

**Think fast! Think pink!
Be creative!**

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Perceptia



Materiale si Metode

- 1) gradul de asumare a riscului
 - - punctajul variaza de la 2 la 18.
 - - 2 - prudenta maxima
 - - 8- 18 - subaprecierea pericolului
- 2) raspunsul la stres
 - - 0 - 3 raspuns normal
 - - > 6 stres crescut
- 3) dominanta emisferica
 - - emisfera dreapta vs emisfera stanga

- - 12 persoane care practica escalada
 - - 6 de mai mult de 2 ani
 - - 6 de mai putin de 2 ani
- - 9 studenti la medicina care nu practica escalada

Rezultate



- Asumarea riscului:
 - - 75 % dintre cataratori au avut scoruri cuprinse intre 0 si 5
 - - 25% dintre cataratori au avut scorul > 8
- - 77.8% dintre studenti au avut scoruri cuprinse intre 0 si 5



- Raspunsul la stres:
- Cataratori:
 - -10 din 12 (83,3%) scor de stres in limite normale
 - - 1 catarator scor la limita
 - - 1 catarator scor foarte ridicat
- Studenti:
 - - 3 din 9 (33,3%) scor in limite normale

Numar cataratori	Experienta	Dominanta emisferica
6	> 2 ani	NU
4	< 2 ani	DA
2*	< 2 ani	NU

Gravitatie vs. dezvoltare

- The gravitational hypothesis
 - sporturi de echipa
- Extraversion and neuroticism in team sport participants, individual sport participants, and nonparticipants.
- [Eagleton JR, McKelvie SJ, de Man A.](#)
- Bishop's University, Sherbrooke, Québec, Canada.
- The developmental hypothesis
 - escalada

Creativitatea

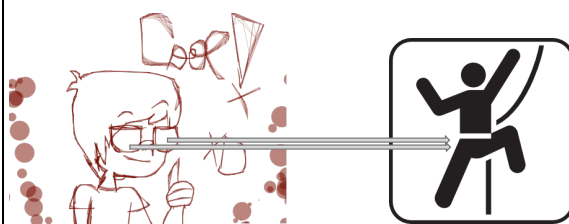
- "Cerebral hemispheric mechanisms linking ambiguous word meaning retrieval and creativity."
- [Atchley RA, Keeney M, Burgess C.](#)
- Department of Psychology, University of Kansas
- **Cei care isi foloseau ambele emisfere, fara a avea o predominanta evidenta s-au dovedit mai creativi.**

Raspunsul emotional si dominanta emisferica

- "Functional asymmetry of the brain and emotions"
[Rusanova MN](#).
- "The predominance of the **left hemisphere activity** creates **positive emotional background**, whereas the predominance of the **right hemisphere** creates **negative background**".

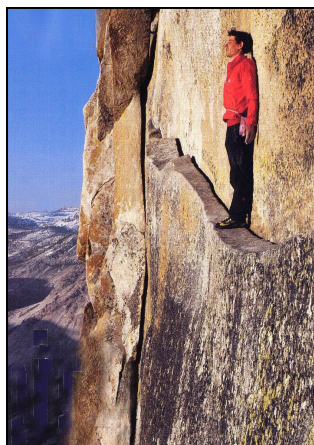
- **Improving patient safety: lessons from rock climbing**
Robertson N, Newcastle University, UK

• "buddy system"



Concluzii

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- Scade stresul
- Creste creativitatea
- Creste responsabilitatea



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