. Subjects were randomly selected. Care was taken to ensure that the sample was representative in terms of age and gender as well as social strata. The criterion for the age over 38 years of the subjects, has not been applied to allow the possibility of a comparison of how a 30 year old expresses today about his life and how a 40 year old or a 50 year old expresses about the progress and evaluation of their life.

The advantage is that the analysis of narratives, since they are personal, reveals valuable judgments and interpretations. More detailed and in-depth data on one's life and one's assessments of it are also obtained. While the disadvantage may be that most participants in the narrative tend to express themselves about experiences that have been or are important in their judgment or that may have left them with more impressions, but which are not necessarily related to the research goals and findings.

Table 2. Indicators for the sample in narratives

		<i>number</i>	<i>PERCENT</i>
Total champion		16	100%
gender	MALE	7	44%
	Females	9	56%
Age group	32-37	2	12.5%
	38-44	6	37.5%
	45-54	2	12.5%

	55-64	1	6.25%
	65-68	3	18.75%
	83 years old	1	6.25
Marital status	Married with children	15	93.75%
	Married without children	1	6.25%
	Not married	0	
employment Over	Teacher	4	25%
	Self-employed (1 farmer, 1 farmer)	5	31.25%
	Housewife	2	12.5%
	retiree	3	18.75%
	Others	2	12.5

2.3.2. Sample for interviews with professional doctors

The sample for professional physicians was 12 interviews. This sample was conveniently selected for its qualities and the reasons why it is used in the study. Locations were initially identified where professional physicians with long working experience in mental health could be found. For this, data from the Ministry of Health were used to find experienced professionals. The number of professionals identified with long experience in the field of mental health in 2012 was relatively small. Long work experience was one of the basic criteria for selecting this sample to obtain the necessary evidence and comparative

information. These criteria initiated the small number of interviewers of 12 subjects. Contacts were then made with them to realize the possibility of a meeting and conducting the interview. Most of them accepted without difficulty. Everyone was willing to give an interview. The number of interviews used by the sample analysis was only 8 interviews. The questions in the interview were open. The content of the interview questions was designed by the applicant. The interview was piloted with three professionals. It contained 30 questions in the pilot phase. The questions were further reduced to 20 questions.

The advantages of this champion were:

- subjects being occupational physicians better suited to the purposes of the research and specific data could be easily collected.
- subjects with experience in the field of psycho-emotional health understood better the aims of the research during the interview and responded more easily.
- the long experience of the subjects created opportunities to provide sufficient data for discussions.
- Disadvantages :
- The experience of physicians was mainly on those subjects already affected by psycho-emotional vulnerability and not on the general population, healthy and unhealthy, a fact that may prejudice their findings and opinions.
- the time for which the data were requested was long and often the answers are also diffuse as to the periods referred to.

Table 3. Demographic characteristics of the sample for psychiatrists

		<i>number</i>	<i>PERCENT</i>
Total champion		8	100%
gender	MALE	6	75%
	Females	2	25%
Years of work	21-23 years of work	4	50%
	28-34 years of work	3	37.5%
	48 years of work	1	12.5%
Work area	Psychiatric Hospital	5	62.5%
	Health Center	2	25%
	Polyclinic	1	12.5%

2.4. Sample selection procedure

The sample selection procedure for the survey was a mix between random sampling and incovenant sampling. The random selection was made by going to different cities and villages of Albania, work institutions and houses and contacting people who met the survey criteria (mainly age). Initially, the number of population in these areas and cities was identified and then care was taken to make it as

comprehensive as possible for the area / city, gender, age, distribution in social strata and entities with different backgrounds and experience at work and more. To achieve this, short preliminary informative interviews were conducted with the subjects before the selection, so that they were as representative as possible of the characteristics of the population and strata in the population.

Each subject had equal chances of selection. Participants were notified verbally and informed in writing where they all signed the informed leave or approval. They also clarified the confidentiality of the search by ensuring that no data related to their identification as individuals (such as those related to identity, etc.) would be published. The time available to the subjects has been completely free to be decided by them. No time limit was set in conducting the survey, to give the subjects all the necessary opportunity to complete the questionnaire.

A considerable part of the time was used for giving instructions, as a good part of the subjects did not have experience in completing the questionnaires and being a participant in the study. A total of 6 people were trained to give instructions.

Convenient selection was made by asking students coming from different areas of Albania to distribute this in their areas and beyond. Each student who undertook to distribute questionnaires in his / her area was trained separately. Students were selected to be from the representative area (where there were shortages in filling), and were instructed to distribute as casually as possible rather than focusing solely on their relatives. This instruction was emphasized and implemented to a large extent by them.

The sample for narratives is 16 in total. Subjects were randomly selected. Care was taken to ensure that the sample was representative in terms of age and gender as well as social strata. In

the narratives, the criterion for the age over 38 of the subjects is not applied to allow the possibility of a comparison of how a 30-year-old expresses himself today about his life and how a 40-year-old, a 50-year-old and so on express themselves on performance and evaluation of their lives.

The advantages and disadvantages of this sample were that in the narrative most of the participants tend to express about experiences that have been or are important in their judgment or may have left them with more impressions, but which are not necessarily related to the research goals and findings. The advantage is that valuable judgments and interpretations are obtained being personal, as well as more detailed and in-depth data on one's life and one's assessments are obtained.

The sample for professional physicians is 12 of which only 8 interviews were used for analysis. This sample was conveniently selected for its qualities and the reasons why it is used in the study. First, this was only a relative number of professionals who were identified with long experience in the field of mental health in 2012. Long work experience was one of the basic criteria for selecting this sample to obtain the necessary evidence and comparative information. . The questions in the interview are open. The content of the interview questions was designed by the applicant. The interview was piloted with three professionals and contains 30 questions in the pilot phase. Questions were reduced to 20 questions.

The selection procedure of this sample was convenient. Locations were initially identified where professional physicians with long working experience in mental health could be found. For this, data from the Ministry of Health were used to find experienced professionals. Contacts were then made with them to realize the possibility of a meeting and conducting the interview. Most of them

accepted without difficulty. Everyone was willing to give an interview. The advantages of this sample are that the qualities of the participants were better suited to the research goals, the participants had a better understanding of the research goals and what was required during the interview, as well as had long experience in the field of psycho-emotional health. While the main disadvantage of this sample was that their experience extended only to subjects already affected by psycho-emotional vulnerability and not to the general population, which may prejudice their findings and opinions.

2.5. Research tools

LES is a self-report questionnaire developed at the University of Washington by Irwin G. Sarason, James H. Johnson, and Judith M. Siegel, in 1978, to assess the impact of life changes, primarily perceived emotional impact. According to the authors, LES¹ relies on studies which suggest that there is a relationship between life stress and vulnerability to physical and psychological problems. Most of these theories, according to them, are based on the assumption that: a) life changes require adaptation by the individual and are stressful and that b) persons who experience or experience visible / marked levels of life change during the recent past are vulnerable to physical and psychiatric problems (Sarason, Johnson, & Siegel, 1978). Other studies, they say, have also demonstrated a link between the extent of life changes and psychiatric symptomatology. (Dekker & Webb, 1974; Paykel et al., 1969; Sarason, Johnson & Siegel, 1978). Referring to Vinokur and Selzer (1975) and others (Constantini, Braun, Davis, & Lervolino, 1973;) they point out that these authors have also found life stress associated with suffering from depression, anxiety or tension (Sarason, Johnson & Siegel, hereafter).

¹Same page, 933.

The questionnaire built by them is a method according to the authors, to assess life changes based on the Schedule of Recent Experiences (SRE; Holmes & Rahe, 1967) but that differs from it based on the attitude that a measurement / instrument of life stress , must contain the following features:

1. First, it should include a list of events experienced at a certain level of frequency in the population being investigated.
2. Second, it must allow a ranking, scoring, or evaluation by the respondent himself regarding the desirability or undesirability of an event.
3. Third it must allow an individualized classification of the personal impact of the events experienced.

LES articles, the authors add, have been chosen to represent the life changes more often experienced by individuals in a population. LES consists of 57 items (events) that allow respondents to tell the events they have experienced during periods being researched in search¹.

The scale has two parts. The first section designed for all respondents contains a list of 47 specific events plus three spaces in which subjects can indicate other events that may have occurred or experienced. The events listed in section 1 refer to life changes that are common to people in a wide variety of situations.

After a piloting of 32 subjects, the events of section 2 were modified (as they may be modified) to suit the research goals and the population under study, referring to the socio-political changes in the country and their impact on life and daily life of Albanians. Piloting was also done to measure inconsistencies in reporting responses on the modified /

¹In the original version of LES the periods are the last 6 months to one year.

adapted model. The customized questionnaire model captures an $\alpha = 0.868$.

The LES format requires subjects to classify separately the desirability and impact of the events they have experienced. Thus, they are asked to tell the events experienced in the required periods as well as:

- a. whether they saw the event as positive or negative,
- b. the perceived impact of the specific event on their lives at the time it occurred.

The score is on a seven-point scale from extremely negative (-3) to extremely positive (3). While 0 no effect. The score for positive change is achieved by the sum of the impact of events experienced as positive. The score for negative changes is achieved by the sum of the impact of events experienced as negative. The sum of these two values achieves a complete change score that represents the total amount of change (desirable and undesirable) experienced by the subject. Total scores, although less than the index of negative ones, make this measurement used in research to provide more information about the relationship between negative change, change in itself, and stress-related dependent variables. Meanwhile the measurement does not represent a gender difference.

Total and negative scores correlate significantly and positively with STAI (Stait Trait Anxiety Inventory) (Spielberger, Gorsuch, & Lushene, 1970), Multiple Affect Adjective Checklist (Zuckerman & Lubin, 1965), Psychological Screening Inventory (PSI) (Lanyon, 1970, 1973), a five-point instrument where it was found that negative changes in LES correlate significantly, especially with the degree of social nonconformity Sn (Social Nonconformity) and the discomfort Di (Discomfort) of this instrument. Positive changes correlate positively

with another degree of Ex or that of Expression. These findings suggest a link between the negative changes measured by LES and some types of personal maladaptation. A significant correlation was also found between the negative change and the points in Beck Depression Inventory (Beck, 1967), consistent with the findings of Vinokur and Selzer (1975), Sarason (1978) who found the negative change associated with self-reported depression. In addition, another finding was that individuals who reported experiencing high levels of negative change seemed more outwardly oriented, perceiving themselves as less able to exercise control over coercive contingencies in their environment (Sarason, 1978: 938).

The events in the questionnaire vary from positive to negative although the assessment for them is left to the subject. They relate to different spheres of life starting from the individual, family, school and work level as well as other experiences that are thought to occur or may occur in someone's life and the weight of emotionality they have in the individual. It is then investigated whether some of these events are typically related or not to the periods under study and to certain age groups to enable comparison.

The model of the narrative used is self-designed by the researcher based on the guidelines for qualitative research and use of this method. It was judged that the narrative was not verbal but written in the form of a written narrative about life so that the subjects did not feel influenced by the researcher, his presence, to ensure the complete freedom of the subject to narrate without the presence of the applicant as well as to give more time for recalling and writing. The role of the researcher in the narrative has been guiding and negotiating to enable the narrative to be approved. Most of the subjects who were asked to confess did not refuse and signed the informed approval agreement, but there were those who wrote little

information in their narrative format both in the pilot phase and in the application phase.

In narratives, subjects are asked to write a written narrative about their life story, written and described by themselves, its progress in events, experiences and experiences as well as relevant emotions and assessments. At the beginning of the narrative the subjects are instructed to describe mainly those experiences that are most related to the years being researched, events with high emotionality if they have had such as losses, failures, successes achievements, injuries, pleasures, illnesses, departures, life and family relationships etc. They were also instructed to start the narrative chronologically but it was also pointed out that they were completely free if they started the description differently.

In the narrative the subjects are asked to describe their life from birth and its progress, the peaks, the events, the experiences and the respective perceptions. They were also instructed that where possible during the written confession, they could determine whether there had been noticeable changes in their lives after 1990 and the changes that occurred afterwards, compared to before and if that what nature were these changes. The subjects in the narrative express their experiences from childhood, school age, work and so on. They describe in some reports relationships such as those in the family, work, society and beyond as well as data on the progress of their lives during and between the two periods, giving relevant opinions and judgments. It is noted that some events are typically related to certain periods e.g. emigration knowingly related to post 1990. Other events and developments constitute features similar to the above (related to the socio-political changes that have taken place) while others have no similarities. What typically changes is often the way of experiencing, perceiving and analyzing life in both periods in the study as well as their intensification after changes

mainly depending on age. A total of 20 subjects were selected in the pilot phase. This phase helped to better adapt the narrative format, draft the instructions, the time needed to be available and the role that the researcher should have further. At the application stage, 22 subjects of which 16 narratives were used for analysis. The subjects at the end of the narrative also answered a short questionnaire which aimed to further clarify the writings in the narrative and to collect some data that might not have been cited in the narrative but that were necessary for the purposes of researching and detailing the narrative in further findings. The subjects answered these questions easily ("circle according to the rating from 1 to 6". See in the appendix).

The questions included aimed to gather information on the developments that took place in their lives after 1990 and how it might have been before, the designation of the years as more stressful or quiet from a professional, social and personal point of view as well as an assessment of these variables such as health, work, economic level, peace of mind and family relationships over the years from 1980 to 2012 (the time when the narratives were realized). Subjects were also asked to list some of the difficulties in different age groups as well as list the stressors and pleasures for some periods (similar to those under investigation). They are also asked in which periods of life they have been most relaxed. Subjects before the start of the narrative were asked to sign the approved agreement.

As general variables of the narrative were used age, gender, status, employment the last three years, children and a determination of the age that the subjects had in 1990.

The application of a semi-structured interview was conducted to collect data from professional psychiatrists who have worked for a long time in

mental health and who have touched the service in both socio-political systems before and after the '90s. The interview was constructed by the researcher in accordance with the aims of the study. It includes semi-open-ended questions and a few closed-ended questions. The questions in this interview aimed to gather information about the changes that may or may not have brought about, in the nature, quantity and quality of mental and emotional problems, the changes that occurred during and after 1990, their decrease or increase, the nature of these changes, age group, gravity and frequency. Some of the interview questions also aimed to gather data on the more common nature of the disorders before and after 1990 if such a division could exist as well as changes in distribution and treatment. The interview provided also to collect data on a possible peak of psycho-emotional illness over the years, their causes and problems over the years and whether there are differences in this regard regarding the causes as well as the progress and comparisons in all these for the period before and after 1990 (see appendix).

Statistical data were collected from the use of statistical sources from:

- INSTAT.
- Central State Archive (AQSH).
- Central Archive of the Ministry of Interior (MB).
- Ministry of Health and the Institute of Public Health (MoH & IPH).
- Statistical journals published by various institutions (prosecutor, court).
- Previous research
- Print and visual media
- Various publications
- Scientific conference

2.6. Data analysis

Data analysis has used a variety of methods. The calculation of data from the survey was performed using statistical programs built for this purpose such as SPSS, etc. But the main part of quantitative data analysis is done through the method of simple factor analysis. To analyze qualitative data in the narrative conventional content analysis was used where the coding categories come directly from the text data and directed analysis where the analysis begins with a related theory or research as a guide to the initial codes ¹. To analyze the qualitative data in the interview with psychiatrists, the analysis of plural content was used by counting and comparing keywords or their content and then performing the comparison.

2.7. Limitations of the study

The focus of this study, measuring psychological well-being, presents difficulties for several reasons. These reasons are first that deeper research is needed on the life and inner life of each individual before determining whether or not he is psychologically healthy. While the perceived emotional experience, the affective sphere, is only one of the aspects of psychological well-being and the focus only on defining the latter is only one of the indicators, but not the determinant, as there are many other aspects that need to be taken into account in consideration such as cognitive aspects, qualities related to personality, etc. If we refer to C. Ryff there are many other aspects that are related from self-acceptance, control over the environment to tendencies for self-actualization. The introspective experience is different and so specific to each angle it is quite difficult to collectivize it. It should also be borne in mind that subjective well-being is

¹1. Norman K. Denzin; Yvonna S. Lincoln. Handbook of Qualitative Research. Sage Publications. Social science- Research. ISBN 0-80-39-4679-1. H62, H2455. USA, 1994.

2. James. Goodwin. "Research in Psychology. Methods and Design ", Fourth Edition. Wheeling Jesuit University. John Wiley & Sons, Inc.

something other than group well-being, two concepts that should not be confused with each other. In interviews with professionals, the experience of the respondents is related only to unhealthy subjects, which risks a biased reflection of the situation on their part. Mental health statistics are also orienting for both periods as in both can be found factors that may have influenced an inaccurate recording of them¹. Looking at these limitations it can be said that this study can never be conceived as a determinant of our mental health over the years, but as a guide to what may have most affected our emotional well-being over the years and prove that periods of great social change are also associated with great individual life and emotional change threatening the subjective well-being of each of us or improving it (if there are positive changes and events).

Considering the age of the sample selected in the survey (over 38 years old) it is very important that these data are not used to determine or qualify those age groups that were not part of it as at this point the study is limited (the survey does not give us data on how the changes may have affected the younger age group (38 years and under) only in narratives and interviews with professional doctors.

Finally the comparison made should not be understood as a comparison between the totalitarian period and that of the democratic transition but as a comparison between what was before and what happened. This is understood if one considers that the periods studied before the changes are only two compared to the others ten after the changes.

¹In communism, subjects were also subjected to persecution without having a mental illness, while in transition there is great confusion and lack of data recording.

2.8. Ethics in study

In each step of the study a research line has been followed which respects every ethical aspect that a study may require, including from permission to interview or narrative, information, use of data for specifically research purposes only, confidentiality, self-awareness. applicants for non-inclusion of any kind (care has been taken to avoid in any data and interpretation as much as possible the involvement and beliefs of the applicant, hypotheses raised, obtaining data unilaterally, non-compliance with the rights of entities, etc.) . The subjects were informed at any time and in sufficient time for the search and were free to give up voluntarily at any time.

CHAPTER III - LITERATURE REVIEW

Farnicisco Jos Eiro Orosa (2013)¹ states that the real impact of rapid change in former communist countries regarding collective psychosocial well-being remains unclear and difficult to study. Reviewing a series of studies conducted to measure various variables related to mental health and psychological well-being, he concludes that it is clear that the transition has brought about factors of collective well-being such as democratic change, greater respect for human rights, deinstitutionalization process of mental health facilities etc. but he has neglected the role of society as a promoter or provider of care thus promoting individualism (Orosa, 2013. Lewis et al., 2001: 482).

3.1. The civilizing incompetence of Piotr Sztompka²

His approach is a sociocultural approach. He emphasizes that we should focus on what people think, their mentalities, etc. The overthrow of communism in Europe is seen as a revolution and as one of the greatest historical events in the world. Sztompka points out that the early 1990s brought two big surprises that were:

- The fall of communism,
- The sudden slowdown of the post-communist transition.

Sztompka emphasizes that the secret of the tensions and experiences in the societies of Eastern and Central Europe lies in the deep cultural heritage carried or inherited doubly from the pre-modernist past of these societies as well as from the recent syndrome of "false modernity" imposed by real socialism. The consequence of these complex historical influences is described by him as "civilizational incompetence" (Sztompka, 1993). These include deficiencies in

¹Francisco José Eiroa-Orosa. "Psychosocial wellbeing in the Central and Eastern European transition: An overview and systematic bibliographic review". *International Journal of Psychology*, 48: 4, 481-491, DOI: 10.1080 / 00207594.2012.669481. Autonomous University of Barcelona, Madrid, Spain.

²Piotr Sztompka, (1993). Institute of Sociology, Poland. "Civilizational Incompetence: The Trap of Post-Communist Societies". *Journal of Sociology*, Jg.22, Week 2, April 1993, pp. 85-95. F. Enke Verlag Stuttgart.

entrepreneurial culture, civic culture, culture of debate and discussion as well as culture of daily life. Although the surprising events that took place are seen as non-violent in nature, they can be seen as a revolution due to:

- radical and fundamental transformations that took place in all dimensions of society.
- direct and immediate involvement of the broad masses of citizens.

He emphasizes that building, setting up institutions, making laws, economic rules does not mean or it is not the same as their functioning. The first can be easily accomplished as it implies changes in structure. The second is more difficult as it involves or is on an interpersonal and personal level that summarizes values, identifications, interpersonal connections, etc. This requires profound mental, cultural, civilizing transformations of society. Referring to a lecture by Alexis de Tocqueville, he emphasizes that the "soft" factors of cultural habits, mentalities and routines, the character of their minds and the whole moral and intellectual condition of people should not be underestimated (Tocqueville 1945, vol I; 12. Stompka, p. 86).

3.2. Ideas of Martina Klicperova¹

M. Klicperova in her article suggests a post - communist syndrome developed in most countries with totalitarian history. This syndrome is mostly psychological in its character and includes more individual symptoms related to the cognitions, attitudes and behaviors of people developed during the communist periods.

One of its central hypotheses is that totalitarian societies produce totalitarian minds which then provide a totalitarian legacy of society even in post-communism. According to her, this totalitarian legacy can

¹ Klicperova M. (1999). Post-Communist Syndrome

also be called a post-communist syndrome (Klicperova, 1999: 6). It includes multiple psychological functions such as cognitive defects, negative affectivity, negative emotions, handicaps associated with inactivity to help, and so on. On the contrary also dexterity, acumen combined with abnormal attitudes etc. manifesting themselves at all levels of society but with a specific handicap at the level of citizenship and civil society. (Klicperova, 1999: 6). It differentiates several levels of this syndrome starting from the individual level, interpersonal community and neighborhood, systems and institutions, state and international politics and finally a worldview.

3.3. Reflection on the transition and the psychology of Albanians¹

Prof. Hamit Beqja quotes in his book "Democratic Transition and Psychology of Today's Albanians" that the beginning of 1990, in the entirety of the changes that took place, marked the entry of the country into a comprehensive democratic transition. The progress of this transition implies new, rapid and comprehensive developments of a democratic-pluralistic character in all spheres of life: social, material, political, social, spiritual, customary, economic, cultural, ethical and finally psychological. . He quotes that the Albanian transition during the years 1990-2000 has been quite rapid and contradictory, virulent and drastic at times with old phenomena of totalitarianism and new neo-totalitarianism. During this period, democracy was fragile due to numerous objective and subjective obstacles. In all areas the influence of the old and the obsolete was noticed. The transition from a totalitarian monist regime to a regime that aims to become democratic and pluralistic, which was a powerful premise for the rapid development and transformation of the human psyche, according to him, brought with it several phenomena:

¹Hamit Beqja. "Democratic transition and psychology of Albanians today", Tirana, (2000).

- liberation from censorship and self-censorship,
- the mentally free,
- the affirmation in itself of freedom of thought and speech,
- liberation from one-sided monist indoctrination,
- the affirmation of the human self's personality, its identity.

These opportunities, according to him, found differentiated and individual applications. He says that a new indicator has been created from where psychological features and mechanisms can explode, such as the transition from a centralized economy to a free market economy. The possibility for the explosion of the individual initiative is automatically created. Rapid developments have created the ground for the development of human psychology on the basis of new motives and impulses, gradual liberation from the legacy of old psychological structures.

What stands out today, he emphasizes, are the tendencies and efforts to affirm the human personality. Man has historically aimed to know himself, his place in life, in relations with others and with society as a whole, to secure and consolidate this place, but he still faces today (during these years) many objective obstacles, difficulties and subjective as well.

Free man in all respects: as a social being, as a political and economic subject, as an employee, as an owner, as a consumer, as a political activist, as a voter, as a subject of social life, educational and cultural life, as a legal being, etc. Understood so widely, the freedom of the person can neither be understood nor realized without spiritual emancipation, liberation from any social oppression, from any tendency of enslaving psychology. Spiritual emancipation gives rise to the need to cultivate in man an

emancipatory and emancipated psychology. This emancipation is the way to realize the freedom of the individual.

The freedom of the individual is first and foremost a freedom of conscience which materializes as the freedom of thought and speech as well as of belief. In a democracy, one must feel free to have one's own thoughts and ideas, one's own views (religious and beyond). Monist indoctrination impedes freedom of thought, speech, ideas, attitudes and this is mostly concretized in schooling and education in totalitarian countries. A *psychological*, spiritual, mental and emotional molding (Marxism-Leninism). Imposition through a whole system of information processing and propaganda created what he calls *psychological perversions* in some spheres, intellectual, emotional and the whole personality.

3.4. Some other theories and studies

Guimond and Sablonnière¹ in an analysis of psychological metamorphosis as they try to understand the effects of institutions, roles and dramatic social change on people, ask a fundamental question that has to do with how people cope with dramatic social change that happens out of their control.

The answer they give to this is that, to understand the psychology of change requires the commitment of both individual and collective processes, as well as their intermediate nature. Thus, they emphasize the impact that important features of the social and political context have on human cognition and behavior (attitudes, beliefs, social perceptions, etc.).

¹ Serge Guimond and Roxane de la Sablonnière. "Psychological Metamorphosis. Understanding the Effects of Institutions, Roles, and Dramatic Social Change on Individuals. Kap. IV. Katherine J. Reynolds, Nyla R.Brauscombe. "Psychology of Change; Life contexts, Experiences, and Identities". ΨP Psychology Press, Taylor & Francis Group, 2015 New York

When people enter a new institution, adopt new roles and become members of new groups, they adapt and change. However, they say, individual change is not social change.

Regarding coping with dramatic social change, they emphasize that social change brings about change in institutions. Institutions are important elements of the political and social context that spread the attitudes and behavior of people by producing change, which is decided to reach the desired ends. Social change can significantly influence the quality of life. Understanding how dramatic social change and its processes affect people requires a historical perspective (ibid., P. 64). Focusing over time on a change that has occurred is superior to focusing on a single point in the present where stability is often taken for granted.

In the context of a dramatic social change, group members perform a series of comparisons between their current group, the past group, and the one that is expected to come that delivers subjective assessments of contemporary well-being. These points of comparison include important historical moments of the past of a group with distinctive influences on personal and collective psychological well-being (ibid., P. 64).

Referring to several authors (Dent & Goldberg, 1999; Ford, Ford, & D'Amelio, 2008; Grant & Brown, 1995; Korpi, 1974; Lewin, 1947) it is noted that research on social change has assumed social contexts, institutions and relatively stable policies where the inclusion of change is slow enough to allow time for individuals to adapt (ibid., p. 65). In contrast, dramatic social change is defined as: "profound social transformations that produce a complete cut in the balance of social structures because their adaptive capacities are disrupted" (Guimond & de la Sablonnière, 2015: 65; de la Sablonnière, Taylor, Perozzo, & Sadykova, 2009: 325). Promoting our understanding of how

individuals respond in the context of dramatic change may be the most contemporary and interconnected application of social psychological resources today, with the potential for research to actively engage with the sociopolitical landscape of the outside world (Guimond & de la Sablonnière, 2015: 65; de la Sablonnière, French Bourgeois, & Najih, 2013; Subasic, Reynolds, Reicher, & Klandermans, 2012; see also Goodwin, 2008).

A critical indicator of change is emphasized to be personal and collective well-being where perceptions of one's social position, compared to those of change in other groups can affect personal and collective well-being including group self-esteem, pride and hope (ibid., P. . 67).

In their argument on exposure to political violence and political behavior, the psychological mechanisms of transformation, Canetti and Lindner¹ point out that political violence brings about far-reaching transformations. Violence and conflict bring about drastic, sometimes prolonged and permanent changes for the physical and mental health of the subjects exposed to them, which in turn have implications for the broader policies of the conflict (radical attitudes, for example). In order to understand the radical indicators in political attitudes among those affected by political violence, some psychological mechanisms such as stress or perceptions of threat must be considered (ibid., P. 77).

Living in different times is the same as living in different cultures, and just as cultures influence their members, the culture of the time builds

¹ Daphna Canetti & Miriam Lindner. "Exposure to Political Violence and Political Behavior: Psychological Mechanisms of Transformation", Kap V, "Psychology of Change", Katherine J. Reynolds and Nyla R. Brauscombe, 2015.

our personality, self-esteem, and attitudes (Individualism versus Communalism / Collectivism) (Jean Tewngé, 2015).¹

Michael EW Varnum who has tried to examine the impact of political and economic transition in Central European countries on socio-psychological processes², emphasizes that these societies in which there has been a rapid and massive social and institutional change, specifically those post-communist, offer a unique way to study cultural change from a socio-psychological perspective. This is due to the fact that a) the changes that have taken place affect whole areas of interest, b) the dramatic and pervasive nature of change, the transition from communism to a democratic market-based society, c) the new and rapid nature of change (it is possible to study both parties as those who spent their lives in the old system and those who socialized after the fall of communism) (Varnum, 2008: 216).

Varnum points out that the collapse of communism also brought about a change in values. The elderly in these societies grew up in a society in which collective values were important and that they were taught to adapt and survive the realities of life in a communist state, with close relationships in an informal economy and close family ties. In a relatively very short time these values and adaptations became "out of step" with the new realities of life in democratic capitalist societies. These changes also led to a decrease in subjective well-being towards these ages in relation to young people. The high degree of unpredictability and uncertainty that accompanied the post-communist period became a cause for dissatisfaction among the elderly in E. Q in relation to the young

¹ Jean Tewngé. *The Age in Which We Live and Its Impact on the Person*. Kap III. "Psychology of Change", Katherine J. Reynolds and Nyla R. Brauscombe, 2015.

² Michael E. W. Varnum. "Rapid Adaptation to Social Change in Central Europe: Changes in Locus of Control, Attribution, Subjective Well-Being, Self-Direction and Trust". *Dep. of Psychology. University of Michigan. Sociologia* 2008. Vol.40 (No. 3:215-235)

people who were socialized during this period of high uncertainty but who feel more comfortable in the realities of the economy based on the market and the democratic political system. This decline in subjective well-being is not only explained by the problems of age but is also a reflection to some extent of differences in the ability of adults and young people in these countries to adapt to changes in values and social life (ibid., p. 219).

In relation to democratization there is an increase in MS (subjective well-being) as a whole since the communist period, although early examinations of the impact of democratization on MS suggest that general MS fell in post-communist societies during the closing of communism especially for those seniors (Bowman, Slovakia). One of the most impressive elements in its growth around the mid-2000s relates to the speed with which these countries were able to adapt no matter how chaotic and dramatic the post-communist period was. One explanation given for this is that democratic institutions themselves have a beneficial effect on well-being, independent of the economic prosperity that tends to be associated with them (Varnum, 2015; Maks et al, 2006). Research on the PDI (perceived democracy index) based on political efficiency, perceived respect for the law, perception on freedom of speech, shows that it is a powerful and significant predictor of life satisfaction. These researches have also suggested that democratic values and norms have increasingly become important in countries of increasing welfare EC. So while economic growth and that of the standard of living have led to increased welfare, democratic institutions and perceptions of democratization are also responsible for this growth. (Varnum, 2008: 222).

In comparative psychiatry there is a discipline that focuses on the ethnic and cultural aspects of mental health, transcultural psychiatry. This discipline aims to identify, verify and explain

(YILEK, 2001; Murphy, 1982) the link between mental disorders and broad psychosocial characteristics, in nations, peoples and cultures. Sociocultural factors have their influence on psychiatric disorders where cultural variation is more associated with neuroses but where psychoses are no exception¹.

A good part of family therapists rely on systems theory, according to which there is a hierarchical structure within the family based on the highest degree of responsibility, and that the family as a whole interacts with other external systems such as the community, government, education, work systems, etc. The behavior of an individual must be seen and addressed within the context of these systems ².

Although many studies suggest a link between well-being and personality traits, values, social desire, self-concept or the need for self-determination (Iva Solcova, Vladimir Kebza, 2013 ³), a study by Y. Otsuka, M. Hori and J. Kawahito ⁴ showed that there is a relationship between income and positive affect, life satisfaction and subjective happiness. The results showed a relationship between these variables. Meanwhile P. Sanjuán and K. Jensen de Lopez⁵ discovered in their study that the differences in well-being between the samples in the analysis can be explained at least in part by the socio-economic differences.

¹ Wolfgang G. YILEK, M. D., M. Sc., M. A. "Cultural factors in psychiatric disorders", 26-th Congress of the World Federation of Mental Health, 2001.

² Hamid Mirsalimi, Stephanie H. Perlerberg, Erica L. Stovall and Nadine J. Kasloë. "Family Psychotherapy". Kapituli V. Handbook of psychology, Vol. 8, Clinical Psychology. George Stricker, Thomas A. Widiger and Irving B. Weiner. John Wiley & Sons. Inc. 2003. Fq 368.

³ Hans Henric Knoop, Antonella Dellafove. "WellBeing and Culture: Perspective from Positive Psychology", Chapter 1. "Positive Psychology and Cross-Cultural Research", Springer, 2013, fq 7. ISSN 2210-5417 dhe ISBN 978-94-007-4610-7.

⁴Yasumasa Otsuka, Masashi Hori and Junko Kaëahito. Yes there. Fq 7.

⁵Pilar Sanjuán, Kristine Jensen de Lopez. Yes there. Fq 8.

Kristina Burgetova (2012) examining the experiences and perceptions of the immediate environment of individuals raised during the communist regime in Slovakia with those raised later after the overthrow of the regime, made some findings.

Individuals who had grown up during the communist regime had different experiences and perspectives from those already raised in post-communism. This is mainly in several areas: how they experience the immediate environment, making important connections with peers and family ties, understanding and seeing themselves in the context of their environment. The importance of friends and family cohesion during childhood was the topic most often mentioned by older individuals or those raised during the communist regime. The amount of time spent with parents and grandparents seemed to play an important role in their emotional development. Often they express "We" in contrast to "I" in young adults after the regime. Meanwhile, she concludes in her study, the emphasis was on personal fulfillment, education, financial security, internal locus of control and self-efficacy. Financial security and personal freedom were among the most frequently mentioned topics.

CHAPTER IV: RESULTS

4.1. Results on the distribution of responses to events according to LES

The study of life experiences tends to measure the life changes that the individual experienced over a period of life and what was their impact on the psychological well-being of Albanians. It measures 57 questions that individuals voluntarily answer and recounts events they experienced over time before and after 1990. The life experience questionnaire used for the purpose of this study is based on a questionnaire developed by Irwin G. Saranson, and is a structured questionnaire to be completed by the individuals themselves. The questionnaire contains 60 questions which refer to life changes and which are the same for all individuals.

The life experiences questionnaire was answered by 790 individuals aged at least 38 years and older. The minimum age limit of 38 years was determined based on the purpose of extending the study to such a period as to cover 12 time periods before and after 1990, as well as on the specifics of some questions which require individuals to have passed several stages of life. The data are longitudinal or panel as they are the same individuals who responded to all 12 periods in the study in order to assess the dynamics of life events changes.

The variables used in the questionnaire are conceptual and measured on a 7-point scale that is ranked by (-3) extremely negative impact, (-2) moderate negative impact, (-1) somewhat negative impact, (0) no impact, (+1) slightly positive impact, (+2) moderate positive impact, (+3) extremely positive impact. By adding the scales of positive impact of events, the scoring of positive change is obtained. Negative change scoring is obtained by adding the points of events experienced by individuals as negative. Total difference scoring is obtained by adding the positive change scoring values to that of the negative change scoring. If the event did not occur then the degree of impact is left blank.

Females interviewed make up 53% of the sample, and males 47%.

Table 4. Mean and standard deviation of LES points by gender

Comparison of means (Independent Samples Test)									
les s Sco re	year	MALE			Females			The value of statistic s 't'	P
		punctuat ion average	Deviation Standard d	Nr. survey	punctuati on average	Deviati on standar d	Nr. survey		
Positives	1985-86	5.9	4.5	193	5.9	4.4	247	-0.052	0.959
	1987-89	6.9	5.1	231	6.8	5.1	272	0.402	0.688
	1990-91	5.6	4.5	211	5.1	3.8	254	1.337	0.182
	1992	6.4	5.1	255	5.9	4.7	283	1.158	0.248
	1996-97	5.9	5.5	209	5.7	4.2	250	0.552	0.581
	1998-99	6.7	5.3	231	6.4	4.9	279	0.688	0.492
	2001	5.2	4.2	190	5.0	3.7	223	0.508	0.612
	2008	6.1	5.0	229	6.2	4.7	246	-0.154	0.878
	2004-05	5.3	4.7	187	5.0	3.7	241	0.712	0.477
	2006	5.6	4.5	214	5.5	4.5	244	0.044	0.965
	2013	4.9	3.9	190	5.4	4.6	216	-1.216	0.225
	2014	5.2	4.0	199	5.6	5.0	215	-1.092	0.275
Negative	1985-86	5.8	6.7	200	5.6	6.3	210	0.295	0.768
	1987-89	6.0	6.9	220	6.0	5.4	241	0.010	0.992
	1990-91	5.3	4.5	215	5.5	5.0	258	-0.471	0.638

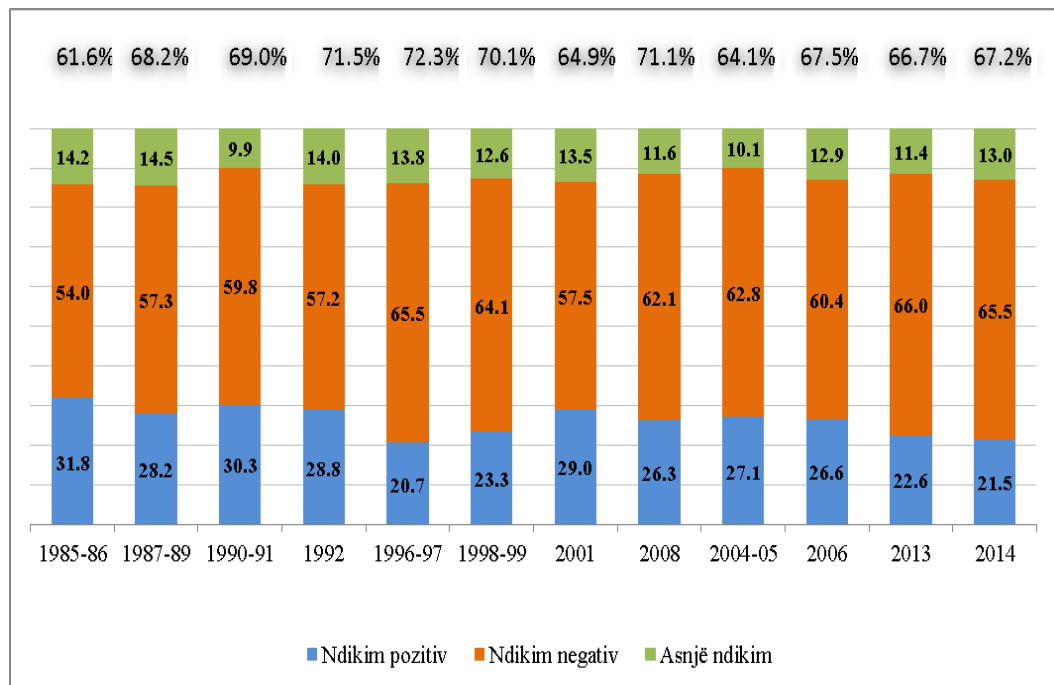
*Presenting Research Data for Changes and Impacts on
Psychology and Psychopathology of Albanians After Year 1990*

<u>in total</u>	1992	5.9	5.2	227	6.0	5.4	265	-0.214	0.831
	1996-97	7.7	6.8	277	7.6	5.9	317	0.223	0.823
	1998-99	7.0	6.4	244	6.4	5.4	295	1.254	0.210
	2001	5.0	4.5	212	5.8	6.2	233	-1.528	0.127
	2008	5.2	4.2	249	5.9	6.1	290	-1.452	0.147
	2004-05	5.3	4.2	210	5.9	5.7	260	-1.123	0.262
	2006	5.1	4.1	221	5.9	5.8	260	-1.646	0.100
	2013	6.1	5.4	242	6.9	5.6	289	-1.680	0.094
	2014	5.4	4.5	244	7.2	6.5	268	-3.571	0.000
	1985-86	8.5	8.3	269	8.7	7.5	302	-0.309	0.757
	1987-89	9.9	8.4	295	9.9	7.8	331	-0.014	0.989
	1990-91	7.9	6.7	295	8.2	6.5	330	-0.666	0.506
	1992	9.8	8.2	305	9.4	7.3	347	0.552	0.581
	1996-97	10.7	9.2	318	10.5	7.9	365	0.195	0.845
	1998-99	11.0	8.9	297	10.4	7.8	353	0.904	0.366
	2001	7.5	5.9	273	8.2	7.1	300	-1.306	0.192
	2008	8.9	6.4	304	9.4	8.1	342	-0.957	0.339
	2004-05	7.7	6.4	273	8.4	6.7	325	-1.240	0.215
	2006	8.2	6.5	284	8.7	7.5	330	-0.982	0.326
	2013	8.4	6.6	287	9.4	7.7	336	-1.799	0.072

2014	8.1	6.1	288	9.9	8.3	316	-2.973	0.00 3
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As shown in Table 4, there are no statistically significant differences between men and women in terms of scoring life events, whether positive or negative. Only for 2014 it is noticed that the difference between the scoring of negative life events between men and women is significant, where the average scoring for men is 5.4 (DS = 4.5) and for women is 7.2 (DS = 6.5) ($p = 0.000$ and $t = -3,571$). This significant difference may also be due to the reporting by individuals for a more recent period of time, for which they find it easier to remember the events of life experienced.

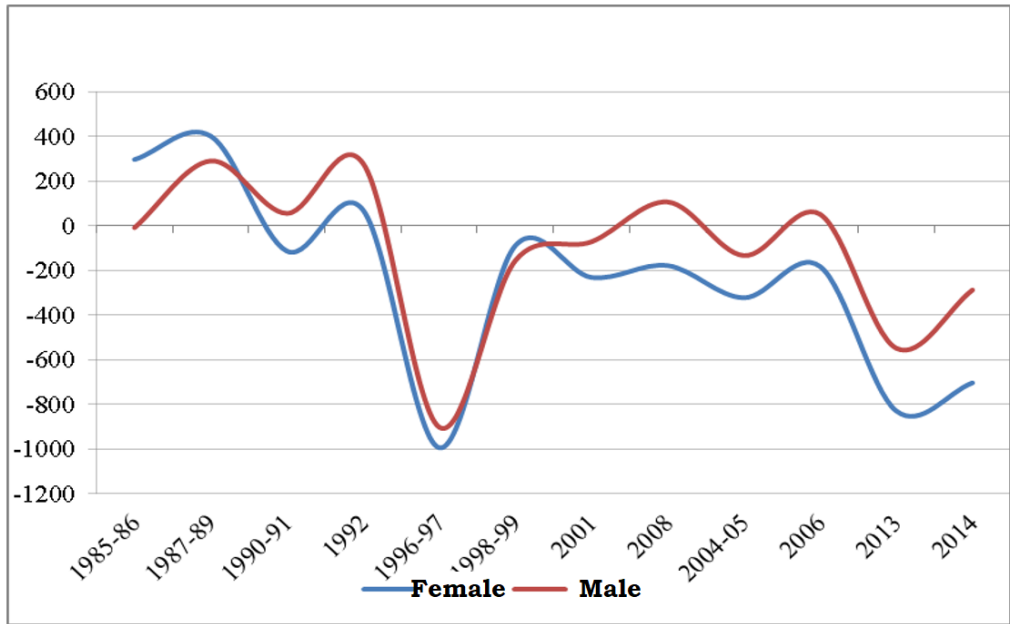
Figure 1. Distribution of the number of responses ABOUT of all events according to impact



In figure 1 is given summarized the distribution of number of events experienced about for which respondent gave answer whether have impacted them positively, negatively or impactfully neutral. If we consider all transition period, the average of 70% respondents have experienced at least one event about which they have rated its impact. For the years 1996-1997 respondents have reported a high number of experienced events (72.3%) whereas for the years 1985-1986, respondents have reported a smaller number of experienced events (61.6%). In the years 1985-1986 we have the highest rate of events experienced with positive impact (31.8%), while the years 1996-1997 mark the period with the lowest rate of events estimated positively (20.7% of events). It is noted that the transition period is associated with events experienced with a negative assessment which increases from 1985 to 1996-1997 where the percentage of events with a negative impact peak at 65.5%, and falls to 57.5% in 2001, increasing again for 2008 and 2004-2005.

This distribution of events experienced according to their impact on the lives of Albanians gives us only a general overview of how the transition has affected their psychology. The above analysis takes into account only the number of events experienced with a positive, negative or neutral impact regardless of the degree of their evaluation. But in the analysis of life events the appreciation for them cannot be ignored. Figure 2 below gives the points of perceived emotional impact of total events by gender to see if there are differences in the way and degree of experiencing events in total.

Fig. 2. Total event points by gender

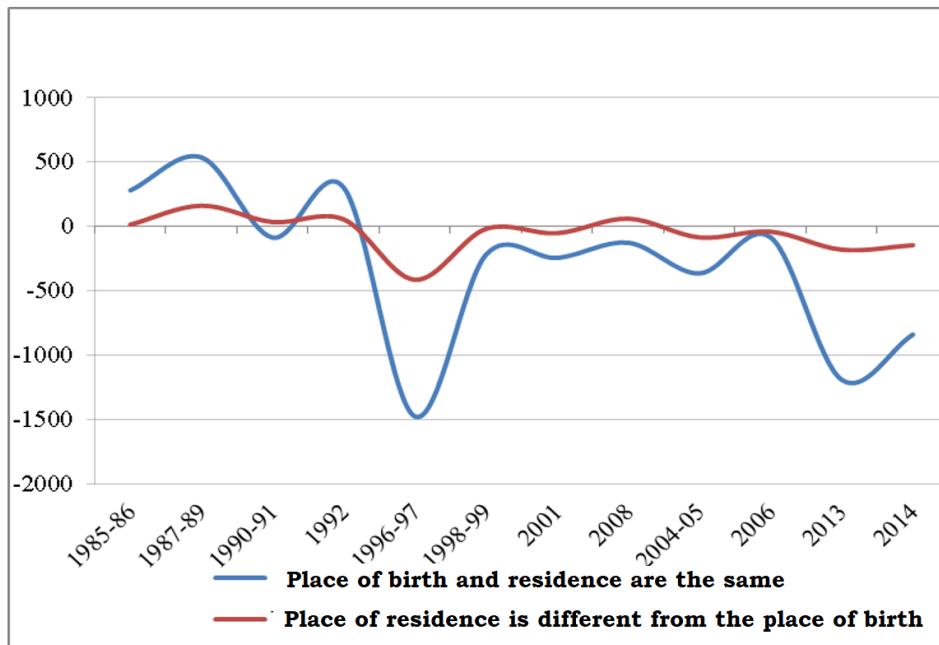


	1985 -86	1987 -89	1990 -91	1992	1996 -97	1998 -99	2001	2008	2004 -05	2006	2013	2014
Female s	297	402	-113	71	-994	-88	-231	-178	-322	-182	-829	-703
Male	-8	291	56	280	-902	-155	-71	107	-133	52	-548	-287

Analyzing the events in the time frame 1985-2014 by gender, age groups and change of residence (figures 2, 3 and 4) what stands out immediately is the period 1996-1997. It is clear that this period has had the greatest negative impact on the psychology and emotional health of Albanians, caused and strongly associated with socio-political developments in the country in 1997. But, in graph 2 below

it appears that individuals who have changed their place of residence (i.e., have emigrated to another city within the country) have experienced life events to a less negative extent than those individuals who are not part of internal migratory movements. From the collected data it resulted that 16.7% of the respondents have moved to a new place of residence within the country. This change in the scoring of life events according to the experience of internal migratory movements may not be very real as the proportion of interviewed individuals who stated that they have changed residence is much lower than those who have not, as well as the fact that the questionnaire itself was not intended to obtain information about the history of individuals' movements. It is very likely that a good part of the respondents had a migration history both inside and outside Albania.

Fig. 3. Points of total events by residence

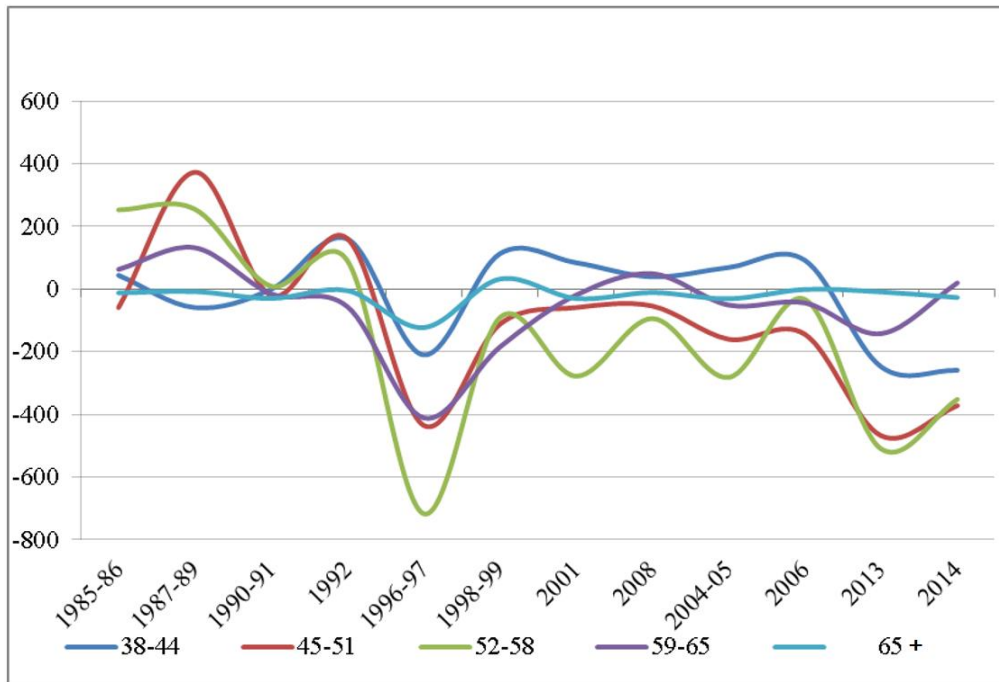


	19 85- 86	19 87- 89	19 90- 91	19 92	19 96- 97	19 98- 99	20 01	20 08	20 04- 05	20 06	20 13	20 14
The same place of birth	27 7	53 4	-89	29 9	- 14 79	- 22 2	- 24 7	- 12 9	- 36 7	- 87	- 11 94	- 84 2
Chan ging resid ence from the place of birth	12	15 9	32	52	- 41 7	-21	- 55	58	-88	- 43	- 18 3	- 14 8

In terms of total event points by age group (Figure 3), it is noted that the curve for the 45-54 age group peaks positively in 1987-89 and has the largest decline in 1996-1997 and 2013. These positive and negative peaks of total event points do not give a real reality unless the events which have had the greatest impact are analyzed separately. To respondents over 65 years old it seems that the events were experienced almost neutrally. This probably happens for two reasons. First, this age group is less represented in the sample taken in the study, only 4% of respondents are aged 65 and over. Second, remembering events over a period of many years is more likely to be more difficult and, consequently, more difficult to measure. In the

age group 52-58 years it seems that the years 1996-97 have had a greater negative impact. In that period the interviewed individuals were aged 40-46 years. But the points curve of total events after 1992 continues to remain with negative values for this age group.

Fig. 4. Total event points by age group

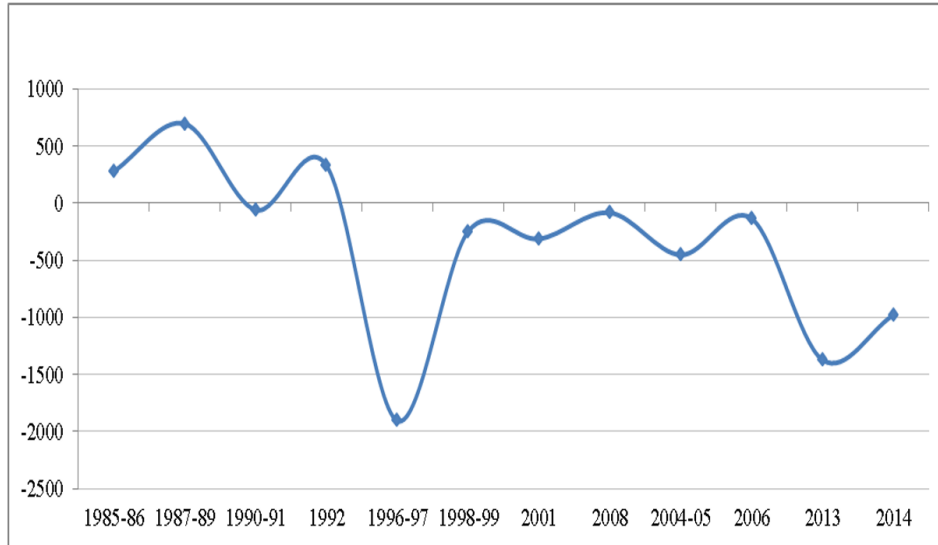


	1985 -86	1987 -89	1990 -91	1992	1996 -97	1998 -99	2001	2008	2004 -05	2006	2013	2014
38-44 years old	44	-59	-1	160	-210	113	84	39	69	92	-248	-259
45-51	-59	373	-20	161	-435	-112	-59	-54	-160	-144	-468	-372

year s old												
52- 58 year s old	253	255	9	91	-717	-91	-278	-94	-282	-33	-510	-352
59- 65 year s old	63	132	-15	-56	-411	-185	-19	49	-51	-44	-142	20
Over 65 year s old	-12	-8	-30	-5	-123	32	-30	-11	-31	-1	-9	-27

In figure 5, below, shows the change in total points for all events. As can be seen from the figure, the curve maintains the same trend with the above figures 2, 3 and 4. So, in conclusion, regardless of age, gender or place of residence, the years 1996-1997 have had a very large negative impact on the lives of Albanians, and this negative impact continues after this period but in a flatter form.

Fig. 5. Changing the total points for all similarities



In Table 5 we see how respondents responded to positive events. More specifically, we have made a distribution of the number of positively impact events and different time periods. It is noticed that the highest results are achieved in the first two rows of the table; that is, in the period 1985-1986, 141 respondents did not identify only one event with a positive impact, in the years 1987-1989 there are 154 respondents who identified a positive impact event, etc. We can also reason by analyzing the second row of the table which presents the distribution of respondents' responses to two events with a positive impact, in different time periods. Out of 60 different events presented in the questionnaire, it is noticed that the maximum number of positively impacted events was 20 and for this there is only one respondent who experienced these events in the period 1996-1997. The last line shows us in which time periods there is more response from the respondents in terms of the number of events with a positive impact. It is noticed that the highest result

is 538 and was achieved in the period 1992, which means that in this period more events with a positive impact were identified.

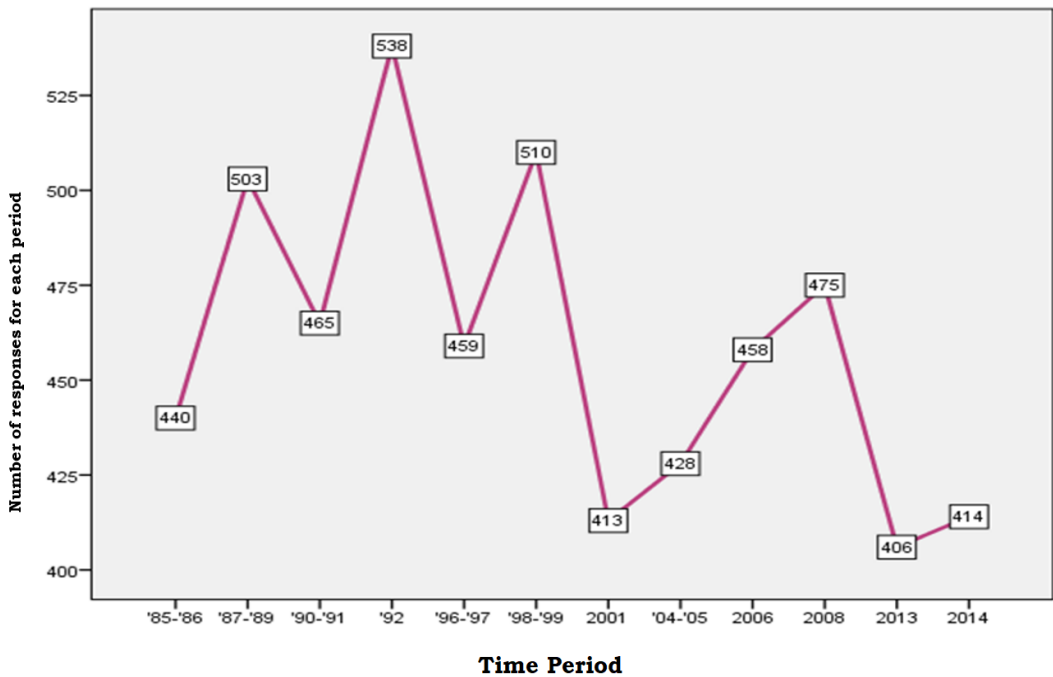
Table 5. Distribution of positive responses

		Time period											
		'85 -86	'87 -89	'90 -91	92	'96 -97	'98 -99	2001	2008	'04 -05	2006	2013	2014
Number of positive events for each period.	1	141	154	189	164	173	149	158	149	168	156	153	171
	2	127	106	119	131	109	116	115	110	104	113	111	89
	3	56	78	63	81	67	73	58	73	77	63	53	58
	4	50	55	36	56	47	66	41	55	38	45	41	36
	5	25	43	23	44	25	42	20	25	14	30	26	21
	6	21	20	13	18	14	20	9	22	8	25	8	16
	7	7	19	8	21	9	12	5	12	9	10	6	9
	8	7	17	3	10	8	11	3	11	5	4	2	4
	9	3	8	6	6	3	7	2	10	3	5	4	3
	10	3	2	2	4	0	9	0	4	1	3	0	3
	11	0	0	1	0	0	1	1	2	0	2	1	2
	12	0	1	1	0	3	3	0	1	1	2	1	1
	13	0	0	0	1	0	1	0	1	0	0	0	0
	14	0	0	0	0	0	0	1	0	0	0	0	1
	15	0	0	0	1	0	0	0	0	0	0	0	0

	16	0	0	1	0	0	0	0	0	0	0	0	0
	17	0	0	0	1	0	0	0	0	0	0	0	0
	20	0	0	0	0	1	0	0	0	0	0	0	0
Total	440	503	465	538	459	510	413	475	428	458	406	414	

If we want to see a more detailed division, in which period more events with positive impact were identified, we construct the graph below:

Fig. 6. Number of Positive Responses



The graph shows that the highest number of positive responses was reached in the fourth period, which corresponds to 1992, while the lowest number was reached in 2013. Table 3 gives us an overview of

the distribution of respondents' responses to events with a negative impact on their lives, over different time periods. Looking at the last line, it is noticed that more events with negative impact were identified in the period 1996-1997. The highest score of the number of events with negative impact (for only 1 subject) is 22 and was achieved in 2008. It is also noticed that 1 or 2 events with negative impact were identified by most of the respondents (first and second row in the table).

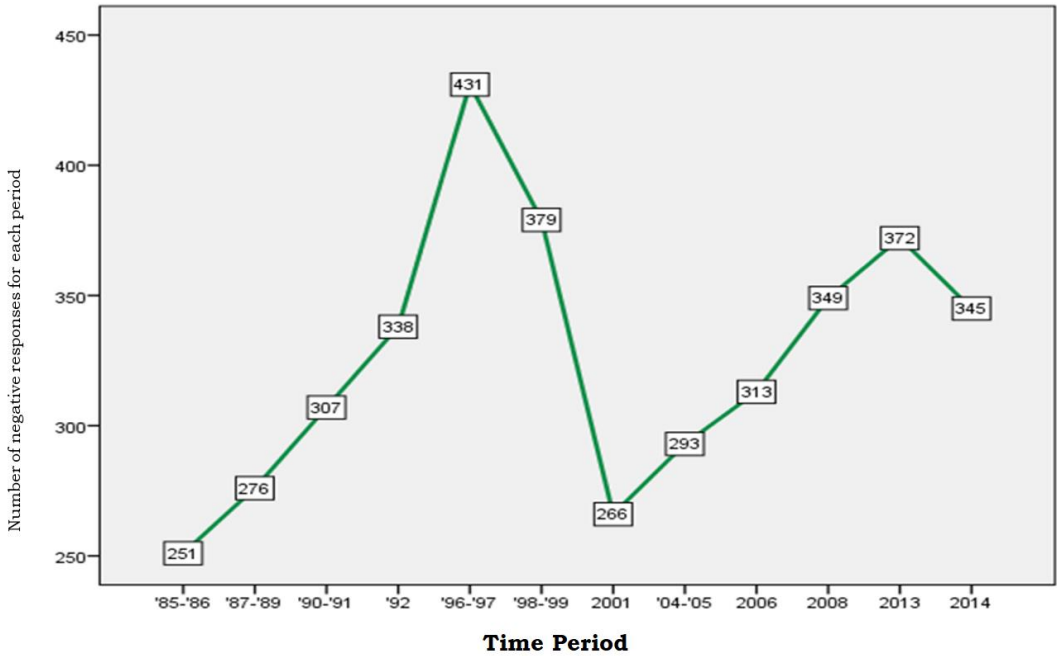
Table 6. Distribution of negative responses

		Time period											
		'85 '86	'87 '89	'90 '91	92	'96 '97	'98 '99	2001	2008	'04 '05	2006	2013	2014
Number of negative events for each period	1	159	185	166	154	163	160	179	190	177	168	159	167
	2	97	85	111	94	102	121	104	123	111	108	106	101
	3	62	66	87	90	98	63	50	72	54	64	88	75
	4	32	40	30	57	58	68	38	58	46	56	63	56
	5	22	28	24	30	56	40	33	37	31	31	39	38
	6	8	16	18	21	35	37	14	21	19	22	24	22
	7	9	11	8	15	28	16	5	13	12	11	17	14
	8	2	5	9	7	20	10	10	11	11	4	11	16
	9	7	9	5	11	10	9	4	3	3	5	7	6
	10	3	4	5	2	12	2	4	4	2	4	6	7
	11	2	3	5	5	4	4	1	1	2	3	5	3

12	1	4	1	1	3	4	1	3	0	1	3	4
13	3	0	1	3	2	2	1	0	1	0	0	0
14	0	0	2	1	0	1	0	0	0	1	1	1
15	0	1	1	0	2	0	0	1	0	2	1	1
16	1	2	0	1	0	0	0	0	0	0	0	0
17	0	0	0	0	0	0	0	1	0	0	1	1
18	0	0	0	0	0	1	0	0	0	0	0	0
19	1	1	0	0	1	0	0	0	1	1	0	0
20	1	0	0	0	0	0	1	0	0	0	0	0
21	0	1	0	0	0	1	0	0	0	0	0	0
22	0	0	0	0	0	0	0	1	0	0	0	0
Total	251	276	307	338	431	379	266	349	293	313	372	345

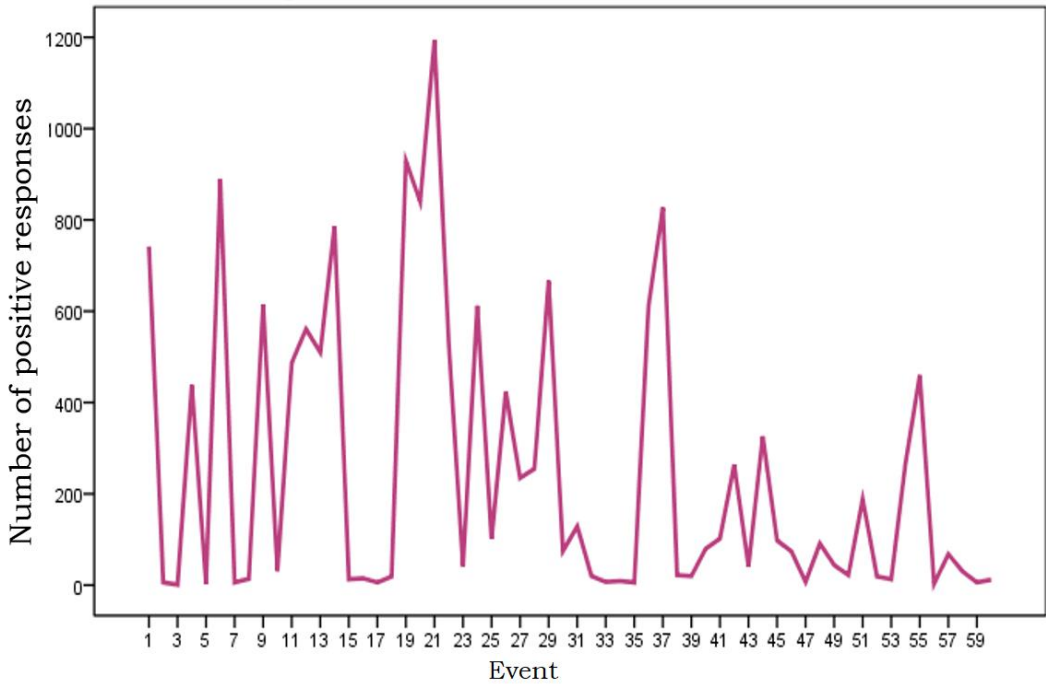
To see graphically in which period more negative events were identified, we see the figure below. The graph shows that the highest number of negative responses was achieved in the period 1996-1997, while the lowest number was achieved in the first period (1985-1986)

Fig.7. Number of negative responses



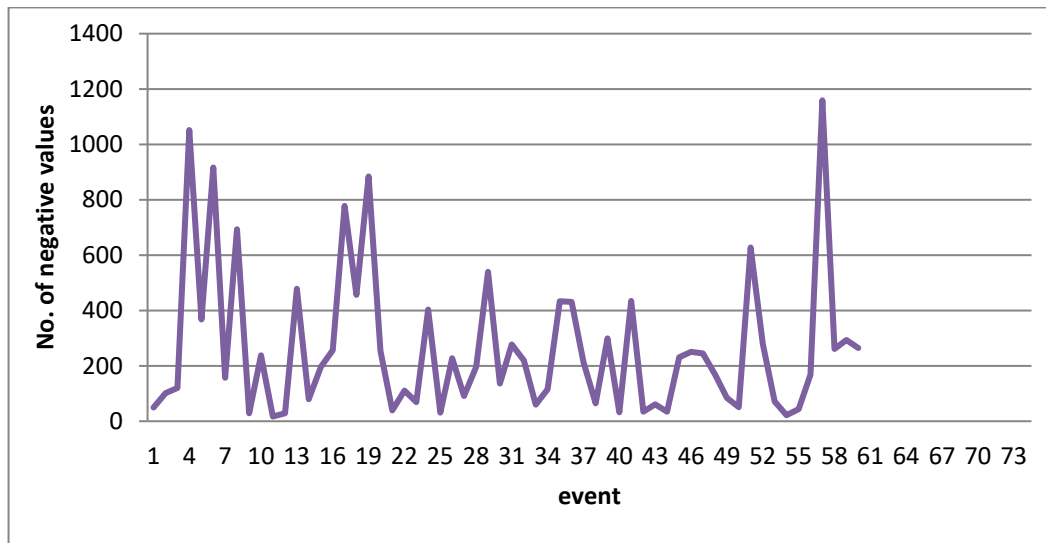
If we want to see which of the events has been identified as a positively influential event, counting all the positive answers to each question, the graph is constructed below, where on the horizontal axis we have presented the question number (an event) and on the axis of coordinates the number of positive responses given by respondents in each time period. The graph shows that the event with a positive impact that has been identified, regardless of time periods, is event 21, which represents the arrival of a new member in the family (birth, adoption, etc.).

Fig. 8. Positive responses



In the same way we can see which was the event with the negative impact that was most evident by the respondents. By counting the negative answers to each question, regardless of time periods, we can construct the graph below:

Fig. 9. Negative responses

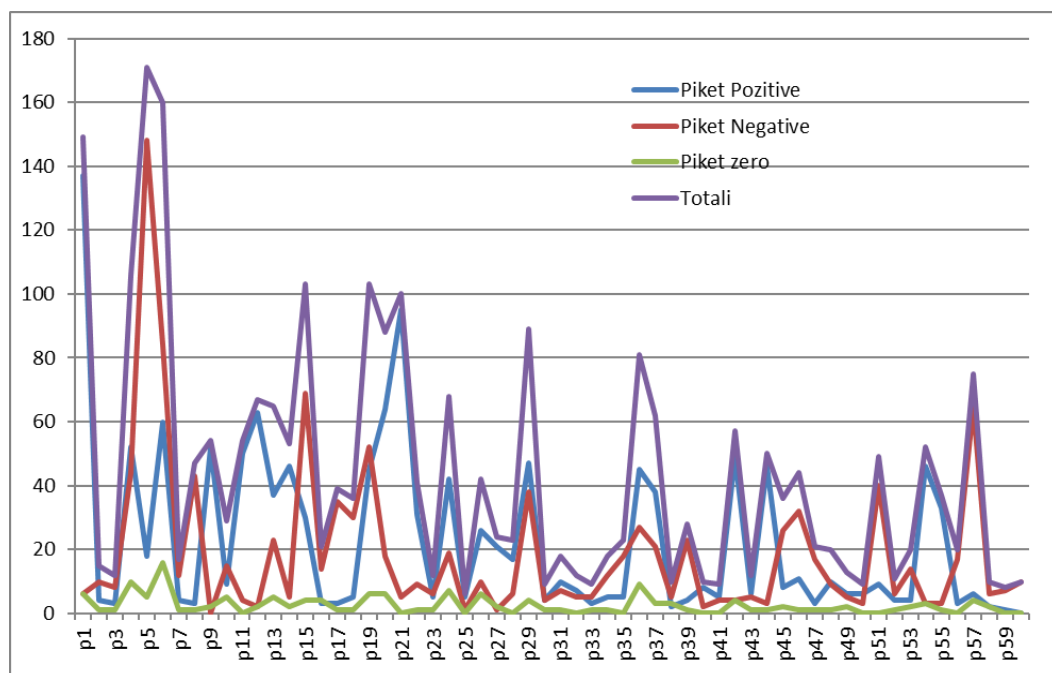


Analyzing the graph, it is noticed that the event with number 57 has been identified more as an event with a negative impact. Event 57 represents daily frustrations, social stresses etc. Apparently daily stresses and problems greatly affect the lives of the population at all times.

We are now looking at how respondents responded in terms of different time periods, how they responded to take each period separately, what was the event they identified the most, which had the most positive and negative impact. Figure 9 shows that the event that is most evident in the period 1985-1986 is events 5 and 6. Event 5 represents the death of a family member while event 6 represents major changes in eating habit (eating more or less). Graphically, the total number of responses is shown in purple. We now justify what was the most positively impacted event during this period (shown in blue in the graph). We see that the blue line reaches the highest point in event 1, which means that marriage is the event that has been identified as the most positive event in the years 1985-1986. The red line, which represents the

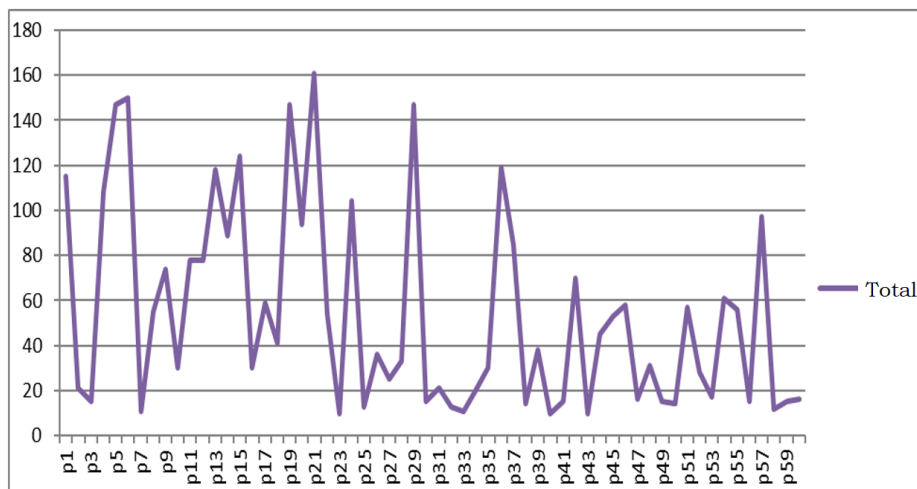
number of negative responses, reaches the highest point in event 5, which means that the event that was identified as the event with the highest negative impact was the death of a family member (mother, father, grandmother, grandfather, sister, brother, etc.). While the green line represents the number of zero responses, ie that the presented events have no impact on a part of the respondents.

Fig. 10. Distribution of positive, negative and total responses for the period 1985-1986



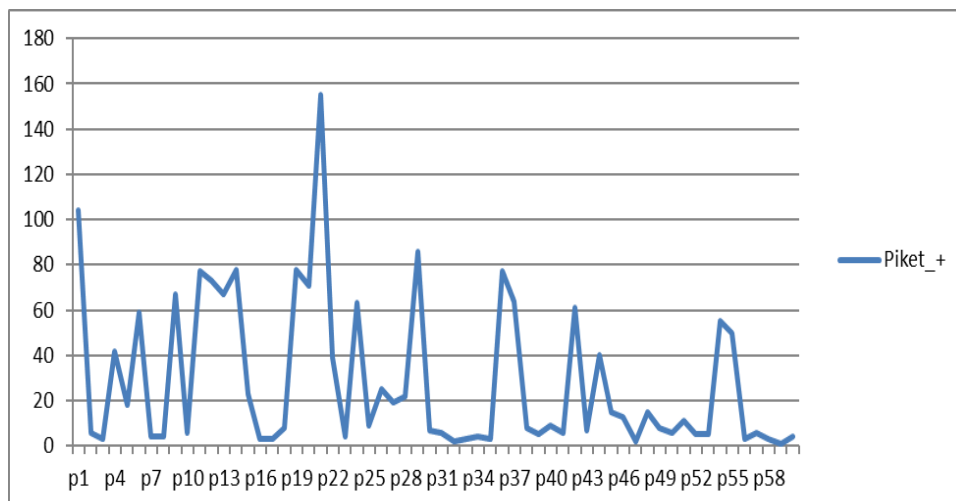
We now see what was the event that was most evident in the period 1987-1989. Referring to figure 10, it is noted that the largest number of responses was received by event 21, which corresponds to the arrival of a family member (birth, adoption, etc.). While the events that were identified the least are 23, 40 and 43, for which only 10 answers were given out of 791 respondents. These events correspond to divorce or separation from the partner and retirement.

Fig. 11. Distribution of the number of responses to each event in the period 1987-1989



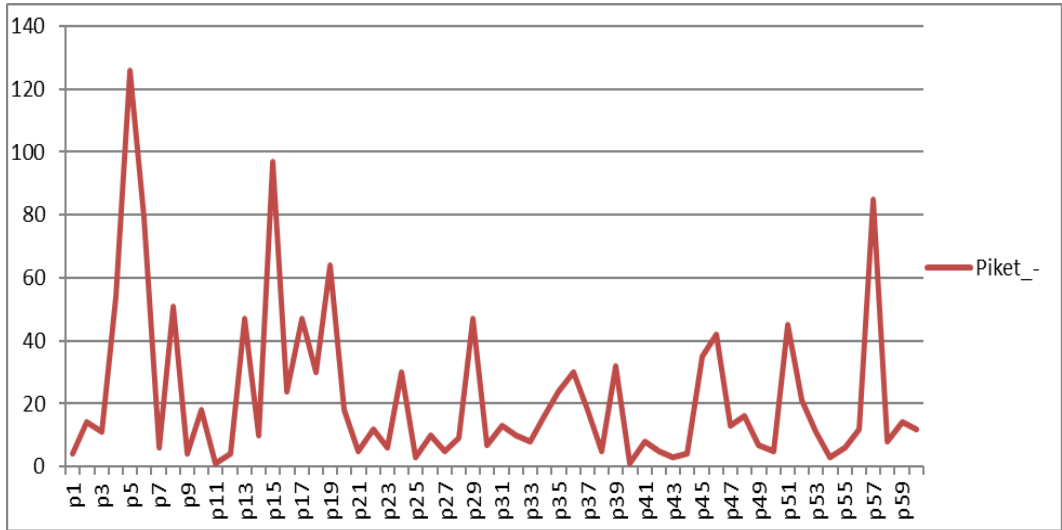
More specifically we can see who has been the event with the most positive impact in this period. Referring to figure 11, it is noticed that the event identified more as a positive event is event 21, ie the arrival of a new member in the family.

Fig. 12. Distribution of positive points for events in the period 1987-1989



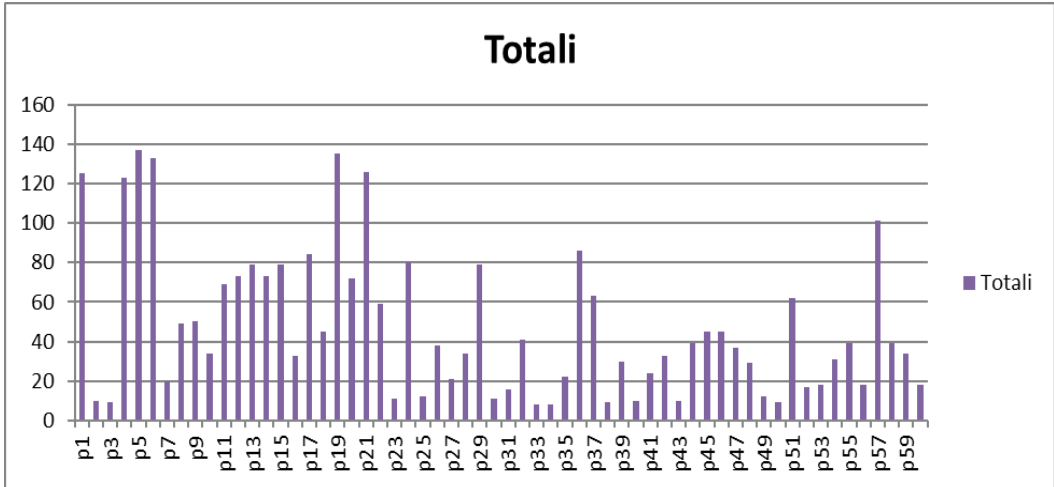
We now see who was the event that had the highest negative impact in the period 1987-1989. From the graph in figure 12 it is noticed that the event that received the most negative points was the event with number 5, which represents the death of a family member.

Fig. 13. Distribution of negative points for events in the period 1987-1989



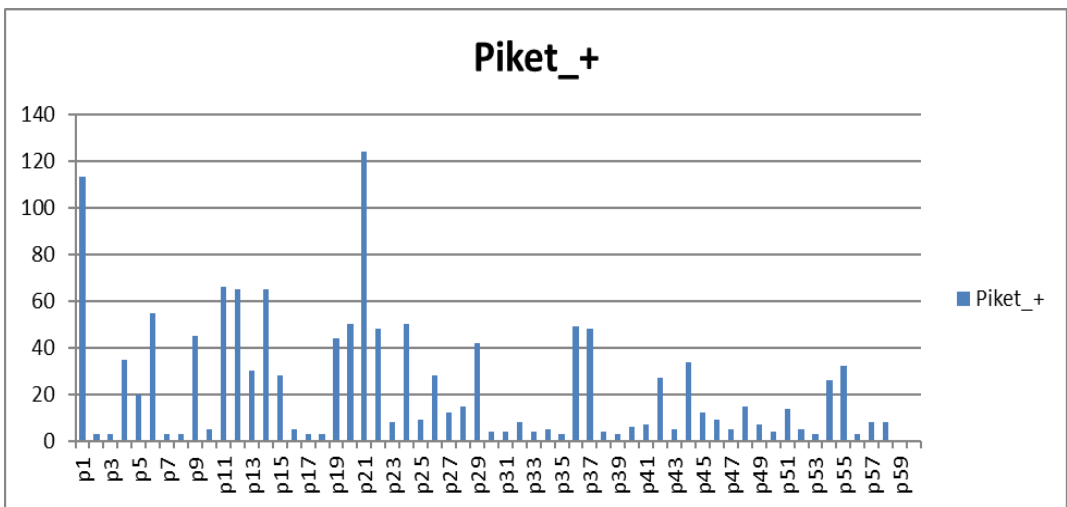
In Figure 13 we present the number of responses by respondents regarding the impact of events in the period 1990-1991. It is noticed that the highest number of answers was given for event 5, so the event that was most identified was the death of a family member.

Fig. 14. Distribution of the total number of responses to events in the period 1990-1991



We see in more detail which of the events has been identified as the event with the highest positive impact in this period. According to the graph in figure 14, it is noticed that the event with the highest positive impact was event 21, ie the arrival of a new member in the family (birth, adoption, etc.).

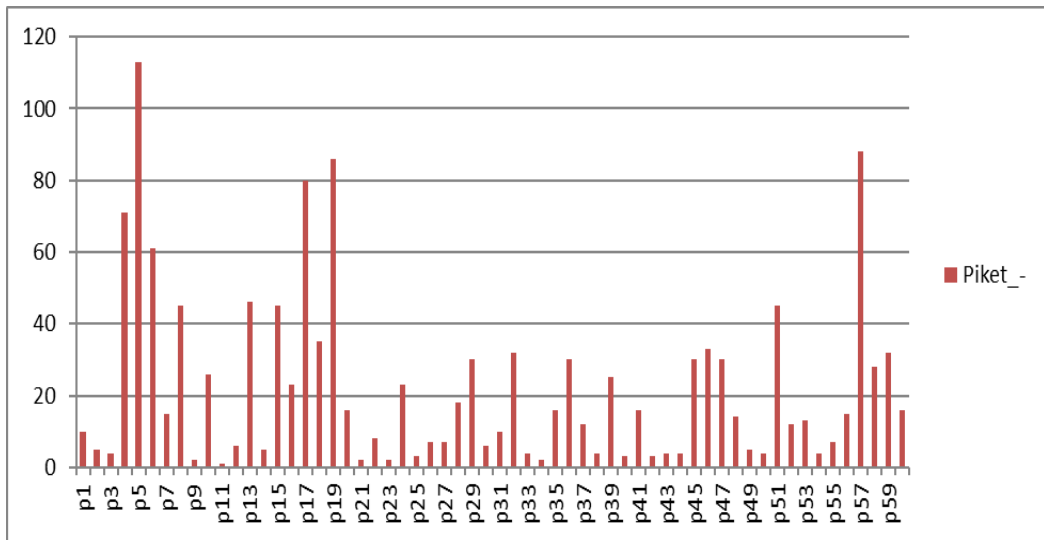
Fig. 15. Distribution of positive points for events in the period 1990-1991



In the same way we can see which was the event with the highest negative impact. We see this by looking at the number of negative points received from respondents' responses.

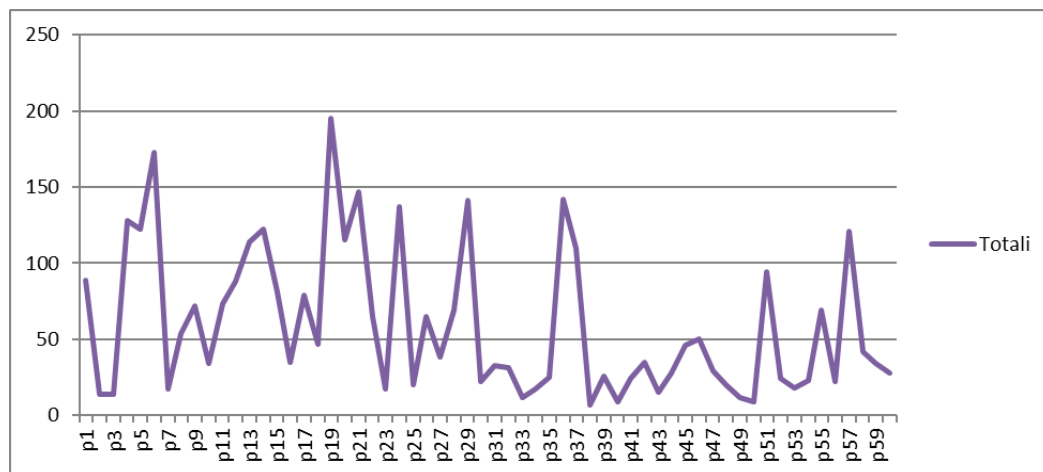
Figure 15 shows that the event with the highest negative impact was identified as event 5, the death of a family member, with the total number of negative responses 113.

Fig. 16. Distribution of negative points for events in the period 1990-1991



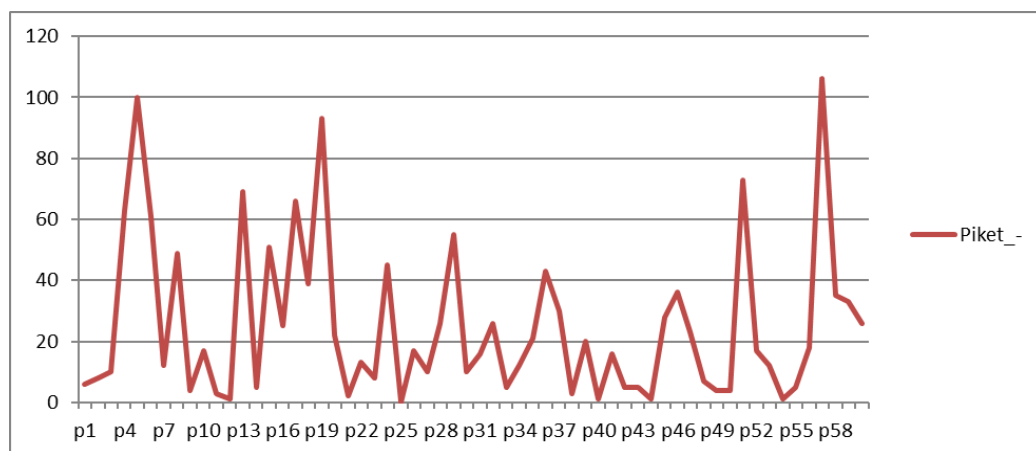
We now reason on the impact of events in the period of 1992. First we see which of the events was most evident, then which was with the highest positive or negative impact. According to Figure 16, the event that was most evident in 1992 was event 19, ie major changes in financial status. To see if this has been identified more as a positive or negative event, we see this in the following graphs.

Fig. 17. Distribution of the total number of responses to events in the period 1992



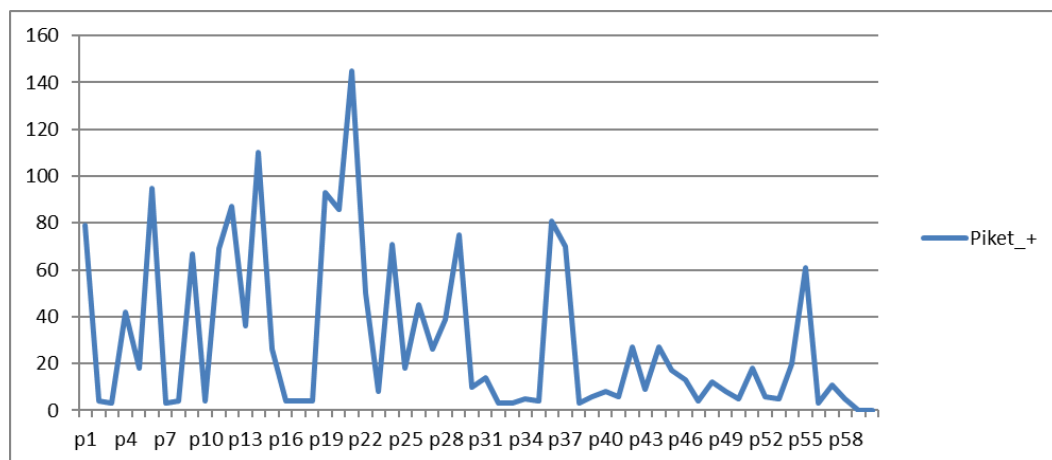
According to the graph in Figure 17, which is obtained by summing the number of negative responses for each event, it is clear that the event identified as the event with the highest negative impact is 57, which represents the daily stresses and frustrations of the population. Apparently 1992 was a psychologically charged year for the population of that time.

Fig. 18. Distribution of negative points for events in the period 1992



In the same way, by counting the positive responses for each event, we identify which was the event with the highest positive impact. According to Figure 18, the highest point of the graph is reached for event 19, which means that major changes in financial status have had a positive impact in 1992.

Fig. 19. Distribution of positive points for events in the period 1992



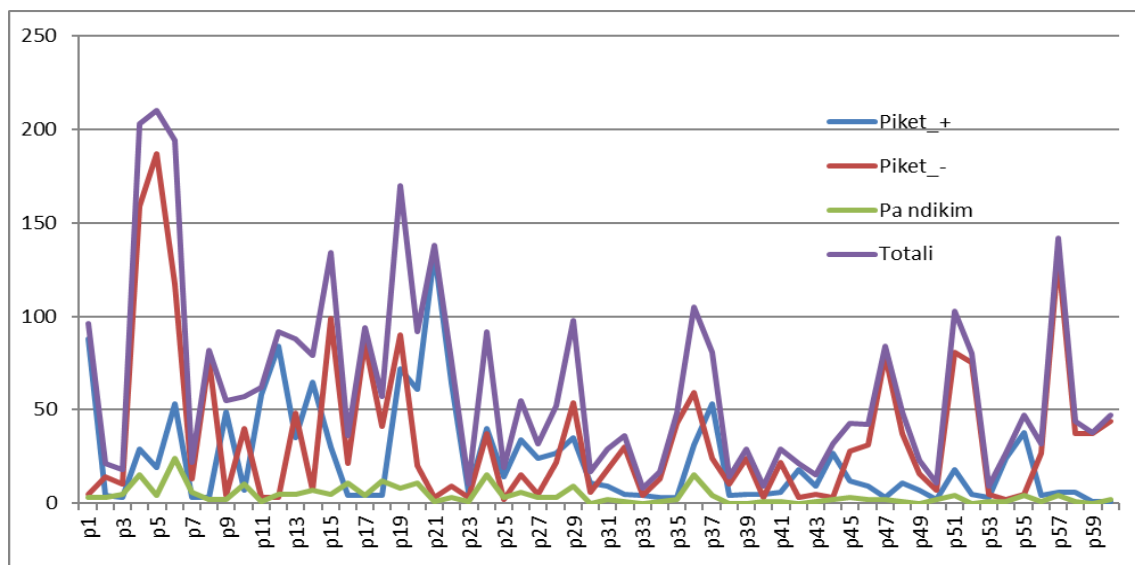
We now see which events were most evident in the period 1996-1997. From the graph in figure 19, the total number of responses for each event in the period 1996-1997 is presented in purple. It is noticed that the highest point that the line reaches is for event 5, so the death of a family member was the event that was most evident in the period 1996-1997.

The blue line represents the number of positive responses to each event. Thus, through it we can derive what was the event with the highest positive impact during this period. It is noted that the highest point of the line is reached at event 19, so major financial changes have had a higher positive impact in the period 1996-1997.

The number of negative responses for each event is displayed in red. From the graph it is noticed that the event that has been identified

more as a negative event is event 5, ie the death of a family member (mother, father, sister, brother, etc.).

Fig. 20. Distribution of points for events in the period 1996-1997



In the same way we can analyze which events were most evident in the period 1998-1999.

From the graph in figure 20 it is clear that the event that is most evident in this period is the number 19, which represents major changes in financial status (purple line).

We now see where the highest point of the graph is reached for the blue line representing the number of positive responses of the respondents. It is noticed that the event that has been identified as a positive event is the one with the number 21, ie the arrival of a new member in the family (birth, adoption, etc.).

The red line represents the number of negative responses given to each of the events in the period 1998-1999. It is noted that its highest point

is at event 5, which means that the death of a family member has been the event with the highest negative impact in this period.

Fig. 21. Distribution of points for events in the period 1998-1999

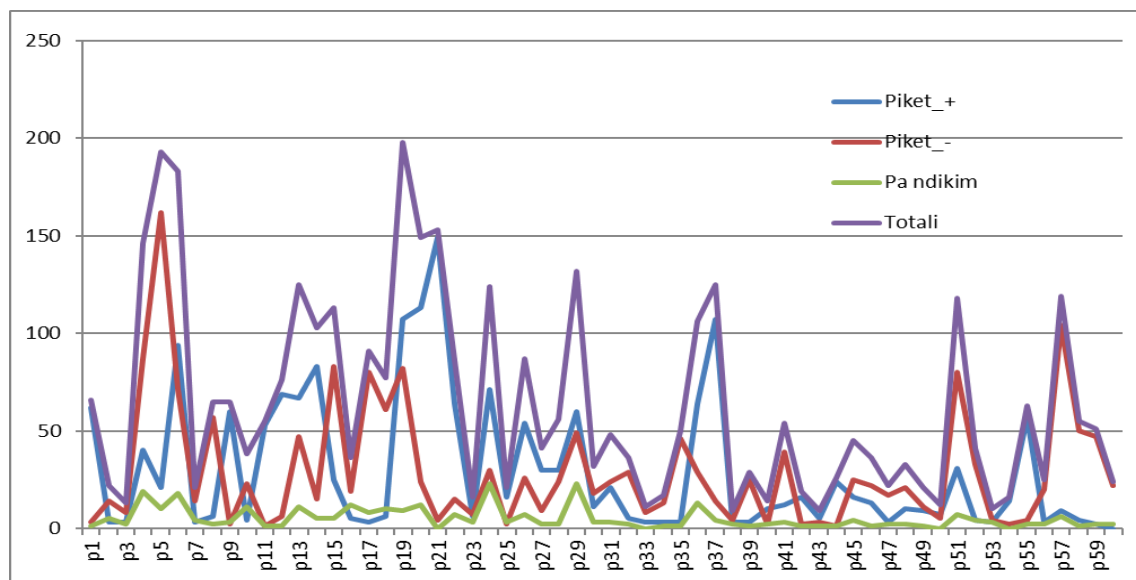
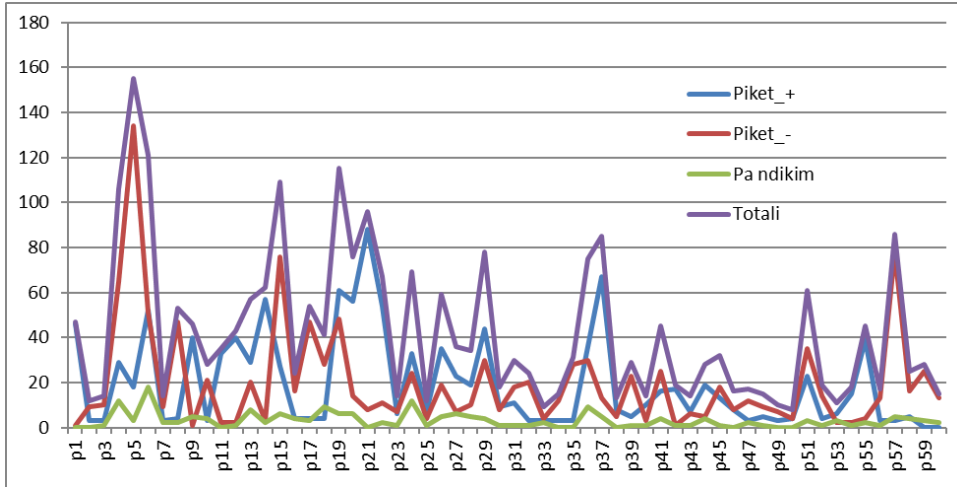


Figure 21 shows the distribution of total points, positive and negative for each event, in the time period 2001. The purple line that represents the total number of responses to each event, indicates that the event that is most evident in this period is event 5, ie the death of a family member.

It is also the event identified as the event with the highest negative impact (we see the highest point of the red line).The blue line represents the number of positive responses for each event. It is noticed that the highest point is reached at event 21, so the arrival of a new member in the family has been identified as the event that has had the most positive impact in this period.

Fig. 22. Distribution of points for events in 2001



In Figure 22, the bar chart shows the total number of responses by respondents for 2008. The highest bar is reached at event 19, which means that major changes in financial status are the event that is most evident.

Fig. 23. Distribution of the total number of responses to events in 2008

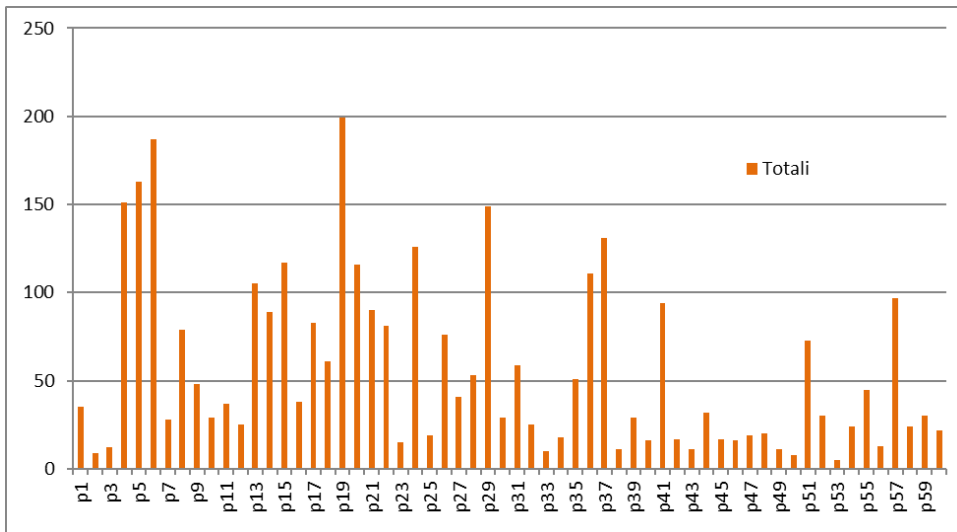
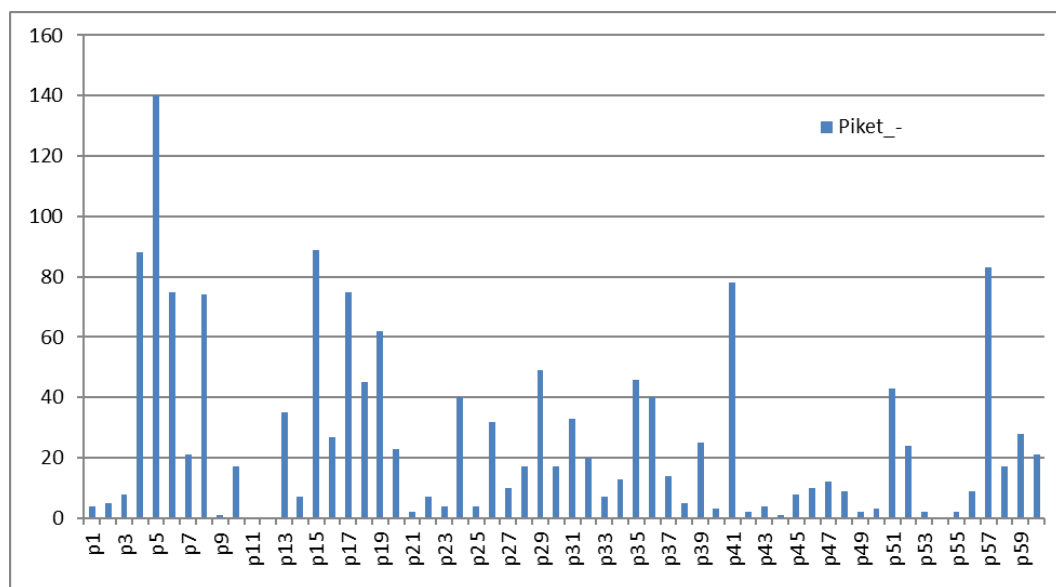


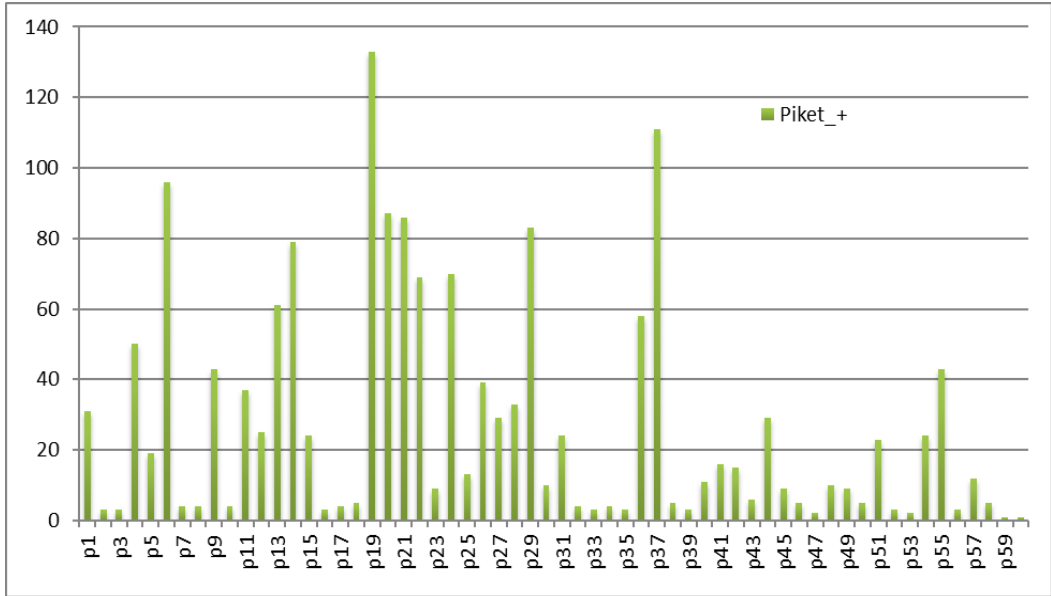
Figure 23 shows the number of negative points for each event recorded in 2008. Looking at the graph it appears that the column reaches the highest length at event 5, so the death of a family member is identified as the event with the highest impact on this period.

Fig. 24. Distribution of negative responses to events in 2008



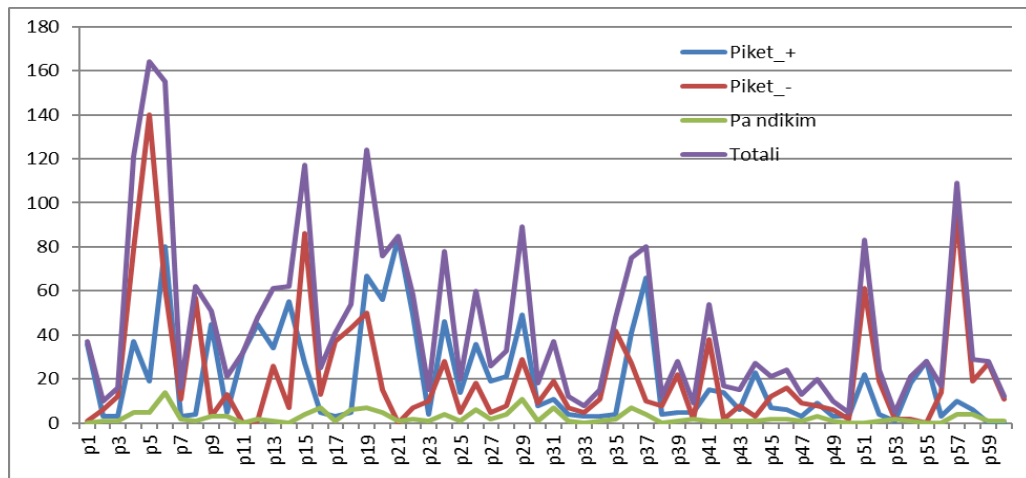
In the same way we can reason for the positive points obtained from the answers of the respondents. Figure 24 shows that the highest number of positive responses for 2008 was reached at event 19, which represents major changes in the financial status of the population.

Fig. 25. Distribution of positive responses to events in 2008



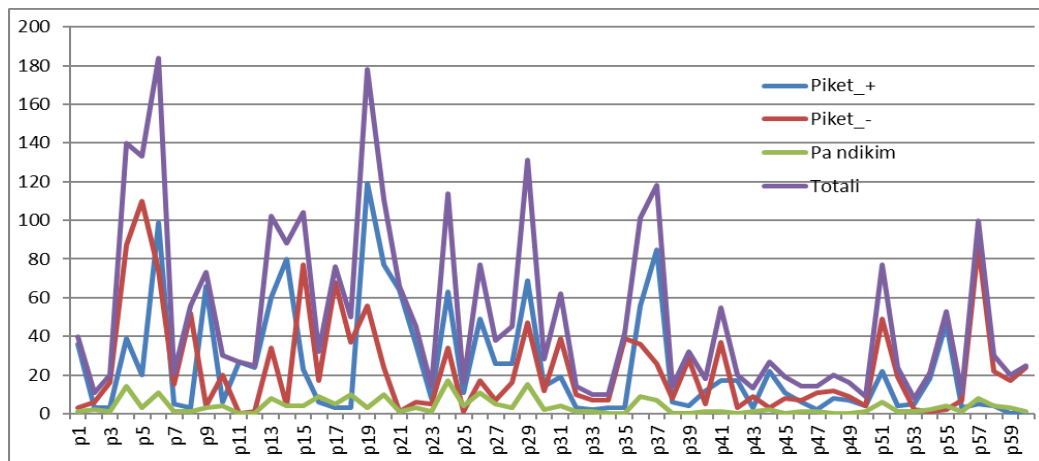
We now see how respondents' responses were distributed for the period 2004-2005. The purple line indicates the total number of responses to each event. Thus, through it we justify what was the event that was most evident in this period. The highest point is reached at event 5. If we look at the red line that shows the number of negative responses for each event, we notice that it also reaches the highest point at event 5, which means that the death of a member of family is evidenced as the event with the highest negative impact on respondents. The blue line represents the number of positive responses given by respondents. She reaches the highest point in event 21, ie the arrival of a new member in the family.

Fig. 26. Distribution of responses to events in 2004-2005



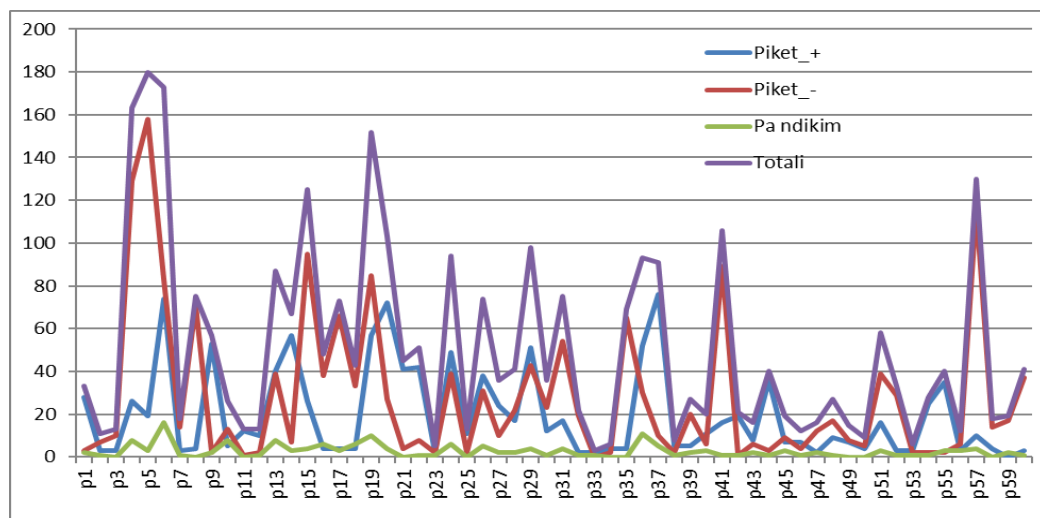
In 2006 it seems that the event that is most evident is event 5, which is then followed by event 19 (green graph). If we look at the red line, it seems that event 5 (death of a family member) is identified as the event with the highest negative impact, while event 19 (major changes in financial status) is identified as the event with the highest positive impact (the highest point of the orange line, which represents the sum of the positive responses of the respondents).

Fig. 27. Distribution of responses to events in 2006



Regarding the impact of events in the period of 2013, we see Figure 26. The green line shows the total number of responses for each event, for 2013. It is noted that the event that is most identified is event 5, ie the death of a member of the family. Also, the red line reaches the highest point in event 5, so it is identified as the event with the highest negative impact in this period. If we look at the orange line, we notice that it reaches the highest point at event 37, which means that the major changes in living conditions (construction of a new house, remodeling, demolition of the house, neighborhood, etc.) are identified as the event with the highest positive impact in this period

Fig. 28. Distribution of responses to events in 2013



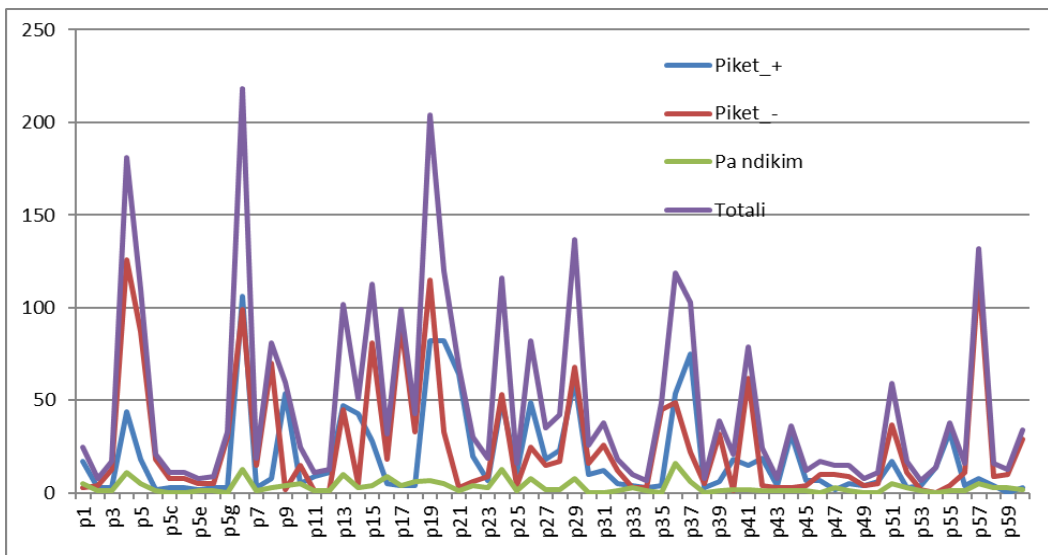
To see how events have affected the 2014 period, see Figure 28.

The yellow graph represents the total number of responses to each of the events. It is noticed that the line reaches the highest point at event 6, which means that the major changes in the eating habit are the event that is most evidenced by the respondents. The blue line represents the number of negative points for each event. From the graph it is clear that event 4 (major changes in sleep, sleep more or

less) was identified as the event with the highest negative impact in 2014.

We now see what has been the event with the highest positive impact. From the graph it is noticed that the highest point of the orange line is reached for two events, 19 and 20. So, the big changes in the financial status, as well as the big changes in the closeness with the family members, are evidenced as two events with the highest positive impact.

Fig. 29. Distribution of responses to events in 2014



Similarly we can make an analysis of the most evidenced events, grouping respondents by age groups. Figure 29 shows the total number of responses from respondents aged 38-44, the number of positive and negative responses. In this way we can justify which was the event that was most evidenced by the respondents and which had the highest positive or negative impact.

The blue graph represents the total number of responses. Thus, the highest point of this graph also shows which of the events was most

evident by the respondents in the age group 38-44 years. It is noticed that the highest point is reached at the event with number 5, ie the death of a family member, which is also the event with the highest negative impact, as the red line that represents the number of negative responses, reaches there the highest point.

The blue line represents the number of positive responses. It is noted that the highest point is reached at event 54, which represents the beginning of a school (high school or high school). So, this event was considered by the respondents of this age group as the event with the highest positive effect .

Fig. 30. Distribution of responses by respondents in the 38-44 age group

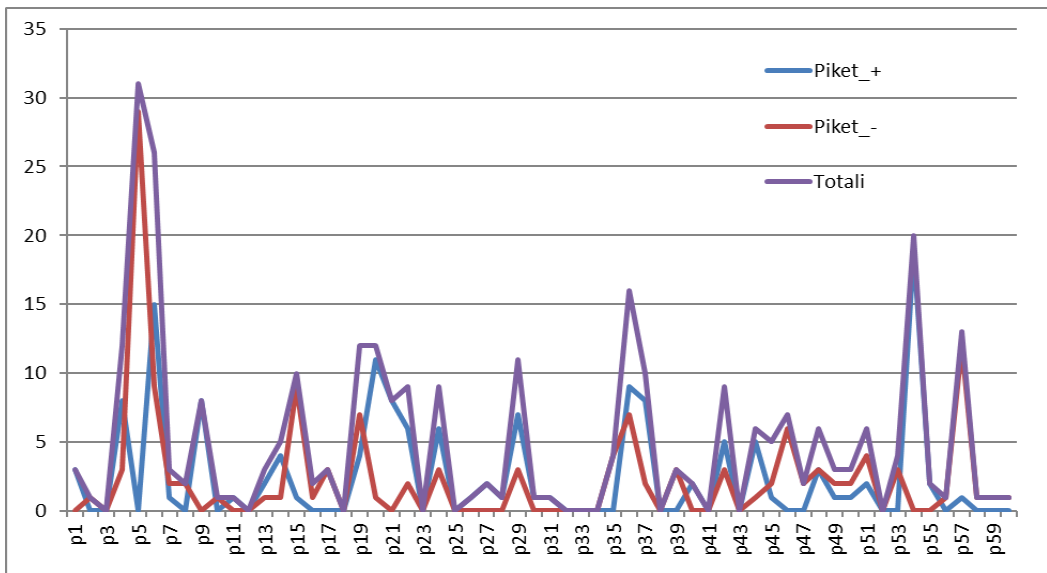
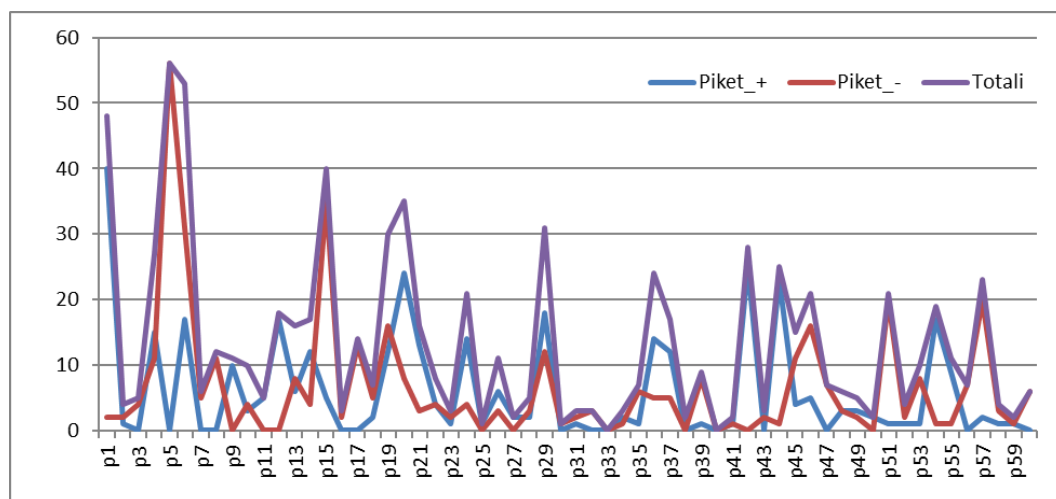


Figure 30 shows the distribution of points obtained from respondents aged 45-51 years. Looking at the purple line which represents the highest number of responses from respondents, we find the event that is most evidenced by respondents. The highest point of the line is reached at event 5, and it is the same event where the red line also

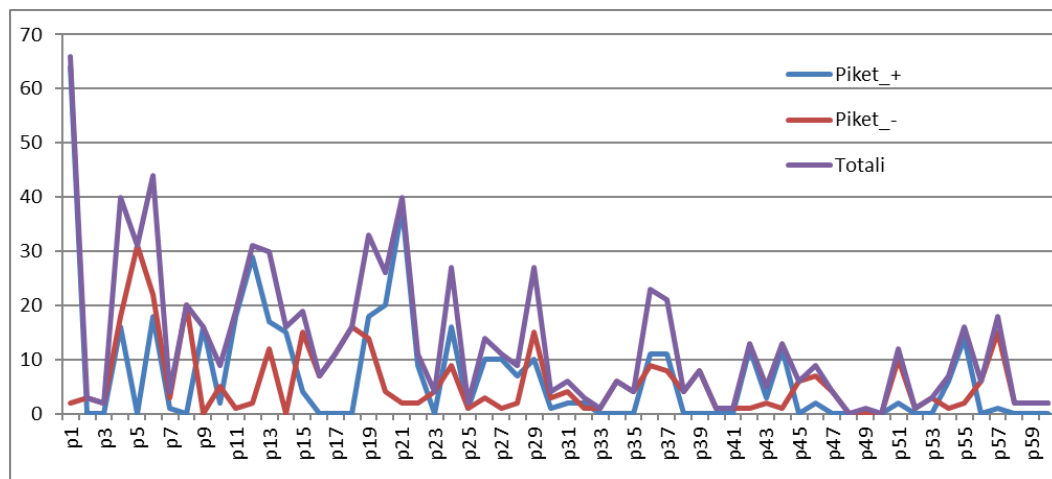
reaches its maximum, which means that, the death of a family member is considered as the event with the highest negative impact on persons of this age group. The blue line represents the number of positive responses of the respondents. It is noticed that it reaches the highest point at event 42. So school completion is seen as the event with the highest positive impact.

Fig. 31. Distribution of responses by respondents in the age group 45-51 years



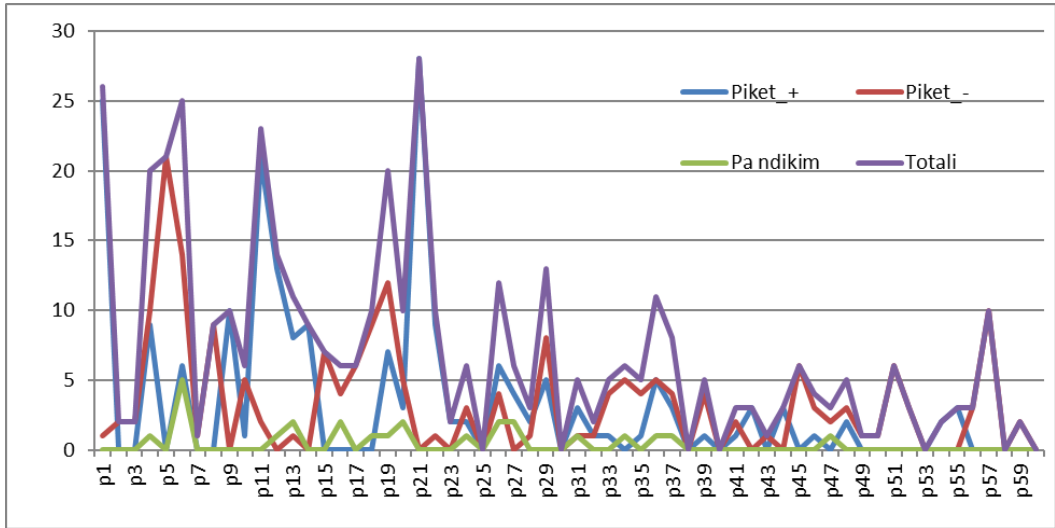
In figure 31 we see the distribution of points for all events, for respondents in the age group 52-58 years. From the purple graph it is noticed that the event that has been highlighted the most is the first event. So, marriage is considered as the event that has had the most impact on people of this age group, in all the time periods they have been asked. It is also considered as the event with the highest positive impact as the blue line there reaches the highest point. The color red represents the number of negative responses and reaches the highest point in event 5. Thus, the death of a family member is considered the event with the highest negative impact on persons aged 52-58 years.

Fig. 32. Distribution of responses by respondents in the age group 52-58 years



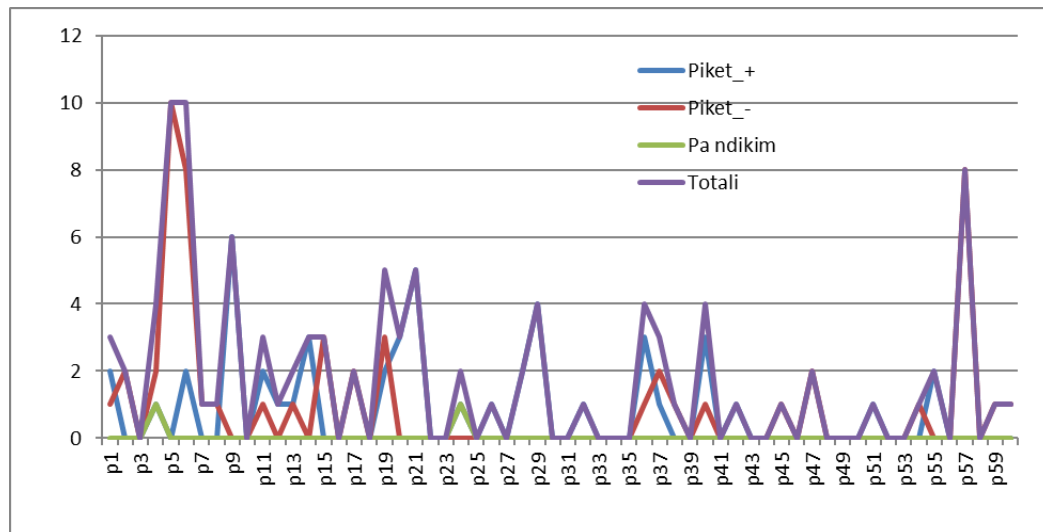
In the same way we see the distribution of points for persons in the age group 59-65 years (figure 32). The purple line that represents the total number of responses from respondents, reaches the highest point at event 21, which means that it is the event that is most evidenced by persons in this age group. Also the blue line there reaches the highest point. So, the arrival of a new member in the family is evidenced as an event with the highest positive impact. The red line reaches the highest point at event 5. Thus, for respondents in the 59-65 age group, the death of a family member was identified as the event with the highest negative impact, regardless of time periods.

Fig. 33. Distribution of responses by respondents in the age group 59-65 years



Finally, we see the distribution of the number of responses to respondents in the age group over 65 years. From the figure it appears that they gave very few answers, and the highest number of answers was reached at events 5 and 6, so they are the most evidenced events by this age group, with a total number of answers 10. Event 5 represents the death of a family member (which has also been identified as the event with the highest negative impact, this appears from the highest point of the red line), while event number 6 represents major changes in eating habit (eating more or less). The blue line reaches the highest point in event 21. So, the arrival of a new family member has been identified as the event with the greatest positive effect for people over the age of 65.

Fig. 34. Distribution of responses by respondents in the age group over 65 years



4.1. Ranking of events based on frequency and ranking of their perceived emotional impact

The study provides a detail of the events that have most impacted each age group as well as the corresponding perceived emotional impact on numerical value. A more categorization is given by looking at the ranking:

1. Event no. 19, elected 1813 times in total. 929 times positively, 884 times negatively. **Major changes in financial status** (very good or very bad).
2. Event no. 6, selected 1807 times. 890 times positively, 917 times negatively. **Major changes in eating habit (eat more or less).**
3. Event no. 4, selected 1490 times. 438 times positively, 1052 times negatively. **Major changes in sleep (sleep more or less).**

4. Event no. 21, selected 1233 times. 1194 times positively, 39 times negatively. ***Arrival of a new member in the family (birth, adoption).***
5. Event no. 57, selected 1227 times. 68 times positively, 1159 times negatively. ***Daily frustrations / social stress.***
6. Event no. 29, selected 1207 times. 667 times positively, 540 times negatively. ***Big difference in the type or amount of entertainment.***
7. Event no. 20, selected 1094 times. 840 times positively, 254 times negatively. ***Major changes in intimacy with family members (increase or decrease in intimacy).***
8. Event no. 36, selected 1050 times. 613 times positively, 431 times negatively. ***Major change in social activities such as holidays, movies, visits (decrease or increase in attendance) .***
9. Event no. 37, selected 1041 times. 827 times positively, 214 times negatively. ***Major changes in family living conditions (construction of a new house, remodeling, demolition of the house, neighborhood, etc.).***
10. Event no. 24, selected 1015 times. 612 times positively, 403 times negatively. ***Major changes in daily activities.***
11. Event no. 13, selected 989 times. 510 times positively, 479 times negatively. ***Changing work situation (different responsibilities at work, major changes in working conditions, working hours, etc.).***
12. Event no. 14, selected 866 times. 786 times positively, 80 times negatively. ***New job .***

- 13.** Event no. 51, selected 816 times. 188 times positively, 628 times negatively. ***Lack of contact with family members (long absences in the family, stay abroad).***
- 14.** Event no. 1, selected 791 times. 742 times positively, 49 times negatively. ***Marriage.***
- 15.** Event no. 17, selected 784 times. 6 times positively, 778 times negatively. ***Problems with employment (risk of losing a job, being fired, being demoted).***
- 16.** Event no. 8, selected 707 times. 14 times positively, 693 times negatively. ***Death of a close friend.***
- 17.** Event no. 26, selected 650 times. 423 times positively, 227 times negatively. ***Major changes in discussions with spouse.***
- 18.** Event no. 9, selected 644 times. 615 times positively, 29 times negatively. ***Outstanding personal achievements.***
- 19.** Event no. 22, selected 641 times. 530 times positively, 111 times negatively. ***Change of residence (house / residence).***
- 20.** Event no. 12, selected 590 times. 561 times positively, 29 times negatively. ***Women, pregnancy.***
- 21.** Event no. 41, selected 536 times. 102 times positively, 434 times negatively. ***Leaving the home, son or daughter.***
- 22.** Event no. 55, selected 504 times. 460 times positively, 44 times negatively. ***Starting a new job.***
- 23.** Event no. 11, selected 504 times. 487 times positively, 17 times negatively. ***Men, wife / girlfriend pregnancy.***
- 24.** Event no. 18, selected 475 times. 19 times positively, 456 times negatively. ***Problems with father-in-law, other...***

- 25.** Event no. 28, selected 451 times. 255 times positively, 196 times negatively. **Married women. Spouse job change (job loss, starting a new job, retirement, etc.).**
- 26.** Event no. 35, selected 439 times. 6 times positively, 433 times negatively. **Illness or serious personal injury.**
- 27.** Event no. 31, selected 406 times. 129 times positively, 277 times negatively. **Borrowing less than 10 million ALL.**
- 28.** Event no. 5g (371 times. 3 times positively, 368 times negatively). **Death of a family member. Next, specify**
- 29.** Event no. 44 (360 times. 326 times positively, 34 times negatively). **Betrothal/engagement**
- 30.** Event no. 5b, selected 337 times. 337 times negatively. **Death of a family member. Father.**
- 31.** Event no. 45, selected 329 times. 98 times positively, 231 times negatively. **Leaving home.**
- 32.** Event no. 27, selected 326 times. 235 times positively, 91 times negatively. **Married men. Change in the wife's work outside the home (starting work, looking for work, new job).**
- 33.** Event no. 46, selected 325 times. 74 times positively, 251 times negatively. **Leaving home for the first time.**
- 34.** Event no. 39, selected 319 times. 20 times positively, 299 times negatively. **Injury or serious illness of close friend.**
- 35.** Event no. 59, selected 300 times. 6 times positively, 294 times negatively. **Difficult conditions of stay in emigration.**
- 36.** Event no. 52, selected 299 times. 19 times positively, 280 times negatively. **Problems with justice.**

- 37.** Event no. 42, selected 299 times. 264 times positively, 35 times negatively. **Completion of school.**
- 38.** Event no. 58, selected 291 times. 30 times positively, 261 times negatively. **Problems with emigration.**
- 39.** Event no. 54, selected 289 times. 267 times positively, 22 times negatively. **Starting a high school / high school.**
- 40.** Event no. 60, selected 277 times. 12 times positively, 265 negatively. **Problems with property.**
- 41.** Event no. 16, selected 271 times. 15 times positively, 256 times negatively. **Sexual difficulty.**
- 42.** Event no. 10, selected 269 times. 31 times positively, 238 times negatively. **Slight violation of laws (bus tickets, disturbance of public peace, etc., specify...)**
- 43.** Event no. 5a, selected 265 times. 263 times negatively. **Death of a family member. Mother.**
- 44.** Event no. 48, selected 260 times. 91 times positively, 169 times negatively. In writing (open answers).
- 45.** Event no. 47, selected 252 times. 7 times positively, 245 times negatively. **Serious events in the social environment.**
- 46.** Event no. 5e, selected 246 times. 246 times negatively. **Death of a family member. Grandmother.**
- 47.** Event no. 32, selected 240 times. 20 times positively, 220 times negatively. **Dismissal.**
- 48.** Event no. 30, selected 211 times. 75 times positively, 136 times negatively. **Borrowing more than 10 million ALL.**

- 49.** Event no. 15a, selected 209 times. 13 times positively, 196 times negatively. ***Illness or injury, serious accident of a family member. Babai.***
- 50.** Event no. 15d, selected 183 times. 10 times positively, 173 times negatively. ***Illness or injury, serious accident of a family member. Brother.***
- 51.** Event no. 56, selected 172 times. 3 times positively, 169 times negatively. ***Acts of violence experienced.***
- 52.** Event no. 5f, selected 167 times. 166 times negatively. ***Death of a family member. Grandpa.***
- 53.** Event no. 7, selected 163 times. 6 times positively, 157 times negatively. ***Exemption from mortgage or lending.***
- 54.** Event no. 15g, selected 153 times. 9 times positively, 144 times negatively. ***Illness or injury, serious accident of a family member. Spouse.***
- 55.** Event no. 5c, selected 145 times. 145 times negative). ***Death of a family member. Brother***
- 56.** Event no. 15b, selected 144 times. 8 times positively, 136 times negatively. ***Illness or injury, serious accident of a family member. Mother.***
- 57.** Event no. 15h, selected 141 times. 14 times positively, 127 times negatively. ***Illness or injury, serious accident of a family member. Other.***
- 58.** Event no. 25, selected 133 times. 102 times positively, 31 times negatively. ***Reconciliation with spouse.***
- 59.** Event no. 49, selected 128 times. 44 times positively, 84 times negatively. ***In writing (open answers).***

- 60.** Event no. 34, selected 125 times. 9 times positively, 116 times negatively. ***Women, suffering an abortion.***
- 61.** Event no. 3, selected 121 times. 120 times negatively. ***Death of spouse.***
- 62.** Event no. 15c, selected 114 times. 9 times positively, 105 times negatively. ***Illness or injury, serious accident of a family member. Sister.***
- 63.** Event no. 23, selected 110 times. 41 times positively, 69 times negatively. ***Divorce from spouse (as a result of a conflict).***
- 64.** Event no. 2, selected 108 times. 6 times positively, 102 times negatively. ***Stay in prison or similar institutions.***
- 65.** Event no. 43, selected 102 times. 41 times positively, 61 times negatively. ***Separation from husband / wife (from work, travel).***
- 66.** Event no. 38, selected 86 times. 22 times positively, 64 times negatively. ***Divorce.***
- 67.** Event no. 53, selected 84 times. 13 times positively, 71 times negatively. ***School dropout.***
- 68.** Event no. 5d, selected 81 times. 81 times negatively. ***Illness or injury, serious accident of a family member.***
- 69.** Event no. 50, selected 73 times. 22 times positively, 51 times negatively. ***In writing (open answers).***
- 70.** Event no. 33, selected 67 times. 7 times positively, 60 times negatively. ***Abortion of wife / girlfriend.***
- 71.** Event no. 15f, selected 38 times. 5 times positively, 33 times negatively. ***Illness or injury, serious accident of a family member. Grandmother.***

72. Event no. 15e, selected 37 times. 3 times positively, 34 times negatively. ***Illness or injury, serious accident of a family member. Grandpa.***

In the analysis we must keep in mind that not all the years of continuous transition have been investigated, but only a part of them, in which it is thought to have been the highest weight of influence as a result of strong political and social changes that have occurred in these years.

Summary Table

Period	Nr. events - Nr. points -	Nr. events + Nr. points +	No. of events neutral	TOTAL number of events	The difference between points + and -
1985-1986	1125 -2410	1044 2275	118	2287	-135
1987-1989	1355 -2750	1517 3443	149	3021	+693
1990-1991	1341 -2543	1149 2494	154	2644	-49
1992	1531 -2957	1564 3396	208	3303	439
1996-1997	2104 -4567	1201 2653	229	3534	-1914

1998-1999	1746	1523	290	3559	-345
	-3574	3229			
2001	1200	992	172	2364	-320
	-2427	2107			
2008	1525	1393	176	3094	-75
	-2975	2900			
2004-2005	1278	1048	104	2430	-389
	-2623	2234			
2006	1377	1247	185	2809	-114
	-2672	2558			
2013	1692	1000	144	2836	-1311
	-3420	2109			
2014	1629	1069	119	2817	-990
	-3230	2240			

Impact averages/means for the first period - 2.14 and 2.17, for the second period - 2.02 and 2.26, for the third period - 1.89 and 2.17, for the fourth period - 1.93 and 2.17, for the fifth period - 2.17 and 2.20, for the sixth period - 2.04 and 2.12, for the seventh period - 2.02 and 2.12, for the eighth period - 1.95 and 2.08, for the ninth period - 2.05 and 2.13, for the tenth period - 1.94 and 2.05, for the eleventh period - 2.02 and 2.10 for the twelfth period - 1.98 and 2.09.

In total they are selected a total of 14,747 with positiv impact events and 17,903 negatively impacted events with a difference of 3,156 cases more influential negatively.

Number in total of points with positive emotional impact perceived is 31,638 while total number of points with negative emotional impact perceived is 36,148 with one difference of 4,510 points more influential negatively.

CHAPTER V: DISCUSSIONS

5.1 Discussion of LES results

Regarding the data from the survey it should be noted that the events with negative impact were more numerous than those with positive impact and this is relatively the same in all age groups and periods, although we can not say the same in terms of type of lived experiences and the intensity of the level of emotional experience (-1, -2, -3, 0, 1, 2, 3).

What is also noticed from the interviews with psychiatrists is that nothing is detached from the context and that the context influences. The nature of the disorders has changed rather than their intensity. It is noted that the periods 1985 to 1989 are large doses of isolation bringing also a poverty of experiences but also less emotional impact. The analysis of the results obtained in the results chapter initiates discussions on the effect that different events have on the psychological well-being of the Albanian individual who goes through different life experiences.

By analyzing the events in the survey in turn, the discussions initiate several analyzes for each event such as:

- **Major changes in financial status**

This event has had a positive and negative impact. It was selected a total of 929 times (+) positively, 884 times (-) negatively and 72 times with neutral impact. The total positive impact points of this event are +1852 points. The total negative impact points are -1661 points.

The highest number of total cases for this event is in 2014 (201 cases) with significantly more negative impact, followed by 1998/99 with more positive impact, 1992 with balanced positive and negative impact and from 2008 with dual positive impact. The lowest number of total cases is in the period 1985/86 (100 cases) with the most

negative impact, the year 2001 with the most positive impact and the period 2004/05 with the most positive impact.

The highest number of cases with negative impact is in 2014 (115 cases, coincides with the highest number of cases in total but nevertheless does not have the highest number of positive cases), followed by 1992, period 1996/97, period 1990/91 and 2013. The lowest number of cases with negative impact is in 2001 (relatively low number of total cases), followed by 1985/86 (lowest number of total cases), 2004/05 and viti 2006.

The highest number of cases with a positive impact is in 2008 (130 cases), followed by 2006, 1998/99 and 1992. The lowest number of cases with a positive impact is in 1990/91 (42 cases), followed by 1985/86 (corresponding to the lowest number of total cases in this period), 2013 and 2001.

The highest number of cases with neutral impact is in 2013 (9 cases), 1992, 1996/97 and 1998/99 (8 cases in each). The lowest number of cases with neutral impact is in 2006 (3 cases), 1990/91 and in 2008.

The highest average positive impact is in 2013 (2.12), followed by 2008 (2.11), 1998/99 and 2001. The lowest average positive impact is in 1990/91 (1.71) and 1985/86 (1.76).

The highest average negative impact is in 1996/97 (-2.18) while in all other periods it is below -2. The lowest average negative impact is in 1992 (-1.51) and 1990/91 (-1.60).

The trends according to the number of cases are: increase from 1985/86 to 1987/89, decrease in 1990/91, significant increase in 1992, decrease in 1996/97, increase equaling the figures with 1992 to 1998/99, significant decrease in 2001, slight increase in 2004/05, significant increase in 2006 (doubling of positive cases),

increase in 2008, decrease in 2013, increase in 2014 (doubling of negative cases). In the periods 1987/89, 1998/99, 2008 and 2006 the ratio is such that the number of positive cases is many times higher in relation to the number of negative cases. This ratio is not such in other periods where the number of negative cases is dominant, with the exception of 1992 where it seems that the cases are almost equal. It is worth noting that there is a similar ratio with opposite directions in 2006 and the first half of 2014 (56 negative cases and 116 positive in the first, 115 negative cases and 79 positive in the second).

- **Major changes in eating habit**

This event, counting the cases with neutral impact, comes out first in the ranking. It has had both positive and negative impact. It was selected a total of 890 times (+) positively, 917 times (-) negatively and 190 times with neutral impact (the event with the highest incidence). The total positive impact points are +1636 points. The total negative impact points are -1534 points

The highest number of total cases for this event was reached in 2014 (215 cases) and has mainly a balanced positive and negative impact (99 cases - and 103 cases +), followed by the period 1996/97 (191 cases) with an impact significantly negative, the year 2008 with the most positive impact, 1998/99 with the most positive impact and 2006 with the most positive impact. The lowest number of cases is in 2001 (118 cases) with balanced positive and negative impact, followed by 1990/91 with more negative impact, 1987/89 with more negative impact, 2004/05 with more positive impact and 1985/86 with significantly more negative impact. Meanwhile, in 2013 the number of cases with negative impact is higher than the number of cases with positive impact, while in 1992 the number of cases of positive impact is higher than the number of cases with negative

impact, at a time when the number of the total number of cases for these two periods is the same (170 cases).

The highest number of cases with negative impact is in 1996/97, 2014 (corresponds to the highest number of total cases) and in 1985/86 (corresponds to the lowest number of total cases). The lowest number of cases with negative impact is in 2001 (corresponds to the lowest number of cases in total), 2004/05, 1990/91 and 1992.

The highest number of cases with a positive impact is in 2014 (corresponding to the highest number of cases in total), in 2006, 2008, 1992 and 1998/99. The lowest number of cases with a positive impact is in 2001 (corresponding to the lowest number of total cases), in 1996/97, in 1990/91 (relatively low number), 1987/89 and 1985/86.

The highest number of cases with neutral impact is in 1996/97 (24 cases), 1998/99 and 2001. The lowest number of cases with neutral impact is in 2006 (11 cases), 1987/89 and in 2014.

Trends according to the total number of cases are: decrease from 1985/86 to 1990/91, significant increase in 1992 to 1996/97, slight decrease in 1998/99, significant decrease in 2001 (with about 62 cases), increase in 2004/05, increase in 2006, constant in 2008, decrease in 2014, significant increase in 2014.

The highest average of the positive impact for this event is in the period in 2013 (2.02), 2014, 1985/86 and 1998/99. The lowest average positive impact is in 1990/91 (1.65), 1996/97 and 1992.

The highest average negative impact is in the first three periods (-1.76) and similarly in 1996/97 and 1998/99. The lowest average negative impact is in 2008 (-1.54), 2006, 2014 and 2013.

- **Major changes in sleep**

The main impact of this event is negative but also positive in a large number. It was selected a total of 438 times (+) positively, 1052 times (-) negatively and 150 times with neutral impact. The total positive impact points are +773 points. The total negative impact points are -1826 points.

The highest number of total cases for this event is in the period 1996/97 (200 cases) with profoundly negative impact, 2014 and 2013 with profoundly negative impact. The lowest number of cases is in 1985/86 with balanced but slightly more positive impact, followed by 2001 with significant negative impact and the period 1987/89 with more negative side impact.

The highest number of cases with negative impact is in the period 1996/97 (159 cases), in 2013 (129 cases) and in 2014 (coinciding with the highest number of cases in total). The lowest number of cases with negative impact is in 1985/86, 1987/89, 1992 and 2001 (in 1985/86, 1987/89 and 2001 it corresponds to the lowest number of total cases).

The highest number of positive cases for this event is in 1985/86 (49 cases), 2008, 2014, 1987/89 and 1992. The lowest number of cases with positive impact is in 2014, 2001 as well as in the period 1996/97.

Highest number of cases with neutral impact 1992 (22 cases), 1998/99, 1990/91 and 1996/97. The lowest number of cases with neutral impact is in 2004/05 (4 cases), and 2013. There is also a draw of cases (10-11) in the periods 1985/86, 1987/89, 2001 and 2014).

The highest positive impact average is in 1985/86 (2.02), 1987/89, 2013 and 1996/97. The lowest average of the positive impact is in 2006 (1.45), 2008, and 2014.

The highest average negative impact is in 1996/97 (-1.88) and 1987/89. The lowest average negative impact is in 1990/91 (-1.5), while the years 2008, 2004/05 and 1985/86 have similar average negative impact (-1.68).

Trends according to the number of cases are: increase from 1985/86 to 1996/97, decrease in 1998/99 but never in the figures of previous periods, decrease in 2001 equaling the figures of 1985/86, increase in 2004/05, increase in 2006, increase in 2008, increase in 2013 and 2014 (halving of positive cases and significant increase of negative cases). There is also a downward trend of positive impact until 1990/91 and an upward trend of negative impact. This trend changes in 1992 where we again have a positive impact increase and a negative impact decrease. Meanwhile, in addition to the period 1996/97, there is a downward trend of both impacts in 2001. There is an increasing trend of negative impact from 2004/05 to 2006 while the values of positive impact remain somewhat constant. In 2013 there is a decrease in cases with a positive impact which recovers somewhat in 2014.

- **Arrival of a new family member (birth, adoption)**

The impact of this event is positive. It was selected a total of 1194 times positively and 39 times negatively. The total positive impact points of this event are +3323 points while the total negative impact points are -80 points.

The highest number of cases with a positive impact on this event in total is in 1987/89, 1998/99, 1992, 1996/97 and 1990/91 but that can be partly explained by the sample age group which does not include young people who may have become parents later. The second six periods have the lowest number especially in 2013 with only 38 cases.

Meanwhile, 2001 represents the highest number of cases with negative impact (8 cases), followed by the periods 1985/86 and 1987/89 (with 5 cases in each), 1998/99 and 2013 (with 4 cases in each) and 1996/97 and 2014 (with 3 cases in each).

The highest average positive impact for this event is in 2014 (2.88), 2013 (2.86) and 2008 (2.84). The lowest average of the positive impact but still high for this event is in the first period 1985/86 (2.69), 1992 (2.71) and 1996/97 (2.72).

- **Daily frustrations. Social stress**

The impact of this event is negative. She was selected a total of 68 times with positive impact, 47 times with neutral impact and 1159 times with negative impact. The total positive impact points of this event are +114 points. The total negative impact points of this event are -2115 points.

The highest number of negative cases is in 1996/97 (132 negative cases and -266 points), followed by 2014 (119 negative cases and -231 points), 2013 (116 negative cases and -213 points), 1992 (107 cases negative and -200 points), 1998/99 (104 negative cases and -196 points), 2004-05 (95 negative cases and -180 points). The periods 2006, 2008, 1990/91 and 1987/89 have similar numbers of negative cases (from 83 to 88 negative cases and from -144 points to -149 points). The period 1985/86 has the lowest number of cases with negative impact (65 negative cases and -110 points), followed by 2001 (78 cases with negative impact and -139 points).

Cases with positive impact vary in similar figures (from 9 to 12) with the exception of 2001 (5 cases) and 1985/86 and 1996/97 (with 7 cases).

The highest average negative impact for this event is in 1996/97 (-2.01) followed by 2014 (-1.94). The lowest negative impact average

is 1990/91 (-1.60) followed by 2006 (-1.65) and 1985/86 (-1.69) and 1987/89 (-1.70).

- **Big change in the type or amount of entertainment**

This event is classified as having had both positive and negative impact. In total it was selected 667 times (+) positively, 540 times (-) negatively and 116 times with neutral impact. The total positive impact points for this event are +1165 points, while the total negative impact points are -869 points.

The highest number of cases for this event is in 2008, followed by 1987/89, 1992, 2014 (it is the only year in which the ratio changes and there are more cases with negative impact than positive impact), 1998/99 and 2006. The lowest number of total cases is in 2001, followed by 1990/91 and 1985/86.

The highest number of cases with negative impact is in 2014, followed by 1992 and 1996/97. The lowest number of cases with negative impact is in the years 2004/05, 2001, 1990/91 and 1985/86 (corresponds to the lowest number of cases in total).

The highest number of cases with a positive impact is in the years 1987/89, then in 2008, followed by 1992 and 2006. The lowest number of cases with a positive impact is in 2001 (corresponds to the lowest number of total cases), the years 1996/97, and the years 1990/91.

The highest number of cases with neutral impact is in 1998/99 (23 cases), 1996/97, 2008, 2006 and 1987/89. The lowest number of cases with neutral impact is in 2001, 1985/86 and 2013 (4 cases in each).

The trends for the number of positive cases are: increase from 1985/86 to 1987/89, decrease in 1990/91, increase in 1992, decrease in 1996/97, increase in 1998/99, decrease in 2001,

increase in 2004/05, increase in 2006, increase in 2008, decrease in 2013, increase in 2014.

The trends for the number of negative cases are: increase from 1985/86 to 1987/89, decrease in 1990/91, increase in 1992, slight decrease (with 2 cases) in 1996/97, decrease in 1998/99, decrease in 2001, decrease in 2004/05, increase in 2006, slight increase (with 2 cases) in 2008, decrease in 2013, increase in 2014 (year where the number of negative cases is higher than the number of positive cases, the only one in it 12 periods).

The highest average negative impact for this event is in 1996/97 (-1.79), 1985/86, 2004/05 and 1992. The lowest average negative impact is in 1990/91 (-1.40), 1987/89 (-1.42) and in 2013 (-1.48).

The highest average positive impact for this event is in 2008 (2.29), 1987/89 and 1985/86 but below 2. The lowest average positive impact is in 1992 (1.55), as well as in 1990/91, 2006, 2004/05 and 2008 with similar figures (1.66 / 1.69).

- **Major changes in intimacy with family members**

The main impact of this event is positive but also with a large number of negative cases. It was selected a total of 840 times (+) positively, 254 times (-) negatively and 84 times with neutral impact. The total positive impact points are + 1844 points, while the total negative impact points are -437 points.

The highest number of total cases was reached in 1998/99 (156 cases) and has a significant positive impact, followed by 2014 (117 cases), 2008 and 1992 (with an equal number of cases with a significant positive impact). The lowest number of total cases is in the period 1990/91 (69 cases), followed by 2001 and 2004/05 (the latter two with equal number of total cases and positive cases). The

number of cases in these years is lower than in the periods of system change (1985/86) and (1987/89).

The highest number of cases with a positive impact is in 1998/99 (coincides with the highest number of cases in total), followed by 2008, 1992, 2014 and 2006. The year 2014 also has the closest difference between negative and positive cases compared to all periods and a draw of the number of negative cases in 1998/99 (which also marks the highest number of total cases). The lowest number of cases with a positive impact is in 1990/91 (corresponds to the lowest number of cases in total, in 2001 and in the period 2004/05).

The highest number of cases with negative impact is 1998/99 (corresponding to the highest number of cases in total) (34 cases out of 156), 2014 (33 cases out of 117 in total) and in 2013 (27 cases out of 100 in total). The lowest number of cases with negative impact is in 2001 (14 cases) in 2004/05 and 1990/91 (all three periods correspond to the lowest number of cases in total).

The highest number of cases with neutral impact is in 1998/99, 1996/97 and 2006. The lowest number of cases with neutral impact is in 2013, 2014, 1987/89 and 2004/05.

The trends according to the number of cases are: increase from 1985/86 to 1987/89, decrease in 1990/91, significant increase in 1992, significant decrease in 1996/97, significant increase almost doubled in 1998/99, decrease on more than doubled in 2001, constant in 2004/05, increase in 2006, increase in 2008, decrease in 2013, slight increase in 2014.

The highest positive impact average for this event is in 1996/97 (2.20) and it remains above 2 in many of the periods. The lowest is in 1992 (1.92) and 2004/05 (2.96). The highest average negative impact is in 1985/86 and 2001 (-2), 1987/89 (-1.88), 1992, 2004/05

in similar figures (-1.8). The lowest average negative impact is in 1998/99 (1.05).

- **Big change in participation in social activities (parties, visits, movies)**

The highest number of cases for this event is in 1992 (140 cases), followed by 2014 and the years 1987/89 with the same number of cases (116 cases). The number remains relatively high for other periods as well. The lowest number of cases is in the years 2004/05 (72 cases), 2001 and the years 1985/86.

This event has had a positive and negative impact. It was selected 613 times (+) positively, 431 (-) negatively and 134 times with neutral impact. The total positive impact points are +1046, while the total negative impact points are - 679 points.

The highest number of cases of positive impact is in 1992 (corresponds to the highest number of cases in total), followed by 1987/89 and 1998/99. The lowest number of cases with a positive impact is in 1996/97, 2001 and 2004/05.

The highest number of cases with negative impact is in the years 1996/97 (does not correspond to the highest number of cases in total), followed by 2014 and 1992. The lowest number of cases with negative impact is in the years 2004 / 05 and 1985/86 (same, 27 cases), followed by 1998/99.

The highest number of cases with neutral impact is in 1992, followed by 2014 and 1996/97. The lowest number of cases with neutral impact is in the years 2004/05 and 1990/91, followed by 2006 and 2001.

The highest average positive impact is in 1987/89 (1.97), 1996/97 and 1985/86. The lowest average of positive impact is in 2001 (1.52), 2008 and 2006. The highest average of negative impact is in

1987/89 (-1.83) and 1985/86. The lowest average negative impact is in 2006 (-1.41) and in 2001.

Trends according to the number of cases are: increase from 1985/86 to 1987/89, decrease in 1990/91 (but again higher figure than in the first period), increase in 1992, decrease in 1996/97, constant in 1998 / 99, decrease in 2001, constant in 2004/05, increase in 2006, increase in 2008, decrease in 2013 and increase in 2014. In 2001 and 2014 the difference between positive and negative cases is only 3 cases. The years 1996/1997 are the only years in which the number of cases with negative impact is higher than the number of cases with positive impact.

- **Major changes in family living conditions**

The main impact of this event is positive but also negative. It was selected a total of 827 times (+) positively, 214 times (-) negatively and 57 times with neutral impact. The total positive impact points of this event are +1676 points. The total negative impact points of this event are -361 points.

The highest number of total cases for this event is in 2008 and with a significant positive impact (108 cases out of 128 in total). It is then followed by the period 1998/99 (122 cases) with also a significant positive impact, followed by 2006, 1992 and 2014. The lowest number of total cases for this event is in 1985/86 (where the difference between the impact positive and negative is small), 1990/91 (where the difference between positive and negative impact becomes much more pronounced, as well as in 2004/05 and 1996/97 with the same number of cases but with more positive cases in 2004/05 .

The highest number of cases with a positive impact is in 2008 and in the period 1998/99 which coincides with the highest number of

cases in total. The lowest number of cases with positive impact is in 1985/86 which corresponds to the lowest number of total cases in this period, followed by 1990/91, 1996/97, 1987/89, 2004/05 and 2001.

The highest number of cases with negative impact is in 1992 (30 cases) despite the fact that this is not the year with the highest number of cases in total. Then come 2006, 1996/97, 2014 and 1985/86. The lowest number of cases with negative impact is in 2013 and 2004/05, period 1990/91, 2001, 1998/99 and 2008.

The highest number of cases with neutral impact is in 1992 (9 cases), 2008, 2006 and 2014. The lowest number of cases with neutral impact is in 1996/97, 1990/91, 1987/89, and in 1985 / 86 (3 cases in each).

The highest average positive impact is in 1985/86 (2.14), 1996/97 (2.13), and 2001 but remains high in almost all periods (above 1.9). The lowest is in 1990/91 (1.84). The highest average negative impact is in 2014 (-2), 1996/97 and 1985/86 at a time when in other periods it is relatively average. The lowest average negative impact is in 1998/99 (-1.57), 2004/05 and 2006.

Trends by number of cases: this event has an increasing trend from 1985/86 to 1987/89, a decrease in 1990/91, a significant increase in 1992, a decrease in 1996/97, an accelerated increase in 1998/99, a decrease in 2001 , decrease in 2004/05 to lower figures than in 1987/89, significant increase in 2006, increase in 2008, significant decrease in 2013, increase in 2014 (from 2013 to 2014 there is an increase / doubling of negative cases while the number of positive cases remains the same).

- **Major changes in daily activities**

This event is classified as having a positive and negative impact and there are many cases of its classification with neutral impact. It was selected a total of 612 times (+) positively, 403 times (-) negatively and 152 times with neutral impact (alternative “no impact”) The total positive impact points of the experience are +1016. The total negative impact points of the experience are -607.

The highest number of total cases for this event is in 1992, followed by 2008, then 1998/99, 2014, 2006 and 1987/89. The lowest number of cases is in the years 1985/86, 2001, 2004/05 and 1990/91.

The highest number of cases of experiencing a positive impact is in the years 1992 (corresponds to the highest number of cases in total, 1998/99 and 2008 with 67-68 cases. Then come the years 1987/89 and 2006 with the same number of same (60 cases), 1990/91, 2013 and 2014 with the same number (46-47 cases) The lowest number of cases with positive impact is in 2001 (30 cases), followed by 1996/97 and 1985 / 86.

The highest number of cases with negative impact is in 2014 (53 cases) which is the only year in these twelve periods where the ratio changes and we have more cases with negative impact than positive impact. Then there is a high number of cases with negative impact in 1992 (corresponds to the highest number of total cases), the year 2008 which also has a high number of total cases, the year 2013 which has neither a low nor a high number of total cases and years 1996/97. The lowest number of cases with negative impact is in 1985/86 which have the lowest number of total cases, 1990/91, 2001 and 2004/05 which also have the lowest number of total cases.

The highest number of cases with neutral impact is in 1998/99, followed by 1992, 2006, 2008 and 1996/97. The lowest number of cases with neutral impact is in the years 2004/2005, 2013, 1990/91 and 1985/86.

The highest positive impact average is (albeit relatively low) in 2014 (1.87) and 1996/97. The lowest average of positive impact is equally in 2006 and 1990/91 (1.51). The highest average of the negative impact is in 2013 (-1.74) and in 1987/89 while the figures for other periods are relatively low (from -1.4 to -1.57). The lowest average negative impact is in 1990/91 (-1.17).

- **Changing work situation (different responsibilities at work, major changes in working conditions, working hours, etc.)**

This event has had a negative and positive impact. It was selected 510 times (+) positively, 479 times (-) negatively and 78 times with neutral impact. The total points of positive impact are +984 points. The total negative impact points are -784 points.

The highest number of total cases for this event is in the years 1998/99 (122 cases), followed by 1987/89, 1992 and 2008. There are also high figures in the years 2006, 2013. Remains are events with high figures. The lowest number of cases (but still high) is in 2001 (54 cases), followed by 2004/05 and 1985/86.

The highest number of cases with a positive impact is in 1998/99 and 1987/89 respectively (65 cases), followed by 2006 and 2008 respectively (58 cases). The lowest number of cases with a positive impact is in 2001, followed by 1990/91.

The highest number of cases with negative impact is in 1992 (69 cases, high number), followed by 1996/97, 1998/99 and 1987/89 respectively, 1990/91 and 2014. The lowest number of cases with negative impact is in 2001, 1985/1986, 2004 (all three periods

correspond to the lowest number of total cases), 2006 and 2008 (high number of total cases).

The highest average positive impact is in 2001 (2.11), 1990/91 and 1996/97. The lowest average positive impact is in 2006 (1.81), 1985/86 and 1998/99. The highest average negative impact is in 1996/97 (-1.93), 2014, 1987/89 and 1985/86. The lowest average negative impact is in 2008 (-1.17), 1990/91 and 1992.

- **A new job**

The main impact of this event is positive but also negative in some cases. It was selected a total of 786 times (+) positively and 80 times (-) negatively. The total positive impact points are +1730 points, while the total negative impact points are -137 points.

The highest number of total cases for this event is in 1992, followed by 1998/99, 2008, 2006 and 1987/89. The lowest number of total cases is in 2014, followed by 1985/86, 2004/05 and 2001 respectively.

The highest number of cases with negative impact is in 1998/99 (second in total number of cases) and 1987/89. The lowest number of cases with negative impact is in 2001 (moderately low number of total cases) and in 2006 (moderately high number of total cases).

The highest number of cases with positive impact is in 1992, 1998/99. The lowest number of cases with positive impact is in 2014 and 1985/86.

The highest average positive impact for this event is in 2004/05 (2.51), 1987/89 and in 1985/86. The lowest average positive impact for this event is in 1990/91 (2.03), 1992 and 2014 but still remains a high impact event. The highest average negative impact is in 2004/05 (-2.4) 1992, 1996/97 and in 1985/86 (in 1990/91 there is a significant decrease of the average (-1.4) almost as a break, coming

reduced until 2001 but which still has the highest figure even in the first period, in 2004/05). The lowest average negative impact is in 2006 (-1), 2001 and 1990/91.

Trends according to the number of cases are: increase from 1985/86 to 1987/89, decrease in 1990/91, increase in 1992, decrease in 1996/97, increase in 1998/99, significant decrease in 2001, constant in 2004/05, significant increase in 2006, constant in 2008, decrease in 2013, significant decrease in 2014.

- **Lack of contact with family members. Long absences in the family**

The highest number of total cases for this event is in the years 1998/99 (115 cases) 1996/97, followed by 1992, the years 2004/05 and the year 2006. The lowest number of total cases for this event is in the years 1985/86. Meanwhile in all other years the number remains relatively high (50 - 80 cases). The dominant impact of this event is negative but there are also cases of its positive impact. In total this event was selected 188 (+) positively, 628 times (-) negatively and 41 times with neutral impact. The total positive impact points are +384, while the total negative impact points are - 1198 points.

The highest number of negative impact cases is in 1996/97, followed by 1998/99, 1992 and 2004/05. The lowest number of cases with negative impact is in 2001, 2014 and 2013.

The highest number of cases with a positive impact is in 1998/99 (28 cases), 2001 and 2008 (same 20 cases), 2004/05 and 2006 (out of 19 cases). The lowest number of cases with a positive impact is in the years 1985/86, 1987/89, 1990/91, 2013 and 2014.

The highest number of cases with neutral impact is in the years 1998/99, 2008 and 2006. The lowest number of cases with neutral impact is in the years 1985/86, 2004/05 and 1987/89.

The highest average positive impact is in 2008 (2.25), 1998/99 and 2006. The lowest average positive impact is in 1996/97 (1.73), 1985/86 and 1987/89. The highest average negative impact is in 2001 (-2.14), 1990/91 and 1996/97. The lowest average negative impact is in 1985/86, and 2006 (-1.73 in both cases).

The trends are: increase from 1985/86 to 1987/89, increase in 1990/91, increase until 1998/99, decrease in 2001, increase in 2004/05, decrease in 2006, decrease in 2008, decrease in 2013, increase in easily in 2014.

- **Marriage**

The main impact of this event is positive. It has been selected a total of 742 times positively, 30 times with neutral impact and 49 times negatively. The total positive impact points for this event are +1939 points. The total negative impact points for this event are -88 points.

Since the number of cases depends on the age group and the time in which they got married is not the main indicator but there is a special one for 2014.

The highest average positive impact for this event is in 1987/89 (2/59), 2004/05 (2.57) and 1990/91 (2.56) but remains high in all periods (above 2.38) except year 2006 where it drops below 2 (1.90).

The highest average negative impact is in 1985/86 (-2.33), decreases to 1990/91, increases in 1992, decreases significantly in the following three periods (-1) to increase again in 2004 / 05 to 2008, falls in 2013 (-1.66) and rises again significantly in 2014 (-2.33) capturing the figure of the first period that has the highest average of negative impact.

What stands out is that in 2014 there is a fairly high number of negative and neutral cases in relation to the total number of cases. Thus out of 32 cases in total in this period 7 are cases with negative impact and 5 with neutral impact.

- **Problems with employment (risk of losing a job, being fired, being demoted).**

In total this event was selected 778 times (-) negatively, 6 times (+) positively and 52 times with neutral impact. The total negative impact points of the experience are -1592, while the total positive impact points are +8.

The highest number of cases for this event is in 2014 (96 cases), 1996/97, 1998/99, 1990/91 and 2008. There is also a higher number in other years. The lowest number of total cases for this event is in the years 1985/86 and in the years 2004/05, followed by 2001 and the years 1987/89, although in total the number of cases still remains high.

The highest number of negatively impacted cases is the same as the ranking of periods for the highest number of total cases. What stands out is the highest number of cases with neutral impact in 1992, 1987/89, 1998/99 and 2006. The lowest number of cases with neutral impact is in 1985/86, 1990/91, and 2004 / 05.

The highest average negative impact is 2014 (-2.20), 1996/97, 2013 and in 1990/9 over -2. The lowest average negative impact is in 2006 (-1.82), 2001 and 2008.

The trend is increase from 1985/86 to 1987/89, increase in 1990/91, slight decrease in 1992, increase in 1996/97, slight decrease in 1998/99, decrease in 2001, decrease in 2004/05, increase in 2006, increase in 2008, decrease in 2013, increase in 2014.

- **Death of a close friend**

This event was selected a total of 693 times (-) negatively and 14 times (+) positively. The total negative impact points of the experience are -1537. Total positive impact points +32.

The highest number of total cases for this event is in 1996/97 and in similar figures in 2014, followed by 2008 and 2013 (similar figures). There is a high number of cases in all other years. The lowest number of cases is in 1985/86 and 1990/91. The highest number of cases with negative impact is in 1996/97, followed by 2008, 2013 and 2014 (with small changes corresponding to the total number of cases). The highest number of cases with a positive impact in 2014 (5 cases). The lowest number of cases with positive impact in 1987/89 and 2013 (0 cases).

The highest average negative impact is in 2006 (-2.40), 1987/89, 1996/97 and 2013 with the same figure in the last two (-2.29). The lowest average negative impact for this event is in 1990/91, 1992, and 2001 (-2 to -2.06).

Trends for the number of cases are: increase from 1985/86 to 1987/89, decrease in 1990/91, slight increase in 1992, increase in 1996/97, decrease in 1998/99, decrease in 2001, increase in 2004/05, decrease in 2006, increase in 2008, decrease in 2013, increase in 2014.

- **Major changes in discussions with spouse**

This event has had a positive and negative impact. It was selected a total of 423 times (+) positively, 227 times (-) negatively and 65 times with neutral impact. The total positive impact points of this event are +754 points. The total negative impact points of this event are -372.

The highest number of total cases for this event is for the period 1998/99, followed by 2014, 2008, 2006 and 2013. The lowest number of total cases is in the period 1987/89, 1990/91 and 1985 / 86.

The highest number of cases with positive impact is in 1998/99, 2014, 2006 and 1992. The lowest number of cases with positive impact is in 1987/89, 1985/86 and 1990/91 (corresponds to the lowest number of total cases).

The highest number of cases with negative impact is in 2008, followed by 2013, 1998/99 and 2014. The lowest number of cases with negative impact is in 1990/91, 1985/86 and 1987/89.

The highest number of cases with neutral impact is in 2006 (11 cases), followed by 2014 and the period 1998/99. The lowest number of cases with neutral impact is in the period 1987/89 (1 case), 1990/91 and 1992 with 3 cases each.

The highest average negative impact is in 2014 (-2.08) and in 2004/05. In other periods there is a moderate negative impact. The lowest average negative impact is in 1990/91 (-1.28) and 2006 (-1.29). The highest average positive impact is in 2014 (2), 2006 and 2008 (1.88 and 1.89). The lowest positive impact average is in 1996/97 (1.58) and 1990/91. Meanwhile, the positive averages for the years 1985/86, 1992, 1998/99, 2004/05 and 2013 are similar (1.75-1.77).

The trends according to the number of cases are: decrease from 1985/86 to 1987/89, slight increase in 1990/91, significant increase in 1992, decrease in 1996/97, increase in 1998/99, decrease in 2001, constant up to 2004/05, increase in 2006, constant until 2008, decrease in 2013, increase in 2014.

- **Outstanding personal achievements**

The highest number of cases for this event is in 2006, followed by 1987/89, 1992 and 1998/99. The lowest number of cases for this event is in 2001, followed by 2008 and 2014. The main impact of this event has been positive but there are also some cases of negative impact. In total this event was selected 615 times (+) positively, 29 times (-) negatively and 23 times with neutral impact. The total positive impact points are +1459, while the total negative impact points are -56 points.

The highest number of positive impact cases is in 2006, followed by 1987/89 and 1992. The lowest number of positive impact cases is in 2001, followed by 2014 and 1990/91.

The highest number of cases with negative impact is in the years 1987/89, 2006, 1992 and 1996/97 (the first three correspond to the highest number of cases in total). The lowest number of cases with negative impact is in the years 1985/86 and in 2001.

The highest average positive impact is in 2014 (2.90) and 1985/86 (2.56) but remains high for all periods (from 2.26 to 2.43). The lowest average of the positive impact is in 2008 (2.26). The highest average negative impact is in 1996/97 (-2.75) and 2004/05 (-2.66). The lowest average negative impact is in 1990/91, 1998/99 and 2001 respectively (-1). It is noticeable that for the periods 2008, 2006, 2013 and 2014 the negative impact is the same (-2). It is also noticeable that before 2008, except for 1996/97, the average negative impact is below -2, while after 2008, together with the period 2004/05, where the negative impact is high, it is higher, at -2.

The trends according to the number of cases are: increase from 1985/86 to 1987/89, decrease in 1990/91, increase in 1992,

decrease in 1996/97, increase in 1998/99, decrease in 2001, increase in 2004/05, increase in 2006, decrease in 2008, increase in 2013, decrease in 2014.

- **Change of residence, house.**

The highest number of cases for this event is in 1998/99, followed by 2008, 1996/97, 2001 and 1992 but the highest number is in 1990/91, 1987/89, 2013 and 2006. The lowest number of cases is in 2014, followed by the years 1985/86.

This event is mainly classified with positive impact but there are many cases with negative impact of this event and those with neutral impact.

In total this event was selected 530 times (+) positively, 111 times (-) negatively and 36 times with neutral impact. The total points of positive impact of the experience are +1208 points. The total negative impact points are -204 points.

The highest number of cases with a positive impact is in 2008, followed by 1996/97, 1998/99 but remains relatively high in 2001, 1992, 2004/05 and 1990/91. The lowest number of cases with a positive impact is in 2014 (corresponds to the lowest number of cases in total), 1985/86, 2006 and 1987/89.

The highest number of cases with negative impact is in 1998/99 (corresponds to the highest number of cases in total), 1992, 1987/89 and 2001. The lowest number of cases with negative impact in 2014, 2006, 2004/05, 2008 and 2013.

The highest average positive impact of this event is in 2014 (2.58), 2008 and 1996/97. The lowest average positive impact is in 1992 (2.10), 1998/99 and 1990/91. The highest average negative impact of this event is in 2006 (-2.50), 2014 and 2004/05. The lowest

average negative impact is in 1990/91 (-1), 1985/86, 2013 and 2001.

- **Women. Pregnancy**

This event had a mainly positive impact and was selected a total of 561 times (+) positively, 29 times (-) negatively and 15 times with neutral effect. The total points of positive impact are +1542 points. The total negative impact points are -56 points.

The highest number of cases with a positive impact is in direct proportion to the periods with a lighter emphasis in 1992. The lowest number is also in direct proportion to the periods in the total number.

The highest number of cases for this event is in 1996/97 (88 cases), followed by 1992 (85 cases), 1987/89 (75 cases), 1998/99, 1990/91 and 1985/86 (64 cases). . The lowest number of cases for this event is in 2013 and 2014 (with only 10 cases for each), 2006 and 2008 (21-22 cases). Meanwhile, the years 2004/05 and 2001 maintain an average number of cases (40-45) cases.

The highest number of cases with negative impact is in 1990/91, 1998/99, 1987/89 and 1996/97. The lowest number of cases with negative impact is in 2008 (0 cases), 2004/05, 2006, 2014 and 1992 (all with 1 case each).

The highest average of the positive impact for this event is in 2014 (2.87) and in 2008 (2.81) but remains high in all periods. The lowest is in 2013 (2.28) while in all other periods it is above 2.60.

The highest average negative impact for this event is in 1985/86 (-3) but also 2013 (-3) as well as in 1998/99 and 1990/91 (with the same figure in each -2.16).

- **Leaving the home, son or daughter**

The impact of this event is mostly negative but also positive.

She was elected a total of 102 times (+) positively, 434 times (-) negatively and 16 times with neutral impact. The total positive impact points of this event are +171 points, while the total negative impact points are -838 points.

The highest number of cases is in 2013 (full 103 cases), followed by 2008 and 2014. The lowest number of cases in 1985/86 (6 cases) and 1987/89 (12 cases).

The highest number of cases with negative impact is in 2013 (89 cases, corresponding to the highest number in total), followed by 2008 and 2014. The lowest number of cases with negative impact in 1985/86 and 1987/89 (corresponds to the lowest number of cases in total).

The highest number of cases with positive impact is in 2006, followed by 2008 and 2013. The lowest number of cases with positive impact is in 1985/86 and 3 subsequent periods (corresponds to the lowest number of total cases).

The highest average negative impact is in 2006 (-2.10) and 1990/91. The lowest average negative impact is in 1985/86 (-1.50). The highest average positive impact is in 1985/86 (3), 1987/89 and 2013. The lowest average positive impact is in 2008 (1.61), 1998/99 and 1990/91.

Trends according to the number of cases are increase until 1998/99, decrease in 2001 but in small numbers, increase until 2013, decrease in 2014.

- **Starting a new job**

This event has had mainly positive impact and some cases with negative impact. It was selected a total of 460 times (+) positively and 44 times (-) negatively. The total positive impact points of the experience are +1032 and the total negative impact points of the experience are -72.

The highest number of cases for this event is in 1992, followed by 1998/99, 1987/89 and the year 2006. The lowest number of cases for this event is in the years 2004/05, 1985/86, 2014 and 1990 / 91.

The highest number of cases with a positive impact is in 1992, followed by 1998/99 (corresponds to the highest number of cases in total). The lowest number of cases with positive impact is in 2004/05, 1990/91, 1985/86 and 2014.

The highest number of cases with negative impact is in the years 1990/91 (7 out of 36 in total), followed by 1987/89, 1992, 1996/97. There is a high number of cases (out of 4 cases) in 1998/99, 2001, and 2014. The lowest number of cases with a negative impact in 2004/05 (lowest number of total cases), 2006 (high number total cases) and 2013 (average number of total cases).

The highest average positive impact is in 2014 (2.46), 2004/05 and 1996/97. The lowest average is in 1985/86 (1.96) and this is the only period in these figures as for all other periods the value of positive impact expressed on average is above 2. The highest average of negative impact is in 2013 (-3), 1985/86 (-2.33) and in two other periods 1998/99 and 2008 where it remains -2. In all other periods it remains lower. The lowest average negative impact is in 1987/89 (-1).

The trends for number of cases are: increase from 1985/86 to 1987/89, decrease from 1987/89 to 1990/91, high increase with almost double the number of cases in 1992, decrease again in 1996/97, increase in 1998/99, decrease in 2001, decrease in 2004/05 by 20 cases, increase in 2006 by 25 cases, decrease in 2008 by 8 cases, decrease in 2013, decrease in 2014.

- **Men. Woman's pregnancy**

This event has had a mostly positive impact in all periods. It was chosen 487 times (+) positively and 17 times (-) negatively. The total points of positive experience of the impact of this event are +1291 points, while the total points of negative experience of impact are -31 points.

The highest number of cases for this event is in 1987/1989, followed by 1992, 1990/91 and 1996/97. There is a high and almost equal number in 1998/99 with 1985/86. The lowest number of total cases for this event is in 2014 (only 8 cases), followed by 2013 (10 cases), a very low number compared to both years and previous periods.

The highest number of cases with a positive impact is the same in terms of ranking in the same years that have the highest number in total. The lowest number of cases with a positive impact is also in those years with a low total number.

What stands out is the highest number of cases with negative impact in the years 1985/1986 (4 cases), in 1992, 1996/97 with 3 cases in each and the year 2001 with 2 cases. The lowest number of cases with negative impact (0 cases) is in the years 2004/05, 2006 and 2008.

The highest average positive impact in the years is in 2014 (2.88), 1992 and 1990/91 but remains high in all periods. The lowest is in 2013 (2.33). The highest average negative impact is in 2014 (-3),

1985/86, 1987/89 and 2001. The lowest average negative impact is in 2013 (-1), 1990/91 and 1998/99 alike.

Trend from 1985/86 to 1987/89 upward. From this period onwards decreasing, with a slight increase in 1992 (2 cases more than in 1990/91).

- **Problems with father-in-law / mother-in-law; other...**

The impact of this event is mostly negative. It was elected 19 times (+) positively, 456 times (-) negatively and 85 times with neutral impact. The total negative impact points are -826 points. The total positive impact points are +32.

The highest total number of cases for this event is in 1998/99 (74 cases), followed by 2008, 1996/97 and 2004/05. The lowest number of cases is in 1985/86 (33 cases), 1987/89 and 2001.

The highest number of cases with negative impact is in 1998/99, followed by 2008, 2004/05, 1996/97 and 1992. The lowest number of cases with negative impact is in 1985/86, 1987 / 89, 2013 and 2014.

The highest number of cases with neutral impact is in 1996/97 (12 cases), followed by 2008, 2006 and 2004/5 (10 cases). The lowest number of cases with neutral impact is in the years 1985/86 (1 case), 1987/89 (3 cases) and 1992 (4 cases).

The highest number of cases with a positive impact in 1987/89 (5 cases) and 1998/99 (3 cases). In other years by 1 or 2 cases or 0.

The highest average negative impact is in 1990/91 (-2) and in approximate figures in 1987/89, 2013, 1996/97 and 1992. The lowest average negative impact is in 2001 (-1.50), in 1985/86 (1.60) and in 2008 (1.62).

Trends by number of cases: increase from 1985/86 to 1987/89, increase in 1990/91, increase in 1992, increase to 1998/99, decrease in 2001 (equal number of cases to 1987/89), increase in 2004/05, slight decrease in 2006, significant increase in 2008, significant decrease until 2013, constant in 2014.

- **Married women. Change of spouse's job**

The main impact of this event is positive and negative as well as in some cases neutral. It was selected a total of 255 times (+) positively and 196 times (-) negatively as well as 29 times with neutral impact. The total positive impact points are +505 points. The total negative impact points are -423 points.

The highest number of total cases for this event is in 1992 (66 cases), 1998/99, 2008 and 1996/97. The lowest total number of cases for this event is in 1985/86, 1987/89, 2004/05, 2001 and 1990/91.

The highest number of cases with negative impact is in 1992, 1998/99, 1996/97 (correspond to the highest number of total cases) and in 2013 (does not correspond to the highest number of total cases). The lowest number of cases with negative impact is in 1985/86, 1987/89, 2004/05 and 2001 (corresponds to the lowest number of cases in these periods).

The highest number of cases with a positive impact is in 1992, followed by 2008, 1998/99, 1996/97 and 2006 (corresponding to the highest number of cases in total). The lowest number of cases with a positive impact is in 1990/91 and with an equal number of cases in 1985/86 and 2013 (from 14 cases in each, while in 2013 the total number of cases has doubled). 2013 is also the only year from the periods in which the number of cases with negative impact is higher than the number of cases with positive impact.

The highest number of cases with neutral impact is in 2001, 1992 and 2004/05. The lowest number of cases with neutral impact is in 1985/86, 1990/91 and 2014.

The highest average negative impact is in 2014 (-2.35), 2001 and 2008. The lowest average negative impact is in 1987/89 (-1.66) and 1990/91.

The highest average positive impact is in 2013 (2.21) and in 2004/05. The lowest average positive impact is in 1990/91 (1.58) and in 2001.

The trends according to the number of cases are: increase from 1985/86 to 1992, decrease in 1996/97, slight increase in 1998/99, significant decrease in 2001, constant in 2004/05, increase in 2006, increase in 2008, decrease in 2013, constant in 2014.

- **Serious personal illness or injury**

The impact of this event is negative. It was selected a total of 6 times (+) positively, 433 times (-) negatively and 13 times with neutral impact. The total negative impact points are -967 points, while the total positive impact points are +9.

The highest number of total cases (simultaneously negative as most are negative) for this event is in 2013, followed by 2008, 1998/99 and 2014. The lowest number of total cases for this event is mainly in the first four periods, lowest in 1990/91 and 1985/86. In the period 1987/89 and 1990/91, the highest number of cases with neutral impact is recorded (3 cases in each).

The highest average negative impact is in the period 2004/05 (-2.38), followed by 1987/89. The lowest average negative experience is in 1996/97 (-2), followed by 1992 (-2.09).

- **Borrowing less than 10 million ALL (buying a car, TV, etc.)**

The impact of this event is more negative but also positive. It was selected a total of 129 times (+) positively and 277 times (-) negatively as well as 24 times with neutral impact. The total positive impact points of this event are +226, while the total negative impact points are -496 points.

The highest number of cases for this event is in 2013 with a high number of cases of negative impact (54 out of 72 in total), followed by 2006 where the increase in the number of cases with negative impact (39 out of 59 in total) also dominates and in 2008 and the period 1998/99 where these differences are smaller. The lowest number of total cases is in 1990/91 (13 cases), 1985/86 and 1987/89.

The highest number of cases with negative impact is in 2013, 2006, 2008 and 2014 (corresponds to the highest number of cases in total). The lowest number of cases with negative impact is in 1985/86 (7 cases), 1990/91 and 1987/89 (corresponds to the lowest number of total cases in these periods).

The highest number of cases with positive impact is in 2008 (22 cases), followed by 1998/99, 2006 and 2013. The lowest number of cases with positive impact is in 1990/91 (2 cases), followed by from 1987/89, 1985/86 and 1996/97 (the latter two with the same number of cases, 7 cases in each).

The highest number of cases with neutral impact is in 2004/05 (6 cases), followed by 2006, 2013 and 1992 (with 3 cases in each).

The highest average negative impact is in the period 2004/05 (-2.21), followed by 2014 and the period 1987/89. The lowest average negative impact is in 1990/91 (-1.40), followed by 1992. In all other periods it remains somewhat constant (from -1.71 to -1.77).

The highest average positive impact is in 1987/89 (2), 1998/99 (2) and 2014 (1.88). the lowest average of positive impact is in 1990/91 (1.50) and 2001 (yes 1.50), followed by 2006 (1.56).

The trends according to the number of cases are: increase from 1985/86 to 1987/89, decrease below the figures of 1985/86 in 1990/91, doubled increase in 1992, decrease in 1996/97, marked increase in 1998/99, decrease highlighted in 2001, increase in 2004/05, significant increase in 2006, slight decrease in 2008, significant increase in 2013, decrease more than halved in 2014 .

- **Death of a family member. Other (specify)**

This event was selected a total of 3 times (+) positively, 368 times (-) negatively and 7 times with neutral impact. The total negative impact points of this event are -934 points.

The highest number of total cases for this event is in 2013 (39 cases). The lowest number in 1987/89 and 1992 (24 cases). There are no excessive fluctuations in the number of cases anyway. They range from 24 to 39 cases.

The highest average negative impact for this event is the period 1985/86 (-2.80), followed by 1996/97, 1998/99 and 2014. The lowest average impact is in 2013 (-2.20), followed by 1987 / 89, year 2008 and year 1992.

- **Engagement**

The impact of this event has been mostly positive but there are also cases of its negative impact. It was selected a total of 326 times (+) positively, 34 times (-) negatively and 15 times with neutral impact. The total positive impact points are +777, while the total negative impact points are -63 points. The highest number of cases for this event is the period 1985/86, followed by 1987/89, 1990/91 and the

year 2013. The lowest number of total cases for this event is in the period 1998/99, followed by 2004/05 , 2006 and 2001 and 1992. The highest average positive impact for this event is in 2001 (2.58) followed by 2014. The lowest average positive impact is in 1992, 1996/97 and 1998/99 . There is also a similarity of the level of impact between the averages of 2013 with the period 2004/05, 2006 and the period 1990/91. There are also some similarities between the 2008 average with 1987/89 and the calculation between 1992 and 1996/97 (2,125, lowest).

The highest number of cases with negative impact is in 2001 (5 cases), followed by the periods 1987/89 and 1990/91 (out of 4 cases). The lowest number of negative impact cases is in 1992, 1998/99 and 2008. The highest average negative impact is in 2001 and remains above -2 for some periods. The lowest average negative impact is in 2004/05, followed by 2013 and the period 1996/97.

Trends according to the number of cases are: decrease from 1985/86 to 1992, slight increase in 1996/97, decrease in 1998/99, slight increase in 2001, constant 2004/05, 2006, increase in 2008, increase in 2013, discounts in 2014.

- **Death of the father**

The overall impact of this event is negative. It has been selected a total of 337 times (-) negatively. The total negative impact points of this event are -941 points.

The highest number of total cases for this event is in 1998/99 (41 cases), 2004/05, 1996/97, 2008 and 2013. The lowest number of total cases is in 1990/91 (15 cases), 2014 , 1992 and 1987/89.

The highest average negative impact for this event is in 1992 (-2.96), 2014, and 2013. The lowest average negative impact is in 2004/05 (-2.64) and in 2008.

Trends by number of cases: decrease from 1985/86 to 1992, double increase in 1996/97, slight increase in 1998/99, significant decrease in 2001, significant increase in 2004/05, decrease considered in 2006, increase in 2008, very slight decrease in 2013, decrease for the first half of 2014.

- **Leaving home**

The main impact of this event is mostly negative with some positive cases. It was selected a total of 98 times (+) positively, 231 times (-) negatively and 23 times with neutral impact. The total positive impact points are +181 points. The total negative impact points are -438 points.

The highest number of total cases for this event is in the period 1987/89, followed by 1992, 1990/91, 1998/99, 1996/97, 1985/86 and 2001. With mainly negative impact. The lowest number of total cases for this event is 2014, 2008, 2013 and 2006.

The highest number of cases with negative impact is in 1987/89 which corresponds to the highest number of cases in total, in 1990/91, 1992 and 1996/97, 1985/86 and 1998/99. The lowest number of cases with negative impact is in 2014 (corresponds to the lowest number of cases in total), 2006, 2008, 2013 and 2004/05. It is noted that although in 2006 and 2013 the total number of cases is equal, the number of positive cases is halved in 2013.

The highest number of cases with a positive impact is in 1992 (does not have the highest number of total cases), followed by 1998/99 and 1987/89 (coincides with the highest number of total cases), 2001, 1990 / 91, 1996/97 and 2006. The lowest number of cases with positive impact is in 2014, 2013, 2004/05 and 2008 (low number of cases in total in all periods. The exception is the year 2006 which also why an approximate number of cases has a high

number of cases with positive impact and there is a balance of negative and positive cases. This balance of cases is observed in 2014.

The trends according to the number of cases are: there is an increasing trend from 1985/86 to 1987/89, a decrease in 1990/91, a constant in 1992, 1996/97, 1998/99 (the event least affected by the riots of 1997, almost same in the 4 preceding periods), decrease in 2001, decrease in 2004/05, slight decrease in 2006, slight decrease in 2008, slight increase in 2013, decrease in 2014.

The highest average positive impact for this event is in 2013 (2.5), followed by 2014, 2008 and 1998/99. The lowest average positive impact is in 1985/86 (1.2), 2004/05 and 2006. The highest average negative impact for this event is in 1996/97 (-2.14), followed by 2008 and 2013. The average the lowest negative impact is in 2014 (-1.5) and 1990/91 (-1.53).

- **Married men. Change in wife's work outside the home**

We have an equal number of the highest number of cases in 1998/99 and 2008 (38 cases). Then the years 1992 and 2006 are listed with equal numbers (35 cases), the year 2001 and the year 2014. The lowest number of cases is in 1990/91 (18 cases), then come 1985/86 (21 cases) but in similar figures are the years 1987/89, 2004/05 and 2013 with equal figures of the latter (23 cases).

This event is classified as being experienced with both positive and negative impact. It was selected 235 times (+) positively and 91 times (-) negatively. The total points of positive impact of this event are +430 points. The total negative impact points are -148 points.

The highest number of cases with negative impact is in 2014, followed by 2013, 2008 and 1992 and 1998/99 while the last three have the highest number of cases in total.

The lowest number of cases with negative impact is in the years 1985/86, 1987/89, 1996/97, 2004/05. It is noted that in 1990/91 despite being the years with the lowest number of cases there is a significant number of cases with negative impact (7 cases out of 18 in total).

The highest number of cases with a positive impact of this event is in 1998/99, 2008, 1992 and 2006 (corresponds to the highest total number of cases in these years). What stands out is that in 2014, although the total number of cases is high, the ratio between the number of cases with a negative impact and the number of cases with a positive impact is the same (15 to 15 cases) which does not happen in any from the above periods with the exception of 1990/91 where this ratio tends to be calculated but is not yet calculated.

The highest average negative impact for this event is uniformly in the years 1985/86 and 1990/91 (-2) followed by 2013, 1998/99 and 2014. The lowest average negative impact is in 2006 (-1.14), followed by 1992 (-1.3), followed by 1987/89, 2008, 1996/97 and 2004/05.

The highest average positive impact is in the years 1996/97, followed by 2014, 2006 and 2013. The lowest average positive impact is in 1992, followed by 1998/99 and 1990/91.

- **Leaving home for the first time**

The impact of this event is mostly negative but also with a significant number of cases of positive impact. It was selected a total of 74 times (+) positively, 231 times (-) negatively and 13 times with neutral impact. The total positive impact points are +132 points, while the total negative impact points are -507 points.

The highest total number of cases for this event is in 1987/89 (55 cases), 1992, 1990/91, 1985/86 and 1996/97. The lowest number of cases for this event is in 2013 (9 cases), 2006, 2001 and 2008 and the first half of 2014.

The highest number of cases with negative impact is in 1987/89 (corresponds to the highest number of cases in total), 1992, 1990/91, 1985/86 and 1996/97. The lowest number of cases with negative impact is in 2013 (corresponds to the lowest number of cases in total), 2006, 2001 and the first half of 2014.

The highest number of cases with positive impact is in 1987/89 (11 cases; coincides with the highest number of cases in total), 1992, 1990/91, 1985/86. All coincide with the highest number of total cases listed. The lowest number of cases with positive impact is in 2008 (2 cases), 2004/05, 2006 and 2013 and 2014 equally (out of 4 cases).

The highest average negative impact for this event is in 2013 (-3), 1998/99 and 1996/97, and 2001. The lowest average negative impact is in 2006 (-1.57) and 1987/89. The highest average positive impact is in 2004/05 (2.66), 2013, 2001 and 1996/97 while in all other periods it is below 2. The lowest average positive impact is in 1990/91 (1.375), 1987/89, 2008 and 2006 alike and 1985/86.

The trends according to the number of cases are: starts with high number, increase from 1985/86 to 1987/89, decrease equalizing the figures with the first period in 1990/91, slight increase in 1992, decrease in 1996/97, decrease in 1998/99, decrease more than halved in 2001, slight increase in 2004/05, decrease in 2006, slight increase in 2008, decrease in 2013 (is the year in which we have the lowest number of cases, only 9 out of 41 in the first period), an increase in the first half of 2014.

- **Injury or serious illness of close friend**

The impact of this event is negative. It was selected a total of 20 times (+) positively, 299 times (-) negatively and 9 times with neutral impact. The total positive impact points of this event are +30 points. The total negative impact points of this event are -563 points.

The highest number of cases with negative impact on this event is in 2014 (36 cases), followed by the period 1987/89 and 2006. The lowest number of cases is in 1992 (23 cases). For other years the figures are somewhat constant (from 25 to 27 cases).

The highest number of cases with positive impact is in 1987/89 and 2014 (from 3 cases in each). The lowest number of cases with positive impact is in 1990/91, 1998/99, 2008 and 2006 (in the first two 0 cases and the second 1 case in each).

Neutral impact figures are negligible. In 1990/91 and 2013 we have 2 cases in each.

The highest average negative impact is in 1985/86 (-2.13), 1996/97 period, followed by 2008, 1987/89 period and 2014. The lowest average negative impact is in 1992 (-1.60), followed by 2006 and the period 1990/91. Positive impact averages are negligible.

The trends according to the number of cases are: increase from 1985/86 to 1987/89, decrease in 1990/91, decrease in 1992, slight increase in 1996/97 and constant in 1998/99 until 2004/05, slight increase in 2006, return to 2004/05 figures in 2008, slight decrease in 2013 (2 cases), significant increase in 2014 (with 12 more cases). Figures in 2014 and 1985/86 similarly to each other, remain the highest compared to all periods.

Difficult conditions of stay in emigration

This event was chosen to have had a mostly negative impact. It was selected 6 times (+) positively and 294 times (-) negatively, as well as 18 times with neutral impact. The total positive impact points are +8 while the total negative impact points are -623 points.

The highest number of cases for this event is in the period 1998/99 (51 cases), followed by 1996/97 but with a high difference between them (38 cases in the latter), the period 1990/91 and the year 1992. Number the lowest of the total cases is in the period 1985/86, followed by 2014 and the period 1987/89.

The highest number of cases with neutral impact is in 2001, 2006 and 2014. The highest average negative impact is in the period 1990/91 (-2.34), followed by 2014 and 2013. The lowest average negative impact is in the period 1985/86 (-1.85), followed by 2006.

The trends according to the number of cases are: increase until 1990/91, constant in 1992, slight increase in 1996/97, significant increase in 1998/99, significant decrease in 2001, constant in 2004/05, decrease in 2006, increase in 2008, significant decrease in 2013, increase in 2014.

- **Problems with justice, big money losses**

The impact of this event is negative. It was elected a total of 19 times (+) positively, 280 times (-) negatively and 13 times with neutral impact. The total positive impact points are +34 points, while the total negative impact points are -705 points.

The highest number of cases for this event is in the period 1996/97 (77 cases), followed by 1998/99 although with a significant difference almost halved (38 cases), and the year 2013 (30 cases). The lowest number of cases is in 1985/86, 1990/91, 2014 and 2001.

The highest number of cases with neutral impact is in 1998/99 (3 cases). The highest average negative impact is 1985/86 (-2.66), followed by 1996/97 and 2014. The lowest average negative impact is in 1992 (2.11), followed by 2014.

The trends according to the number of cases are increase from 1985/86 to 1987/89, decrease in 1990/91, increase in 1992, drastic increase in 1996/97, decrease in half in 1998/99, decrease in half in 2001, increase in 2004 / 05, constant in 2006, increase in 2008, slight increase in 2013, decrease more than halved in 2014.

- **Completion of school**

The main impact of this event is positive but there are also cases of negative impact. It was selected a total of 264 times (+) positively, 35 times (-) negatively and 19 times with neutral impact. The total positive impact points are +664 points, while the total negative impact points are -68 points.

The highest number of cases for this event is in the first four periods with a significant increase in 1985/86 (54 cases), 1987/89 (67 cases) and almost half times less in 1992 (32 cases) and 1990 / 91 (30 cases). In all other years this event is in figures from 14 cases to 21 cases¹. The lowest number of total cases is in 2004/05 and 2008.

The highest number of cases with a positive impact is in the same periods as the total number of cases.

The highest number of cases with negative impact is in 1987/89, 1992 (out of 5 cases in each), 1985/86 and 2014 (out of 4 cases in

¹The main reason for this high difference in numbers may be related to the quality of the selected sample where the main condition was to be only subjects over 38 years and older, who may have finished their schooling early in relation to the years in question (eg where asked about 2014 while they may have been educated before).

each). The lowest number of cases with negative impact is in 2001 and 2013 (from 1 case in each).

The highest number of cases with neutral impact is in 1985/86, 1987/89 (out of 4 cases in each) and 1990/91 (3 cases). In all other periods the number varies from 0 to 1 case.

The highest average positive impact of the event is in 2008 (2.83), followed by 2013 and 2001. The lowest average positive impact of the event is in 2006 (2.25), followed by 1998/99 and 1985 / 86.

The highest average negative impact is in 2013 (-3; both highest averages this year), 1998/99 (-3) and 2014. The lowest average negative impact is in 2001 (-1), followed by 1987/89 and 2004/05.

- **Problems with emigration**

The highest number of cases for this event is in the period 1998/99, followed by 1996/97, 1992 and 1990/91. The lowest number of cases is in 1985/86, 1987/89 and 2014.

The impact of this event is mostly negative. It was elected a total of 30 times (+) positively, 261 times (-) negatively and 17 times with neutral impact. The total positive impact points are +58 points, while the total negative impact points are -525 points.

The highest number of negatively impacted cases has the same trend over the years as the total number of cases. The highest number of cases with a positive impact is in 1990/91 (6 cases) and in 2006 (4 cases). The lowest number of cases with positive impact is in 1985/86, 1987/89, 2013 and 2014 (1 case in each period).

The highest average negative impact is in 2014 (-2.44), followed by 1985/86 and 1996/97. The lowest average negative impact is in 2013 (-1.71), followed by 2001 and 2004/05.

The trends according to the number of cases are: increase from 1985/86 to 1998/99, decrease in half in 2001, slight increase in 2004/05, constant in 2006, decrease in 2008, decrease in 2013, decrease in 2014.

- **Starting a school (high school)**

The main impact of this event is positive but also with some cases of negative impact. It was selected a total of 267 times (+) positively, 22 times (-) negatively and 11 times with neutral impact. The total points of the positive impact of this event are +645 points, while the total points of its negative impact are -48 in total.

The highest number of total cases for this event is in the period 1998/99 (58 cases), 1985/86 (49 cases) and in the years 1990/91 (28 cases). The lowest number of total cases for this event is in 2014 (11 cases), followed by 1998/99 (13 cases) and 2001 (with 15 cases).

The highest number of cases with a positive impact is in the same periods that have the highest number of cases in total. The lowest number of cases with a positive impact as well.

The highest number of cases with negative impact is in 1990/91 (4 cases), followed by 1987/89 and 1985/86 (with 3 cases in each). The lowest number of cases with negative impact is in 2008 and 2014 (with 0 cases; the latter also has the lowest number of cases in total).

The highest number of cases with neutral impact is in 1985/86, 1987/89 and 2006 (2 cases in each).

The highest average positive impact is in the period 1987/89 (2.58), followed by 1992 and the period 1998/99. The lowest average of the positive impact is in 2006 (2.06), followed by 2013 and 1990/91. The highest average negative impact is in 1985/86 and 1987/89.

The trends according to the number of cases are: increase from 1985/86 to 1987/89, decrease in 1990/91, decrease in 1992, slight increase in 1996/97, drastic decrease in 1998/99, slight increase in 2001, increase of slight in 2004/05, constant in 2006, slight increase in 2008, slight increase in 2013, drastic decrease in 2014.

- **Property problems (theft, abuse, fraud)**

This event was selected a total of 12 times (+) positively, 265 times (-) negatively and 15 times with neutral impact. Its impact turns out to be negative. The total positive impact points of the event are +24 points, while the total negative impact points of the event are -638 points.

The highest number of cases for this event is in the period 1996/97 (44 cases), followed by 2013 (37 cases), 2014 and 1992. The lowest number of total cases for this event is in 1985/86 (10 cases), 2004/05, 1987/89 and 2001 (13 cases).

Cases with positive and neutral impact are negligible but there is an increase of cases in 1987/89 (4 cases) and 2013 and 2014 (from 3 cases in each).

The highest average negative impact is in 1996/97, 1985/86, followed by 2013, 1998/99 and 1992. The lowest average negative impact is in 1987/89, 1990/91 and 2006.

The trends according to the number of cases are: slight increase from 1985/86 to 1990/91, significant increase in 1992, significant increase in 1996/97, significant decrease in 1998/99, significant decrease in 2001, decrease of slight increase in 2004/05, almost double in 2006 (draw of 1998/99 and approximately 1992), slight decrease in 2008, drastic increase in 2013 (close to digits of 1996/97), decrease in 2014 but still figures high compared to all periods except 2013 and 1996/97.

- **Sexual difficulty**

The main impact of this event is negative and neutral. It was selected a total of 15 times (+) positively, 256 times (-) negatively, and 84 times with neutral impact. The total negative impact points are -472 points. Total positive impact points +30 points.

The highest number of cases for this event is in 2013 (45 cases), followed by 2008 (35 cases). The lowest number of total cases is in 1985/86 (18 cases), followed by 2001 and 2004/05. The number of cases in other periods is relatively considerable (from 27 to 33 cases in each).

The number of cases with negative impact follows the same trend but there is an emphasis on them in relation to neutral cases in the first three periods (1985/86, 1987/89, 1990/91).

The number of cases with neutral impact is extremely high compared to other events. It is highest in the periods 1998/99 (12 cases), 1996/97 (11 cases), 2006 and 2014, but remains high in others. The lowest number of cases with neutral impact is in 1985/86, 1987/89 and 2001.

The highest average negative impact is in 2001 (-2.18) and in all previous periods (where it remains above -2), except 1990/91 (-1.60). The lowest average negative impact is in 2004/05 (-1.38), 2008, 2006 and 1990/91.

The trends according to the number of cases are: increase from 1985/86 to 1992, constant until 1998/99, significant decrease in 2001, constant in 2004/05, increase in 2006, increase in 2008, increase in 2013, significant decrease in 2014.

- **Slight violation of laws (bus tickets, disturbance of public order, etc.)**

The highest number of this event was reached in 1996/97 (54 cases), followed by 1998/1999 (34 cases) and in figures somewhat similar to the latter continues in 1990/91 (31 cases) and 1992. Relatively significant figures are also in other years with small changes ranging from 22 to 27 cases. Meanwhile, the lowest number of cases is in the years 2004/05 with 18 cases.

This event is mainly classified with negative impact but there are many cases of classification with neutral impact and less with positive impact. The high number of cases with positive impact (6 cases) in 1985/86 and with a high average experience of impact (+2.16) is noticeable. A high number of positive impact is observed in 1996/97 and 2006, with respectively 4 cases in each period again with high average experience. In other years we find 2 or 3 cases.

Despite these, this event has had a mostly negative impact. The highest number of cases of experience with negative impact is in the years 1996/97, followed by 1990/91, 1998/99 and 2001. The lowest number of cases of negative impact is in the years 2004/05, 2013, 2014 and 1985/86.

It is noteworthy that the number of cases with negative impact in 1987/89 is higher than in 2004/05, 2008, 2013 and 2014.

The number of cases with neutral effect is relatively high for this event. The highest is in 1992, followed by 1998/99, 1996/97 and 2013. The lowest is in 1990/91, 2004/05, 2006 and 2001.

There is also a draw between cases with neutral experience between 2014 and 1985/86 (5 cases) and 1987/89 with 2008 (6 cases). This draw corresponds to the number of cases with negative experience, the

difference is that in 1985/86 we have many more cases of positive experience.

The highest average negative impact experience for this event is in 1996/97, followed by 1985/86 and 2013. The lowest average negative impact is in 2006, followed by 2008 and 2014.

The highest average positive impact is in 2013, 2004/05, followed by 1987/89, 2006 and 1985/86. The lowest average is 1992, 1991 and 2014.

- **Death of a family member. MOTHER**

This event has had a completely negative impact. It was selected a total of 263 times negatively. The total negative impact points of this event are -731 points.

The highest number of cases for this event is in 2013 (52 cases). Very high figure compared to all other periods. The lowest numbers are in 2014 (first half), 1992 and 1990/91.

The highest average negative impact of this event is in 2001 (-2.95), 1990/91, 2006 and 2014. The lowest average negative impact is in 1987/89 (-2.57) and 2008.

- **Other experiences. Find**

The main impact of this event is negative and in some cases positive. It was selected a total of $91 + 44 + 22 = 157$ times positively and $(-169) + (-84) + (-51) = 304$ times negatively. Event no. 48 was elected 4 more times with neutral influence.

The total points of each number for this event are: for event no. The 48 total positive points are +232 points, while the total negative points are -444 points.

The highest number of cases for no. 48 is in 1996/97, followed by 1998/99, 1987/89 and 1990/91. The lowest number of cases in total in no. 48 is in 2014, 2001. Meanwhile the years 1985/86, 1992, 2008, 2004/05 and 2006 have the same number of cases (17). The highest number of cases with negative impact is in 1996/97, 1998/99, 2013 and 1987/89. The lowest number of cases with negative impact is in 2004/05 and 1992. The highest number of cases with positive impact is in 1990/91 and 1987/89. The lowest number of cases with a positive impact is in 2001 and 2014.

The highest average negative impact is in 2001 (-2.88) and 2004/05 but it remains extremely high in other periods (above -2.40). the lowest it is in 2014 (-2.22) and the period 1990/91.

The highest average positive impact is in 2001 (3), 2013 and 1998/99. The lowest average of positive impact is in 1990/91 (2.16), 1996/97 and in 2014.

The trends according to the number of cases are: increase from 1985/86 to 1987/89, slight decrease in 1990/91, decrease in half in 1992, increase almost tripled in 1996/97, decrease in 1998/99, significant decrease in 2001, slight increase in 2004/05, constant in 2006, constant in 2008, doubled in 2013, doubled in 2014.

- **Serious events in the social environment**

The highest number of cases for this event is in the years 1996/1997 (81 cases) which coincides with the highest average of experiencing the impact in this period -2.58. Then come the years 1990/91 with 34 cases, 1992 with 26 cases, 1998/99 with 19 cases and 1985/86 with 18 cases.

The lowest number of cases for this event is in the years 2004-2005 followed by 2006.

The highest average negative impact is in 1996/97 (-2.58), 1998/99 (-2.41), 1987/89 (-2.3) and 2004/05 (-2.11). Years 2001 (-2.08), 1992 (-2.08), 1985/86 (-2.17), 2013 (-2.03) and 2008 (-2) also have high average negative impact of perceived experience. The lowest average negative impact is in 2006 (-1.45), followed by 2014 (-1.6) and 1990/91 (-1.83).

In total this event was selected 7 times (+) positively and 245 times (-) negatively. The total number of negative points is -540 points. Total number of positive points +11.

The trends are slight decrease from 1985/86 to 1987/89, increase from the latter in 1990/91, significant decrease in 1992, drastic increase in 1996/97, yet drastic decrease in 1998/99 but it is noticed that in these years the number is almost the same as 1985/86 while those are not the years with the lowest number, decrease again in 2001 decrease in 2004/05, constant in 2006, slight increase in 2008 and slight decrease in 2013 and 2014.

- **Death of a family member. Grandmother**

This event has had a completely negative impact. The highest number of cases for this event is in the years 1996/97, continuing in 1985/86, 1987/89, 1998/99. The lowest number of cases is in 2014, 2013, 2006, 2004-2005. The highest average negative impact is in 2013 (-2.875), followed by 2014, 1985/86, and 1987/89. The lowest average impact experience in 2006, followed by 2004-2005, 2008 and 1998/99.

In total this event was selected 166 times negatively (-).

- **Dismissal**

The main impact of this event is negative. It was selected a total of 20 times (+) positively, 220 times (-) negatively and 7 times with

neutral impact. The total positive impact points are +35 points. The total negative impact points are -548 points.

The highest number of total cases for this event is in 1990/91 (38 cases), followed by 1996/97, 1998/99, 1992, 2001 and 2008, 2013 and 2014. The lowest number of cases is in 1985 / 86, 1987/89, 2004/05 and 2006.

The highest number of cases with negative impact is in 1990/91 (coincides with the highest number of cases in total). In the same period is the highest number of cases with a positive impact (5 cases), followed by 1985/86 (4 cases) and 2 cases in 1996/97 and 1998/99. In other periods the number of positive cases is negligible. The lowest number of cases with negative impact is in 1985/86, 2004/05, 1987/89 and 2014 (coincides with the lowest number of cases in total).

The highest average of the negative impact of this event is in 2013 (-2.68), followed by 1998/99, 1992, and 1990/91. The lowest average negative impact is in 1985/86 (-2), 2004/05, 2008 and 2006 but still remains relatively high (above -2).

Trends according to the number of cases are: constant from 1985/86 to 1987/89, significant increase in 1990/91, decrease in 1992, slight increase in 1996/97, constant in 1998/99, significant decrease in 2001, decrease more than halved in 2004/05, slight increase in 2006, almost doubled in 2008, increase in 2013, decrease in 2014.

Note: In the periods 2004/05 and 2006 the number of cases is not only lower than the post-1990 periods but equal to the two pre-1990 periods, 1985/86 and 1987/89. So they have the same number of cases. We should also keep in mind that the survey was conducted in mid-2014 not at the end of it thus researching only for half of it.

- **Borrowing more than 10 million ALL**

The impact of this event is more negative but also positive. It was selected a total of 70 times (+) positively and 136 times (-) negatively. The total positive impact points of this event are +162 points. The total negative impact points of this event are -289 points.

The highest number of total cases for this event is in 2013 (33 cases), 1998/99 (29 cases), 2008, 2006 and the first half of 2014. The lowest number of cases is in 1985/86 (6 cases) and in 1990/91 (8 cases).

The highest number of cases with negative impact is in 2013, 1998/99, 2008 and 2014. The lowest number of cases with negative impact is in 1985/86, 1990/91 and 1996/97. The highest number of cases with positive impact is in 2006, 2013, 1996/97.

The highest average negative impact for this event is in 2014 (-2.6), 1985/86 and in 1992. The lowest average negative impact is in 1996/97 (-1.66) and 1987/89. The highest average positive impact is in 1985/86, 2014, 1987/89 and 1998/99. The lowest average of the positive impact is in 1996/97 (1.5) but also in 1992, 2008 and 2001.

- **Serious illness / accident of a family member. Father**

The main impact of this negative event with negligible positive cases. It was selected a total of 10 times (+) positively and 196 times (-) negatively. The total negative impact points of this event are -481 points.

The highest number of cases for this event is in 2001 (26 cases), 2013 and 1985/86. The lowest number of cases is 1992 (9 cases), 1990/91, 1998/99, half of 2014 and 2006 (with 12-13 cases in each).

The highest average negative impact for this event is in 1998/99 (-2.81), 1996/97 and 1987/89 (same average impact in these two periods -2.63). The lowest average of the negative impact is in 2014 and 1985/86 (same average of the impact in these two periods -2.18), 2004/05 and in 2008.

The trends according to the number of cases are: significant decrease from 1985/86 in 1992, increase equaling the figures of 1985/86 in 1996/97, decrease halved in 1998/99, increase more than doubled in 2001, decrease visible in 2004/05, slight decrease in 2006, slight increase equaling the figures of 2004/05 in 2008, significant increase in 2013, decrease in the first half of 2014.

- **Serious illness / accident of a family member. Brother**

The main impact of this event is negative. It was selected a total of 10 times (+) positively and 173 times (-) negatively. The total negative impact points are -451 points.

The highest number of cases for this event is in 1996/97 (24 cases), 2013 (20 cases), 1998/99 and 2004/05 (with equal number of cases, 18 in each). The lowest number of cases is in 1990/91 (5 cases), 1985/86 and in 2008.

The highest average negative impact for this event is in 1996/97 (-2.79), 2006, 2004/05 and 1985/86. The lowest average negative impact is in 1987/89 (-2.35), 2013 and 2001.

The trends according to the number of cases are: increase from 1985/86 to 1987/89 with doubling of cases, decrease more than halved in 1990/91, increase in 1992, increase doubled in 1996/97, decrease in 1998/99, decrease slight in 2001, slight increase in 2004/05 but figures equal to 1998/99 coming second in terms of high number of cases, constant in 2006 (ie the same number of

cases), significant decrease in 2008, slight increase in 2013, decrease by only two cases in the first half of 2014.

- **Acts of violence experienced**

The impact of this event is negative. It was selected a total of 3 times (+) positively and 169 times (-) negatively. The total negative impact points are -350 points, while the total positive impact points are 7 points.

The highest number of cases for this event is in 1996/97, 1998/99 and 1992. The lowest number of total cases for this event is in 2006 and 2013.

The highest average negative impact for this event is in 2006 (-2.71), followed by 1985/86 and 2013. The lowest average negative impact is in 2004/05 (-1.71), 2001 and 2014.

Trends by number of cases are: increase from 1985/86 to 1996/97, decrease in 1998/99, decrease in 2001, constant in 2004/05, decrease in 2006, slight increase in 2008, slight decrease in 2013, increase in 2014.

- **Subsequent events not presented in the analysis**

The events below are not presented in the table with data due to the large volume of search data. They are ranked after the above events in terms of the number of cases that have been selected and have significant but lower case numbers which will be analyzed in a second moment. More specifically, the events that follow the ranking of the study that are not presented in the tables and part of the analysis are: event 5 / f (death of a family member / grandfather), event 7 (exemption from mortgage or lending), event 5 / c (death of a family member / brother), event 15 / g (illness or serious accident of a family member / spouse), event 15 / b (illness or serious

accident of a family member / mother), event 15 / h (serious illness or accident of a family member / other), event 3 (death of spouse), event 34 (women; suffering an abortion), event 15 / c ((illness or accident) seriousness of a family member / sister), event 25 (consent of spouse), event 2 (stay in prison or similar institutions) as well as the events presented in the following case.

- **Discuss events with lower frequency.**

Event 5 / d (death of a family member / sister), event 40 (retirement), event 53 (dropping out of school), event 23 (divorce from a spouse as a result of a conflict), event 38 (divorce), event 43 (separation from work / travel spouse), event 33 (abortion of wife / girlfriend), event 50 (written / open question), event 15 / e (illness or serious accident of a family member , grandfather) and event 15 / f (illness or serious accident of a family member, grandmother) are ranked at the bottom among the least cited or with the lowest number of cases but which with the exception of the last four events have a number cases over 100 (positive and negative together).

The analysis of the discussions of LES results shows that there are differences between time periods in terms of events or experiences that have dominated. The dominance of the events with the most positive or negative impact for each time period can be given by the table below

Table 7. The dominance of the events with the most positive or negative impact for each time period

Time period	Selected events more as positive	Selected events more as positive
Period 1985/86	21, 20, 12, 6, 9,	6, 57, 19, 4, 8

Period 1987/89	21, 1, 29, 19, 36,	57, 6, 19, 4, 8,
Period 1990/91	21, 1, 11, 12, 14	57, 19, 17, 4, 6,
Period 1992	21, 14, 6, 19, 20	57, 19, 51, 13, 17
Peiudha 1996/97	21, 1, 12, 19, 14	4, 57, 6, 19, 17
Period 1998/99	21, 20, 19, 37, 6	57, 4, 19, 17, 51,
Period 2001	21, 37, 19, 20, 14	57, 4, 6, 8, 19,
Peiudha 2004/05	21, 6, 19, 37, 14,	57, 4, 6, 51, 8
Period 2006	19, 6, 37, 14, 20	57.4, 6, 17, 8,
Period 2008	19, 37, 6, 20, 21,	4, 57, 41, 6, 8
Peiudha 2013	37, 6, 20, 19, 14	4, 57, 41, 19, 6,
Period 2014	6, 19, 20, 37, 21	4, 19, 57, 6, 17

5.1 Narratives

During this analysis, a total of four main topics were identified

1. The experienced impact of the changes that occurred in 1990 and the differences in the younger and older age groups
2. Social impact on the individual before and after the changes (during communism and during the democratic transition)
3. The most mentioned life spheres and differences
4. The nature and type of experiences as well as the differences in description in the younger and older age groups

Regarding the first theme, the impact of the 1990s changes

Significant differences were found in the descriptions about this impact in the young age groups ranging from 18 to 22 years in 1990, compared to the older age group ranging from 27 years to 31 years in 1990.

In the aforementioned young age group the descriptions about how they would consider the developments or changes of 1990 are: Challenging; Stress began to enter; Progressive and optimistic; Hard years with particles of happiness; Difficult years but compared to before it got better; We broadened the horizon; Quiet period; Year of horror; Very beautiful years; Positive, generally positive;

In the older age group the impact of the changes that accompanied 1990 follows these descriptions: I did not welcome them well; In books I had learned that in capitalism unemployment, poverty, insecurity increase and so far the work had gone; Stresses are added; Complex developments; I have experienced it like all my peers; After 1990 we felt better, freedom of action, freedom of speech, freedom of work. We were psychologically liberated. There were no more political punishments, much better. People were engaged in various activities, we ate and drank better, people started to get home, and so on.

Regarding the second topic, the differences of the social impact on the individual in the two periods, the young people at that time give the following descriptions:

Prior to the 1990 changes, life was under "critical eye" and would be "without compromising these frameworks"; Good community life; Same things, we were the same; We helped each other; The threats that come as a result of the opinion of others stand out.

Following the 1990s changes, descriptions of the social impact on this age group are mainly related to security threats or rising crime, poor employment relationships and job losses, immigration,

improvements due to increased transport / mobility and communication opportunities as well as the introduction of the concept of property, "-something was different now ". The idea that I had something that belonged to me was also something wonderful. You felt you had something and you were willing to work to multiply it. "We realized that fatigue was worth it."

In the old age group, the social impact in some descriptions before the changes of 1990 is related to work, simple and normal life for someone as well as to "-did not dare to associate with a co-worker or declassified, to be arrested"; "-to live with fear because you did not know who you met (he was declassified or not), they will catch me here or there "; "-the spread of the same fear, the spirit of threat from the enemy, the propaganda of the invasion, leaving the house for days, etc".

After the changes of 1990 in this age group are mentioned terms such as "excessive freedom", "-there is freedom but there are also borders", loneliness due to living in emigration, leaving the spouse, raising children alone, migratory changes, etc.

The most mentioned negative emotions in the young age group are anxiety, boredom, fear and the most mentioned word is stress. The positive emotions that are most described are "feeling good in free expression", "choice", "self-employment", "opening a business", as well as the words "initiative" and "self-realization" as much as the word "defeat". In meeting some needs are mentioned: "-we dressed better", "-more choices", etc.

Among the needs that are most mentioned in the old age group are the need for "non-abuse", "professional growth", "achievement of goals", "the quality of social relations", "appreciation and respect" as well as "the need for freedom of thought, listening and education before the 1990 changes".

Meanwhile, in all areas (health, work, economy, peace of mind, family relationships) in this age group there are fluctuations or ups and downs throughout the post-1990 period.

The spheres of life that are most described in the narrative are work, family, economy and social impact but it is also important to analyze how they are ranked and the impact in the two periods before and after the 1990 changes.

In the first narrative (21 years old in 1990) the ranking before 1990 is schooling, needs and economic level, emotions and feelings of social influence. After 1990 emotions and feelings, social life and security, schooling, work, family and influence, economic level, work and influence, family life.

In the second narrative (19 years old in 1990) the ranking before 1990 is emotions and experiences, social aspect and influence, schooling, family and economy. After 1990 is schooling, emotions and feelings, economic level, work, family, work relationships and influence, social aspect and work, schooling, work and influence, intimacy, health and influence.

The third narrative (29 years old in 1990) before 1990 lists childhood and economics, school and economics, economics and experiences, higher education, work and influence. After 1990 are listed work, economy and work, living, work and influence, life and economy, work, life, work.

The fourth narrative during 1990 lists (15 years old) thoughts and perceptions, state of mind and then thoughts, perceptions, psychosocial developmental aspect of change, thoughts and experiences, social aspect and influences, social and generational development.

The fifth narrative (30 years old in 1990) before 1990 lists work, living conditions, experiences, health, family and influence, economic level. After 1990 are listed family, experiences, work, economic level, emigration, family and emigration, experiences in emigration, family, economy, experiences, family and emigration, experiences, economic level, family life, economy and employment, economy and experiences.

The sixth narrative (10 years old in 1990) lists during, after and after 1990 property, thoughts and experiences related to property, family, work and influence, economy, family and health, intimacy, education, experiences, social life and influence, experiences and insecurity, attitudes towards social situations of insecurity (1997), protection and experiences, school, living, family, desires and education, thoughts and experiences, intimacy, work, economy, experiences, family, experiences, health and family.

The seventh narrative (33 years old in 1990) before 1990 lists childhood and schooling, leaving family, society and schooling, state care, schooling and influence, work, family, experiences. After 1990 are listed the socio-political change, economy and employment, 1997 and the impact, economy, work and family, experiences.

The eighth narrative (43 years old in 1990) before 1990 lists childhood and family ties, school and experiences, self-concept, family relationships, schooling, social and influence aspects, work and achievement, social aspects at work. After 1990 are listed the socio-political changes, thoughts and experiences, work and experiences, life or progress.

The ninth narrative (18 years old in 1990. F) during and after 1990 lists schooling, family formation, thoughts and experiences, technology and communication, other aspects of social development mainly related to the economy, political-socio-economic aspect, emigration,

thoughts and experiences, family & economy and influence, social aspect, influence and economy, individual aspect of social influence, economy and emigration, family, positive social change, work and economy, family, thoughts and experiences.

The tenth narrative (18 years old in 1990. M) lists during and after 1990 the experiences, the position at the moment of change, the effects of socio-political change, thoughts and experiences, social change, behavior and thoughts, emigration, the individual and social aspect of immigration, work and economics, thoughts and experiences, social aspect and impact, work and economics, thoughts and experiences.

The eleventh narrative (27 years old in 1990. F) before 1990 lists quality of life and emotional well-being, school and activities, thoughts and experiences, work, family formation and influence. After 1990 are listed thoughts and experiences, economy, family and emigration, thoughts and experiences, economy, family and influence, migration, economy and migration, social and individual aspect of migration, work and family, thoughts and experiences.

The twelfth narrative (22 years old in 1990. M) lists during and after 1990 activities and work, social aspect, thoughts and experiences, family and intimacy, thoughts and experiences, emigration, thoughts and experiences, work in emigration, experiences and evocations in emigration, work / initiative and economy after return, work and social impact, thoughts and experiences, family losses, political change and work, thoughts and feelings, work and justice, experiences and evocations, work and family, difficulties at work, work, thoughts and experiences, family, work, difficulties at work, thoughts and experiences, health at work, work, work and initiative, family, thoughts and feelings, desires.

The thirteenth narrative (44 years old in 1990. M) during and after 1990 lists system change, property reform, elections and work, economy, work and economy, experience and economy, thoughts and feelings, work, difficulties at work, economy and initiative, difficulties at work, successes, economy and family.

The fourteenth narrative (16 years old in 1990. F) during and after 1990 lists school, social aspect and emotional experiences, intimacy, family formation, experiences, thoughts and feelings, family, social relationship, experiences, family, pleasures, economy, social aspect, experiences, experiences and evocations, social aspect, economy, family, thoughts and experiences.

It is noticed that the cases with older age groups express almost the same about their childhood, always describing poverty, while in the younger age groups, childhood was not always like that, although the economic problems were not stabilized at almost all ages, but in the older age groups. New ones talk about ups and downs while the older ones about persistent poverty or low economy "-we were satisfied with little"

Among the most pronounced difficulties in the younger generation are those related to the upbringing of children. The older generation has not responded much to the needs while the younger generation has defined among other things the burdens and responsibilities.

5.1.1 Discussion of narratives

The analysis paid attention on the way issues are ranked in relation to the cluster as well as how they are described by dividing them into several blocks and making comparisons. The analysis of the experiences received from the subjects evidences for the first time the mention of the concept of "property" to the youth as well as "talking about dreams" with expressions such as "-my biggest dream is the university", "-I looked at my dream". The comparison of

narratives highlights the fact that the main concerns for all generations are those life events that have to do with work, the economy and the family. Their daily discussions highlight the use of the term “stress”, as a term that is followed by the words “calm”, and “not restless” proving the impact on psychological well-being of the individual under the effect of those events they experienced in life. This tendency goes in the same trend with the results of the survey that identify the level of psychological/emotional well-being of the individual related with social and personal life events.

Adult age groups before the 1990s describe very briefly their desires and how they experienced the events of their lives. Their comments focus mainly on life stability, mainly related to work and social relationships. While in the youth groups the open acceptance of intimacy is noticed. Also in the younger generation we find the expression “I had my income”, which we do not find in adult groups narrative.

Groups of young and middle-aged people use in their daily behavior terms such as those related to their experiences of events such as “-we built the new house”, “-I had built the new house”, “-Some time to devote to family”, “-I had to start all over again”, “-I practiced the profession I liked”, “-I feel fulfilled”, “-I built”, “-more united”.

Nostalgia for the school years or the “iron discipline at school”, unlike today's school discipline is observed mainly in the older age groups. It is also noticed in these age groups there is an overestimation of some achievements defined more externally, such as receiving decorations, being exemplary at work, etc. While the terms unemployment, again unemployment, etc. have a higher frequency in younger age groups than in older age groups.

In the older age groups there are also some standard slogans of the type, “-i charged with propaganda ”, “-entered the path of

advanced experience ","-unfolding visions ","-were in the vanguard role ","-relations of a democratic format to justify the goal ".

Another element that is noticed is that the older age groups express almost the same about their childhood, always describing poverty. While in the young age group (30 years old) childhood has not always been like this even though the economic problems have not been stabilized. In almost all age groups, but especially in the younger age groups, there is talk of ups and downs, while in the older age groups there is talk of persistent poverty or low economy, expressing the philosophy of "less satisfaction".

Older age groups or those who worked a few years before 1990 express more words "freedom of action", "freedom of thought", "liberation", "crisis", "exploitation of labor in all forms", "fear that they would allegedly attack us", "propaganda of occupation", "great bigotry", "persecutions", "ration, toll, enemy, decadence, our principled attitude, and other settings for numerous shortages in food and clothing".

Also the age group 40 to 50 years, but since 1990 they were 19 to 27 years old tend to a greater frequency of monotonous words, "to affirm in life", "to break away from the "claws"", "-you have to cope the "Shames"", "critical eye observations", "-life would be made without violating these frameworks and without speaking about the pressures, desires and dreams", "-you could become the "gas" of the world", fear, insecurity, anxiety, sudden changes, "tendency" for to look as modern as possible, etc.

Among the most pronounced difficulties in the younger generation are those related to the upbringing of children. The older generation has not responded to the needs while the younger generation has defined among other things the burdens and responsibilities. All age

groups express food quality or quantity as a problem that affects all subjects.

As can be seen from the graphs that express the indicators for the five main variables: health, work, economy, family relationships and peace of mind, it is clear that immediately after the changes that took place in 1990, there were also significant changes. These changes are initially down to positive indicators. The course then varies depending on the age of the subjects and the case. What emerges from the analysis is that work, health problems and the economy have the main impact, although family relationships and peace of mind are not far behind. Older age groups have a decrease or no change for some indicators, while in the younger age groups there is a decrease and increase. It is noticeable that older age groups tend to be insincere in giving indicators to variables by setting the same value for everyone.

The areas most described in the narrative are work, family, economy and social impact. Their analysis is important because it shows that the way they are ranked and the impact they had in the two periods before and after the 1990 changes are also analyzed.

5.2 Interviews with Psychiatrists

Regarding the interviews with psychiatrists, some typical diagnoses before and after 1990 were considered, as well as some other changes. Thus for the period after 1990 terms such as affective disorders, depression, substance use, family awareness, informing society etc., have been used. Changing the system few sickness than before. Lack of information on this category of mental illness before 1990, led to the aggressiveness and gravity of the disorders. Causes after 1990 are emigration, domestic violence, drugs, alcohol, unemployment, poverty. The onset of the disease after 1990 is closely related to social life and the difficulties encountered. Other citations include: the thirst to build life quickly and being euphoric in this regard affected the problems,

excessive restraint of youth, business, trade and immigration as causes. In the second interview are mentioned as typical after 1990 depressive disorders, manic psychoses, affective disorders. After 1990, depressive, affective, and substance use disorders increased. Unemployment, emigration, poverty, divorce, domestic violence are listed as causes. The term “patient culture” is mentioned as an influential element. In the third interview the hopeless state during that time, leaving the country, slight increase in mental disorders, depressive, affective, manic psychosis and schizophrenia. Causes again include poverty, unemployment, divorce, business problems, trade, drug abuse, alcohol and immigration. In the fourth interview again mentioned as typical for after 1990 disorders of anxiety, mood, stress, panic, emotional psychoses and that these problems became more acute. Urban areas, patient culture, awareness of school, society, associations, are mentioned again. Child trafficking, trafficking, economic status, destabilizing situations, AIDS, drugs and alcohol, failed emigration as causes. Again the culture and economic level of the patient. Prior to 1990 schizophrenia, bipolar disorder, depression, psychotic and personality disorders based on epilepsy or alcohol use, phobic and hypochondriac neuroses were mentioned. As causes after 1990 are mentioned the change of the system and the risk factors that accompanied it, economic collapse, trafficking, human losses, losses in money. Increased concerns from stress, neuroses, drug-like phenomena, change of property from state to private, lifestyle, social relations, family, loss of perspective, unemployment, immigration, political events, social polarization. Again the population is mainly urban and the increase of problems as a result of social phenomena, the impact of the social environment and the cultural level. In the sixth interview we find mentioned the claims of unprepared population, unemployment the main cause, increase of mental illness, psychoactive factors of political character as causes, individual isolation, agricultural collectivism, poverty, restriction of freedom and

great differentiation of thought, injustices, revival, patient culture, unemployment, insecurity, emigration, living alone, immediate economic differentiation, increased divorces as causes, family support, changes in social / community relations, socio-economic and cultural changes, law reform, service multidisciplinary bio-psycho-social, significant reduction in the number of patients, unselected, raw ingestion of high-risk, oriental cultures. Prior to 1990, overcrowding, hospitalization, and severe treatment of the disease were mentioned. The biggest problems before 1990. In the eighth interview are mentioned the allegations change of the referral system, psychiatric treatment no longer neurological, change of perception of the population from irreparable and irreversible previously seen to curable, reduction of stigma, fear of shame and prejudice and concealment of the disease, increase of political sensitivity and services, alternative treatments, early treatment, urban population, not seeking help in the village, psychological treatment, psychological and social service after 1990, new diagnostic manuals, numerous political factors -economic and social as causes. Prior to 1990 mainly bipolar disorder and schizophrenia. After 1990 anxiety disorders and substance abuse. Seeking help and diagnosis in the early 1990s incoherent. Treatments after 1990 many times more effective. Community treatment, support and treatment of the family, support network, introduction of new medicines on the market. Prior to 1990 hereditary factors, lack of information, lack of alternative treatments, undeclared problems, longer period of hospitalization. Economic factors, social, emigration, migration led to increased problems.

CHAPTER VI: CONCLUSIONS AND RECOMMENDATIONS

6.1. Conclusions

The findings on this study confirm one of its most important hypotheses which states that after 1990 the intensity of events or experiences increased as a result of the increase on more and more diverse possibilities.

The psychological well-being of the individual is more threatened after the changes that took place in 1990, compared to the two previous periods (1985/86 and 1987/89), with the exception of 1992, a fact that is confirmed by a series of experiences. The greater intensity of experiences after 1990 in the lives of Albanians has created greater opportunities for exploration, realization, achievement such as the completion of a high school, the opening of a business, etc.

There are changes in the emotional health of Albanians between the two periods before 1990 and after 1990.

The social context influenced and produced emotional problems in the individuals of the Albanian society, as many of the events and experiences that have occurred and evidenced are related to these problems, such as changes in sleep or changes in eating.

There are obvious differences both in terms of the perceived level of emotional experience towards the events and in terms of the number and type of events between the periods under analysis starting from 1985. The first difference is related to the number of events that occurred, but in linearly also related to the intensity of perceived emotional experiences. The number of events and their greater intensity is higher in some periods and lower in others. This applies mainly to the reference to the total of events, but also to the grouping of positive events separately and negative events separately, positive points separately and negative points separately. The most obvious

differences appear in the periods when there have been political-social and consequently economic changes in the country.

The results of the study confirm once again the ecological theory of human development, according to which changes in the macrosystem bring about changes like waves in all other subset systems. They affect the human individual and his development in the psychological sense, his experiences and experiences which directly affect his psychological well-being.

The periods with the highest level of emotional experience perceived negatively by individuals are the periods 1996/97, 2013 and 2014. There are high differences of negative events and consequently the emotional impact with positive events, where during 2013 it seems to be comparable to the period 1996/97. It is not clear whether this is more related to the proximity of these periods for memorizing effects of events compared to previous periods, as in total it is not that there is a significantly higher number of events reported in these periods, it is even lower than in some other more distant periods.

Comparing the findings between the 12 time periods analyzed between the number of positive events and the number of negative events shows that there is a difference of 3156 more negative events. The comparison of emotional perception between the sums of positive and negative events, estimated in points, shows that the impact on emotional perception of events has 4510 more negative points. This result means that the Albanian individual during this 30-year time segment has been affected more negatively than positively.

The intensity of events that occurred before and after 1990 is in different values and is not linear. Thus there are a number of events with the lowest for the period 1985/86, but the highest in the period 1987/89.

The period of 1992 has a significant increase in the number of events compared to the previous periods, surpassing the period 1987/89 with almost 300 more cases. But in the 87/89 period, the number of positive events in 1992 is over 200 times higher than the number of negative events. It should be noted from the findings that this is the only period where the number of positive events is higher than the number of negative events.

The periods 90/91 and year 1992 are the only time periods where the difference of events and points is not only positive but also high, respectively 693 more positive points in the first and 439 more positive points in the second. While in all other time periods, the difference of events and points is always negative.

The periods with the highest difference between the negative points and the positive points derived from the analysis of the interpretation of the emotional experiences of individuals are the periods 1996/97 with -1914 negative points more, 2013 with -1311 points more, the first six months of 2014 with -990 more negative points, as well as the time periods 2004/05, 1998/99 and 2001.

The periods with the lowest difference between the negative points and the positive points derived from the analysis of the interpretation of the emotional experiences of individuals are the time periods 1990/91 with only -49 points more negative, the year 2008 with -75 points more negative and the year 2006 with -114 negative points more.

The results confirm the hypothesis that there are different intensity of events before and after 1990. This finding is true not only for this period, but for all periods. There is a low number of events in 1985/86, but high in 1987/89 and falling again in the 1990/91 period. But it increased significantly in 1992 and remained high

until 1998/99. It falls sharply again in 2001, and tends to rise again in 2004/05 to 2008 and decline in 2013 and the first half of 2014.

The most negatively charged period is the period 1996/97. It is followed by 2013 and the first half of 2014. These periods indicate a very high level of negative impact.

The periods 1998/99, 2001 and 2004/05 have an approximate level between the differences of the points, a difference that even in these periods is negative in the respective values -345, -320 and -389. Meanwhile, 2006 has more similarities with the period 1985/86 but again with a negative difference of points. The period 1990/91 has a margin similar to 2008, but still negative. These two periods come immediately after the two periods with positive differences.

The periods with positive differences are the period 1987/89, the year 1992, the period 1990/91 and the year 2008.

The analysis of the trend of positive and negative events shows that in the period 1990/91 we have a significant decrease of events with positive impact (over 350 events) while the number of events with negative impact remains relatively the same. This decrease in positive impact events has made the difference by shifting this impact from the positive trend to the negative experience trend in this period. But despite this noticeable change, the number of positive events in this period remains higher than that in 1985/86, a period that is considered poor with events as a whole (positive and negative together) and where the difference of negative points is higher than in 1990/91.

Another finding for the 90/91 period is that the average negative impact has decreased relative to the two previous periods (1985/86 and 1987/89).

In 1992 we have a rapid increase exceeding the figures of the period 87/89 both positive events (over 50 more positive events) but also negative events (over 190 cases). Again in this period the average negative impact continues to remain lower than in 1985/86 and 1987/89.

There is a significant increase of events with negative impact (380 more negative events) but also of events with positive impact (over 480 more positive events) in the period from 1985/86 to 1987/89,

The 1996/97 period has an increase in negative events (approximately 590 more negative events) and a decrease in positive events (approximately 360 positive events less). This period, together with the period 1985/86 also have the highest average of negative impact (-2.17 and -2.14).

The year 2001 is characterized by a low intensity of events as a whole, but mostly of positive ones. This year also records their lowest figure in total (992 positive events). This statistic is followed by the periods 2004/2005, 2013 and 1985/86 and 2004/05.

The time periods 1992, 1996/97, 1998/99 and 2008 have a much higher intensity of events, compared to the period 1985/86. This data is also true for the periods 2006, 2013 and 2014 compared to 1985/86 which marks the lowest number of events followed by time periods with the largest differences between positive and negative events is topped by the 96/97 period. After that come the periods 2001 and 2004/05 (with about 600 more negative events) and only after that comes the time period 98/99 where the difference between negative and positive events is many times lower (about 220 more negative events) .

This period also has the lowest number of positive events during the transition period, capturing the figures of 1985/86. These analyzes once again confirm the hypothesis according to which after the

changes of 1990/91 the intensity of positive and negative events increased and consequently the intensity of emotional experiences increased due to facing more life experiences.

There is a connection between the level and nature of emotional experience in Albanians through the identification of their experiences in different periods. 1992 was a "golden" year in terms of positive emotional experience. While the period 1996/97 and the year 2013 and the first half of 2014 were the worst periods in this regard. Typical age groups that had more experiences for each time period were also identified.

There are differentiations depending on the type of events. The last two age groups seem to be the age groups that have been most influenced. It remains to be seen, however, the type of event in this regard. In other age groups there are also significant effects especially of some typical events in some "typical" periods.

Emotionally charged life experiences, as well as their type and frequency, show that they are typically experiences that are related to the environment not just the immediate individual but also to some other environments.

The socio-political changes that took place not only in the early 1990s but also in other periods, have had significant impacts on increasing or decreasing the number of experiences and experiencing them, with changing influential dynamics and with differentiated distribution based on age group.

Among the most influential or selected experiences are changes in financial status, changes in eating, changes in sleep, the arrival of a new family member, daily frustrations and social stress, change in the type or amount of entertainment, change in closeness with family members, change in social activities, change in family living

conditions, major changes in daily activities, change in work situation, new job, lack of contact with family, marriage, employment problems, etc ..

There are differences in the description of the experiences of adult subjects during the totalitarian system and those grown up in later periods. The difference is slightly softened in young subjects, but who were around 18-20 years old in 1990.

Young subjects generally tend to express themselves about aspects related to their experiences, while adult subjects are more focused on relationships and the importance of social impact.

There are differences in how society's impact on the individual is experienced between subjects who grew up and stabilized before 1990 with those subjects who are younger in age.

The guiding sum of emotional well-being indicates that the individual's emotional well-being is threatened in most of the time periods included in the study. The threat to emotional well-being has come from the fact that most periods of time have been more negatively charged. This negative charge has given its typical impacts in any period of time on the emotional well-being of the individual. They relate to the impact that the social changes that have taken place have brought on people's lives, relevant experiences and feelings. Regarding the first research objective that is to determine the level and quality of emotional well-being in Albanians in different periods through the identification of experiences were determined on the basis of periods and age groups both the level and the nature of emotional experience from where it was seen that 1992 is a "golden" year in terms of positive emotional experience and the periods 1996/97, 2013 and the first half of 2014 the worst in this regard.

Typical age groups were also identified that had more eruptions for each period as well as grouped together from where it was seen that there are differences depending on the type of events but that for the most part it is the last two age groups that calculated in% seem to have been more affected. It remains to be seen, however, the type of event in this regard. In other age groups there are also significant effects especially of some typical events in some "typical" periods.

Regarding the second research objective which is to identify life experiences with significant emotional load, their type and frequency can be said to be typically experiences which relate not only to the immediate environment of the individual but also to many other environments and that political changes -social events not only in the early '90s but also in other periods have had significant impacts in this regard in increasing or decreasing the number of experiences and experiencing them, with changing influential dynamics as identified in narratives and distributions differentiated by age group.

The most significant life experiences in each period were identified, in each age group and in total taken together where the respective ranking is presented. Thus some of these most influential or selected experiences (first 15) are changes in financial status, changes in eating, changes in sleep, the arrival of a new family member, daily frustrations and social stress, change in the type or amount of entertainment, change in closeness with family, change in social activities, change in family living conditions, major changes in daily activities, change in work situation, new job, lack of contact with family, marriage , employment problems, etc., realizing the first objective of the research which aims to assess the individual life impact of social changes that as seen are precisely these and other events listed in the study as well as those identified in narratives with their perceived emotional impact.

As for the third research objective which is to make comparisons of these experiences between age groups and between periods before and after 1990 this too has been achieved successfully and has typical age groups for typical events but also specific age groups more influenced. The fourth research objective that aims to deepen the findings through deeper individual descriptions and to be able to establish analytical interpretations in this regard was achieved through the realization of narratives and interviews with psychiatric professionals where the former enabled the identification of some central categories in descriptions such as work, family, society, economy and experiences. It was found that there is a difference in the description of the experiences of adult subjects during the totalitarian system and those developed later, a difference which is slightly softened in young but major subjects in 1990 (over 19 years old) who lived their early years during that period. In general, young subjects tend to express themselves in lines about aspects related to their experiences, while adult subjects during the regime are more focused on relationships and the importance of social impact. There are therefore differences regarding how society's impact on the individual is experienced between adult and stabilized subjects during the regime with those who are younger in age. The last research task was related to the creation of an orienting summation of emotional well-being as well as additional data that help find the answers raised in the study which shows us that in most of the periods involved our emotional well-being is threatened as they have been more negatively charged and that these changes have had their typical impacts in each period. They relate to the impact that the social changes that have taken place have brought to people's lives, relevant experiences and experiences. The purpose of the research was to assess this impact and to identify changes and impacts that as reflected in the study have been diverse.

6.2. Recommendations

First special attention should be paid to each new phenomenon that brings with it an eventual change which often finds people unaware to react and adapt.

Secondly, it should be borne in mind that major social changes affect all age groups without exception, but mainly those who are already in a vital stability are more affected as well as those who are trying to establish it, so more attention should be paid in these age groups.

Thirdly, the whole master plan of the institutions of social functioning is responsible and influential with its instability as much as the instability in narrower environments, affecting the psychological well-being of everyone. This suggests that even in this regard we need to contribute more if we want to be psychologically healthy.

Fourth, as some of the findings suggest, the impact of strong socio-political change in the countries facing it is greater in some ways. Some of these are:

1. Elements of security and perception in the population regarding crime and its increase
2. Social and institutional chaos and dysfunction that produces updated social stresses
3. Fluctuations in financial status and economy which are directly related to meeting needs and many other complications
4. Fluctuations in the work environment (loss of jobs, hostile environment or difficult relationships at work which threaten emotional stability, adjustment due to frequent changes)
5. Early health problems

This not only confirms that the systems surrounding the individual are interconnected and profoundly affect his well-being at least in the psychological sense to which this research refers, but appeals to the policy-making structures, the social, economic and wider society that it should to cooperate as well as to develop a greater awareness within them that any change made in every link of our social system for better or for worse, affects the individual and his development.

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