

# 5,5 po Richteru, utjecaj potresa na mucanje

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## 5,5 PO RICHTERU, UTJECAJ POTRESA NA MUCANJE

Mucanje je poremećaj tečnosti govora čiji simptomi su vidljivi na govornoj, fizičkoj, emocionalnoj, fiziološkoj i socijalnoj razini. Govor osoba koje mucaju praćen je pojavom nemucajućih netečnosti i mucajućih netečnosti koje se pojavljuju u vidu blokada, napetih pauza, ponavljanja i produživanja riječi ili dijelova riječi (Guitar, 2013). Etiologija može biti psihološke ili biološke podloge te se mucanje može javiti kao razvojni ili stečeni poremećaj (Yairi i Seery, 2015).

Cilj ovog rada je ispitati percipirani utjecaj potresa na mucanje. Problem istraživanja je istražiti utjecaj razornih potresa, koji su 2020. godine pogodili Republiku Hrvatsku, na osobe koje mucaju. Život većine hrvatskih građana popraćen je stresom, nervozom i strahom uslijed događaja te se nastoji istražiti kako je potres utjecao na jačinu i simptome mucanje ta na emocionalno stanje i obilježja mucanja prije i poslije potresa kod osoba koje mucaju.

Za potrebe istraživanja korišten je neprobabilistički uzorak, odnosno uzorak dobrovoljaca. Ispitane su osobe koje mucaju te koje su bile na lokaciji na kojoj su se mogli osjetiti potresi koji su pogodili Zagreb i Petrinju 2020. godine. Ukupno je ispitano 18 osoba. Ispitivani uzorak sastoji se od 10 odraslih osoba (55.6%), 5 adolescenata (27.8%) i 3 djece (16.7%), od kojih je 13 muškog spola (72.2%), a 5 ženskog spola (27.8%). Za potrebe istraživanja kreiran je upitnik pod nazivom „*Utjecaj potresa na mucanje*“ s ukupno 16 čestica u elektronskoj verziji na hrvatskom jeziku, također je kreiran upitnik za djecu koji sadrži 15 čestica. U upitniku za djecu stil pisanja i postavljanja pitanja prilagođen je kako bi se osiguralo razumijevanje djece tokom ispunjavanja. Upitnik je kreiran pomoću online platforme „*Google obrazac*“. Prilikom statističke obrade prikupljenih podataka korišten je *IBM SPSS Statistics 22*, softverski program.

Sukladno dobivenim rezultatima možemo zaključiti kako je prisutan učinak potresa na mucanje u vidu povećanja jakosti mucanja. Zanimljivo je spomenuti kako neke osobe primjećuju i promjenu obrasca mucanja. Ispitanici također navode kako su primijetili više sekundarnih ponašanja. No ispitujući varijable kao što su to izbjegava li osoba češće komunikaciju te varijablu utjecaja potresa na emocionalno stanje osoba koje mucaju, možemo zaključiti kako potres nije doveo do značajnijih promjena u emocionalnom ponašanju. Također, ispitanici nisu izrazili potrebu za logopedskom intervencijom nakon potresa što se može prepisati tome što je većina ispitanika odgovorila potvrdno na pitanje jesu li pohađali te pohađaju li logopedsku terapiju prije potresa. No s obzirom da se u vrijeme potresa odvijala i pandemija uzrokovana virusom COVID-19, ne možemo isključiti djelovanje koje su imali isključivo potresi od ostalih negativnih čimbenika koji su također imali utjecaj na osobu koja muca.

Istraživanje je provedeno u svrhe bolje spoznaje utjecaja prirodne katastrofe kao što je to potres na osobe koje mucaju, odnosno procjena njihovog subjektivnog doživljaja promijene vlastitih simptoma mucanja.

**Ključne riječi:** *mucanje, potres, utjecaj potresa na mucanje, emocionalno stanje*

## 5.5 ON THE RICHTER SCALE, IMPACT OF EARTHQUAKES ON STUTTERING

Stuttering is a speech disorder which symptoms are visible on a verbal, physical, emotional, physiological and social level. The speech of stutterers is accompanied by the appearance of non-stuttering inaccuracies and stuttering inaccuracies that manifest itself in the form of blockages, tense pauses, repetition and prolongation of words or parts of words (Guitar, 2013). The etiology can be psychological or biological, and stuttering can occur as a developmental or acquired disorder (Yairi i Seery, 2015).

The aim of this research is to examine the perceived impact of earthquakes on stuttering. The problem of the research is to investigate the impact of devastating earthquakes, which hit the Republic of Croatia in 2020, on people who stutter. The lives of most Croatian citizens are accompanied by stress, nervousness and fear due to the events, and an attempt is made to investigate how the earthquakes affected the intensity and symptoms of stuttering and the emotional state and characteristics of stuttering, before and after the earthquake, in people who stutter.

For the research purposes, a non-probabilistic sample was used, ie a sample of volunteers. Stuttering people who, at the time, were at a location where earthquakes that hit Zagreb and Petrinja in 2020 were examined. The sample contained a total of 18 people. The sample consisted of 10 adults (55.6%), 5 adolescents (27.8%) and 3 children (16.7%), of whom 13 were male (72.2%) and 5 female (27.8%). For the needs of the research, a questionnaire called "The impact of earthquakes on stuttering" was created with a total of 16 particles in the electronic version in the Croatian language, a questionnaire for children was also created containing 15 particles. In the children's questionnaire, the style of writing was adjusted to ensure children understood the questions during completion. The questionnaire was created using the online platform "Google Form". IBM SPSS Statistics 22 software program was used in the statistical processing of the collected data. In accordance with the obtained results, we can conclude that the effect of earthquakes on stuttering is present in the form of an increase in stuttering intensity. It is interesting to mention that some people also notice a change in the pattern of stuttering. Respondents also state that they noticed more secondary behaviors. However, examining variables such as whether a person more frequently avoids communication and the variable of the impact of an earthquake on the emotional state of people who stutter, we can conclude that the earthquake did not lead to significant changes in emotional behavior. Also, respondents did not express the need for speech therapy intervention after the earthquake, which can be attributed to the fact that most respondents answered in the affirmative to the question of whether they attended and whether they attend speech therapy before the earthquake. However, given that the pandemic caused by the COVID-19 virus also took place at the time of the earthquake, we cannot exclude the effects that earthquakes had exclusively from other negative factors that also affected the stuttering person. The purpose of conducting this research was to better understand the impact of a natural disaster such as an earthquake on people who stutter and to assess their subjective experience of changing their own symptoms of stuttering.

**Key words:** *stuttering, earthquakes, impact of earthquakes on stuttering, emotional state*