

## RELATIONSHIP BETWEEN ANXIETY AND ASSERTIVENESS

**ABSTRACT:** *The aim of the research is to identify and explain the relationship between anxiety and assertiveness, to determine if gender differences are related to the tendency towards assertiveness and anxiety level, and also to determine the relationship between assertiveness and anxiety in men vs. women. The research sample consisted of 201 respondents aged 20 to 50. The assessment tool used was the Anxiety Inventory (AT 29: Tovi- lović, S. & Novović, Z., Novi Sad Faculty of Philosophy), consisting of 29 items which describe traits of behaviours typically associated with anxiety: Extremely low anxiety, Low anxiety, Medium anxiety, High anxiety, and Extremely high anxiety. Another assessment tool was the Assertiveness In- ventory (Tovilović, Okanović & Krstić, 2009), consisting of 27 items mea- suring the assertiveness response: Extremely low assertiveness, Low asser- tiveness, Medium assertiveness, High assertiveness, and Extremely high assertiveness. The results have shown that there is a significant negative correlation between anxiety and assertiveness ( $r = -.536$ ;  $p < .01$ ); therefore the ininitial hypothesis has been proven correct. On the other hand, the results have not confirmed the significance of gender differences related to anxiety and assertiveness levels.*

**Key words:** *anxiety, assertiveness, gender*