

Judaism perceive and describe compassion. Development of compassion in personal and social relations greatly helps in achieving a healthier society, both for individuals and for the whole communities.

**Key words:** compassion - suffering - psychology - theology - religion

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## CONNECTION BETWEEN RELIGIOSITY AND ATTITUDES TOWARDS SEXUALITY IN MONTENEGRO

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The aim of the study was to examine the relationship between religiosity and liberal versus conservative attitudes about sex. The study involved 1287 residents of Montenegro over the age of 18, of which 848 women and 439 men. They completed the scale for examining the liberality of attitudes about sex, which the authors of the article compiled for the purposes of this research. Respondents declared their religiosity as believers, agnostics or atheists, so there were 957 believers, 171 atheists and 159 agnostics in the sample. We found that agnostics are the most liberal in terms of attitudes about sex, then atheists and then believers. In addition to religiosity, we examined the connection of attitudes about sex with gender, age, and education level. More educated respondents proved to be more liberal than less educated ones. The women in our sample proved to be more conservative than the men. We did not confirm the assumption that younger respondents would be more liberal than older ones, which can be partly explained by the numerical inequality of age groups. The knowledge we have gained in this study can be of great use primarily as guidelines for further research work, and can also be implemented in various educational programs.

**Key words:** religion - sex - education - psychology - sexuality

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## THE RELATIONSHIP BETWEEN EUDAIMONIA, PSYCHOLOGICAL NEEDS AND MENTAL HEALTH

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Eudaimonia means fulfilling our unique potential as human beings, not only in terms of happiness but also in virtue, morality, and meaningful life. The aim of this study was to investigate the relationship between eudaimonia and mental health and to look into the moderating role of psychological needs (autonomy, relatedness, and competence) in this relationship. In total 340 participants took part in this study, of which 124 (36.5%) males and 216 (63.5%) females. Global mental health, positive and negative mental health were measured with the Mental Health Inventory. Hedonic and Eudaimonic Motives for Activities was used to determine eudaimonia, while three psychological needs were investigated with the Basic Psychological Needs Scale. Hierarchical regression analyses and analyses of variance were used to analyze the data. The results indicate that eudaimonia significantly contributes to global mental health ( $R^2=0.08$ ,  $p<0.001$ ), negative mental health ( $R^2=0.07$ ,  $p<0.01$ ) and positive mental health ( $R^2=0.09$ ,  $p<0.0005$ ). Of all psychological needs, relatedness was shown to moderate the relationship between eudaimonia and global mental health ( $R^2=0.47$ ,  $p<0.05$ ) as well as the relationship between eudaimonia and negative mental health ( $R^2=0.40$ ,  $p<0.05$ ). The findings indicate that eudaimonia positively affects all aspects of mental health and that relatedness amplifies the effects of eudaimonia on global and negative mental health.

**Key words:** eudaimonia - mental health - relatedness

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## RELIGIOUSNESS, ANXIETY AND DEPRESSION IN PATIENTS WITH GLAUCOMA, AGE-RELATED MACULAR DEGENERATION AND DIABETIC RETINOPATHY

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**Background:** Many chronic medical conditions such as glaucoma, senile macular degeneration and diabetic retinopathy are further complicated by emotional and psychological disorders. Religiousness represents a part of a social culture and has a significant role in the prevention of mental difficulties of the patients, especially those belonging to older population. The aim of this study was to investigate the connection between religiousness, anxiety, and depression in patients with glaucoma, age-related macular degeneration and diabetic retinopathy and to test their connection related to different diagnosis.

**Subjects and methods:** This cross-sectional study included 163 patients divided into three groups (glaucoma group, senile macular degeneration group and diabetic retinopathy group). Respondents voluntarily agreed to participate in the study and with assistance they fully completed the Scale of Religiousness, Hospital Anxiety and Depression Scale, General Health Questionnaire and demographic information (age, gender, education, employment and marital status).

**Results:** The results showed noticeable religiosity of the respondents ( $M=18.31$ ,  $SD=5.28$ ), but also the presence of anxiety ( $M=7.55$ ,  $SD=3.73$ ), especially in patients with glaucoma, as well as impaired mental health in AMD patients ( $M=19.56$ ,  $SD=4.14$ ). No differences were found in the severity of anxiety, depression, general health and religiosity between groups, but the presence of depression in subjects with age-related macular degeneration significantly affects the level of religiosity ( $p=0.032$ ).

**Conclusion:** These results unequivocally point to the need for further research and raising awareness of all health professionals about the importance of a holistic approach to the patient regardless of his diagnosis in order to identify the possible effective ways to deal with chronic disease considering all levels of patient's needs.

**Key words:** glaucoma - age-related macular degeneration - diabetic retinopathy - religion, anxiety - depression

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## EXEMPLARISM AND SPIRITUALITY

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In the age of pluralism and efficiency, it is less and less common in everyday life, even in wider social circles, to talk about the right upbringing, about values, and then about examples of good practice - that is, about role models. While a person presents himself to us as a role model, we recognize in him a call to inherit a certain value that he ideally-typically lives. In this sense, concrete role models, primarily people who have lived from deep spirituality (for example, saints!), contribute to the healthy development of personality and understanding of ethics.

**Key words:** ethics, spirituality - role model - ideal - values - exemplarism - upbringing

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