

International Scientific
and Professional Conference

HUMAN RIGHTS
IN FOCUS

BOOK OF ABSTRACTS



November 27, 2024
Novi Sad, Serbia





Republic of Serbia
Autonomous Province of Vojvodina
Provincial Protector of Citizens - Ombudsman



University of Novi Sad
Faculty of Law



University of Kragujevac
Faculty of Law

ISBN
[Provincial Protector of
Citizens - Ombudsman]



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The building of the Rectorate of
the University of Novi Sad
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Organizers of the Conference:
Provincial Protector of Citizens - Ombudsman
Faculty of Law of the University of Novi Sad
Faculty of Law of the University of Kragujevac

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Digital Edition

ISBN: 978-86-89417-24-1

PUBLISHERS:

Provincial Protector of Citizens - Ombudsman

ON BEHALF OF THE PUBLISHERS:

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Provincial protector of Citizens - Ombudsman

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Provincial protector of Citizens - Ombudsman

PROCESSING AND PREPARATION:

Alen Šajfar

YEAR: 2024

Any opinions, claims or positions expressed in this publication are those of the papers' authors and do not necessarily represent an official position of the Provincial Protector of Citizens - Ombudsman

RESILIENCE OF ELDERLY RESIDENTS IN NURSING HOMES IN THE AUTONOMOUS PROVINCE OF VOJVODINA (Serbia)

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Abstract: The aging process can be seen as an adversity, given that it is marked by multiple losses. Social networks shrink, health risks increase and independent functioning of the elderly becomes more difficult due to greater physical, cognitive and financial limitations. Resilience can be understood as a process of bouncing back from adversity and flourishing despite such conditions, making it an important concept in the context of aging. Higher resilience among the elderly is associated with improved quality of life, lower levels of depression symptoms, increased longevity and faster cardiovascular recovery, among other benefits. **Aim:** The aim of this study was to evaluate the resilience of elderly living in nursing homes in Serbia. **Methods:** The study was designed as cross-sectional study that began in May 2024 conducted in 10 nursing homes in the Vojvodina region of Serbia. 10-item Connor-Davidson Resilience Scale (CD-RISC-10) (Campbell-Sills & Stein, 2007), a measure that has been validated for use with the elderly, was used to assess the resilience in this research. The scale evaluates the ability to tolerate stressful experiences, such as failures, painful emotions, and other challenges. Participants responded on a five-point Likert scale, with total scores ranging from 0 to 40, indicating their level of resilience. Higher scores reflected a greater capacity to cope with and recover from adversity. **Results:** The results are based on a snapshot taken in September 2024, as part of ongoing research. To date, the sample consists of 67.9% female and 32.1% male

participants, with a mean age of 77.77 years (± 9.465). The mean resilience score was 31.59 (SD = 7.67), and 68.8% of respondents scored higher than 30. These findings suggest that higher levels of resilience predominate among elderly living in nursing homes. **Conclusions:** Conducting surveys with elderly is possible primarily with those who have preserved cognitive abilities and generally function well, making it difficult to draw conclusions about the resilience of those who were unable to participate. However, examining the relationship between high levels of resilience of elderly in this sample and their current capacity to participate in the study is an important question for further research. The significance of the obtained results can be found in the understanding that resilience is a resource available at any life stage and can be enhanced among elderly, indicating that planning interventions based on these findings would be a reasonable approach in this context.

Keywords: resilience, aging, mental health, elderly, nursing homes, public health, Vojvodina, Serbia.