

## **ALBANIANS AND THEIR TRANSITION A CLINICAL PSYCHOLOGICAL DISCUSSION**

**Arbjola Halimi**

Department of Psychology, University “Alexander Xhuvani”, Elbasan, Albania,  
E mail: arbjola\_h@yahoo.com

### **Abstract**

Arguments in this study tend to clarify some clinical psychological developments that occurred in Albania during 1990 and the current years. Principal purpose is to understand if there has been identity crises, confusion and increased risk psychological disorders according to fact that this years are companied with several important changes in Albania during this time (exposition with others countries, their lives and norms and values, their culture and mentalities, and also their risk). Hypothesis supports for a multiplied emptiness created by refusing of everything build before in personal and social level. Situational factors as wrong perception, overvaluation of other's experiences and unknown experience, increased crime, family loss, family disruption and others economical and social changes are also included in such analyses. Data are provided by self-reports, interviews with psychiatrists and standard questionnaires that identify experience and emotional impact of such experience. Results suggest high number of negative evening and emotional impact for Albanians inside and outside the country during this time, a very threatening period of psychological well-being.

**Keywords:** *transition, social changes, psychological well-being, development*