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Self-regulation and savoring among Hungarian minority university students in Vojvodina

Self-regulation and savouring are two pillars of mental health that significantly influence our everyday mood and the quality of our interpersonal relationships. These two aspects can significantly improve or worsen our quality of life, permeating the private, workplace and wider social spheres.

In this paper, we focus on these aspects of positive mental health, as we found oscillations in their levels in Vojvodinian Hungarian minority contexts compared to Hungarian majority from Hungary.

The aim of this paper is to explore the meaning and definitions of these two concepts in a more detailed manner and also the Serbian results. This enables us to examine the strengths and currently disadvantageous characteristics of Hungarian university students from Vojvodina, also searching for possible scientific explanations.

Keywords: self-regulation, savoring, Vojvodinian Hungarian minority, mental health