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Foreword

The eighth issue of *Studii și Cercetări de Antropologie* (SCA) journal/2023 (online version) is dedicated to the online conference *Individual, family, society – contemporary challenges, fifth edition*, (**Wednesday, Thursday, October 4th, 5th, 2023, 09:00 a.m. – 04:00 p.m.**) Bucharest, Romania, "Francisc I. Rainer" Anthropology Institute of the Romanian Academy.

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Migrant businesspeople in Eastern Europe and their strategies

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Objectives. This presentation aims to examine the entrepreneurial activities of business migrants in the EU Eastern European countries. With the increasing number of migration flows across Europe more attention has been given to immigrant entrepreneurship also in Eastern European countries as Poland, Romania, Czech Republic etc.

Material and methods. Through interviews with business migrants, this study aims to understand especially how their decision to start running a business in Eastern Europe is underpinned by the immigration constraints in the host country.

Results. The data indicate that business migrants in Eastern Europe utilize their skills and expertise to establish businesses that cater to a specific niche or demand that may not be adequately met by the native population as delivery, food and beverage industry, but also more advanced niches as IT business. This presentation argues that business migrants in Eastern Europe use entrepreneurship as a strategy to escape labour market disadvantages, and that their businesses often provide innovative and valuable contributions to the local economies. This presentation demonstrates how migrant entrepreneurs have established businesses across a variety of industries, ranging from hospitality to manufacturing. They have been instrumental in creating job opportunities, stimulating economic growth, and fostering innovation. Despite the benefits that migrants can bring to Eastern European countries' economy, immigration policies often create barriers that prevent migrant entrepreneurs from entering and succeeding in the host country's market. For instance, in Poland, these policies have been particularly restrictive for non-EU citizens, creating significant challenges for migrant business people. To overcome these constraints, migrant business people in Poland have developed various strategies, including forming partnerships with Polish nationals to establish a local presence, navigating bureaucratic hurdles to obtain necessary permits and licenses, and building networks with other migrant entrepreneurs to share knowledge and resources. Some have also leveraged their cultural and linguistic backgrounds to serve as a bridge between Polish businesses and customers from their home countries. While these strategies have enabled many migrant entrepreneurs to establish successful businesses in Poland, they are not without challenges. The administrative procedures involved in obtaining permits and licenses can be time-consuming and costly, and the lack of legal status for some migrants can create additional barriers.

Conclusions. Moreover, this paper will conclude that the language and cultural differences between migrants and their Polish counterparts can make it difficult to establish trust and build relationships. Despite these challenges, migrant business people in Poland continue to innovate and find ways to overcome the constraints imposed by immigration policies. By doing so, they not only contribute to the country's economy but also help to promote greater cultural exchange and understanding between different communities.

Keywords: immigrants; entrepreneurship; immigration barriers; networks.

Assessment of eating habits in the transition stage from adolescence to young adulthood

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Objectives. Eating habits are formed in the family and sometimes last a lifetime. Leaving the family home to continue studies can be associated with changes in the possibilities of providing food, which leads to changes in eating habits. Assessing these changes is essential for maintaining the health of young people.

Material and methods. The study group consisted of 162 people from C. Negruzzi High School in Iași (79 pupils – 48.76%) and from the Faculty of Medicine in Iași (83 students – 51.23%). A weekly food frequency questionnaire was applied. The questions are oriented in two directions, represented by the consumption of products of animal and plant origin. Milk, meat products, and eggs were included in the animal-source foods category, while bread, potatoes, and fresh fruit were included in the plant-based foods category. The results were processed using Pearson's chi-squared test.

Results. The dominant intake of milk is 2-3 times or once a week (29.01%). The calculated differences are statistically insignificant ($p > 0.05$) and point towards a similar intake of milk. Meat products are consumed mostly 2-3 times a week (29.62%), and there are also 26.54% of people who deny consumption. The differences calculated per group are statistically significant ($p < 0.05$) and draw attention to students whose daily consumption is low. Eggs appear on menus 2-3 times (41.97%) or once (27.77%) per week. However, 11.72% of people in the study group declare that they do not consume eggs at all. These responses are dominant among students, so the calculated differences are statistically significant ($p < 0.05$). Bread is present daily on the menus of more than half of the young people (49.38%), the calculated differences being statistically insignificant ($p > 0.05$). 8.02% of young people choose the "no consumption" option, which is not a desirable outcome. Potatoes are consumed mostly 2-3 times a week (47.53%), with significant statistical differences by communities ($p < 0.01$). For students, answers 4-6 times a week or daily are rare. Fresh fruits are provided daily in 29.01% of cases, and with intake 4-6 times a week, they are present in 22.22% of cases. The calculated differences are statistically significant ($p < 0.01$) and warn about the eating habits of students whose daily fruit intake is less frequent.

Conclusions. In students, there is a change in feeding habits, which is often not a positive one. This change must be closely monitored because it has the potential to persist throughout their lives, negatively impacting their health.

Keywords: eating habits; pupils; students.

Perspectives on sex education

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Objectives. This scoping review aims to understand the field of research concerning sex education in educational settings. The main topics of interest in this study were the identification of the main target groups present in the studies reviewed, the identification of the methodological approaches used in the studies included in the review, and the identification of topics in the sphere of sexual education addressed in school settings. These can help to understand the field of research on the topic of sex education with regard to the people involved in the educational process.

Material and methods. For this scoping review, the Google Academic search engine was used, and after determining the eligibility of the articles, 42 studies were included in the analysis. The criteria for inclusion in the review were: articles focusing on sex education in school settings; articles referring to pre-university educational settings; articles published between 2012 and 2023. Exclusion criteria from the analysis were: articles not related to sex education; articles written in a language other than English; articles for which the complete text could not be found free of charge; and studies published before 2012. The analysis of the articles took place in March 2023. All the articles analysed had sex education in the school environment as their main topic, and their target groups were teachers, students and parents. The articles selected following the inclusion criteria were predominantly carried out in urban settings and countries outside Europe, and the methodological approaches were approximately equal parts qualitative and quantitative.

Results. From the analysis conducted, it was observed that the main target groups in the selected articles were students and teachers when the main topic was sex education in the school environment, with parents' views being the least studied. The main themes addressed were teachers' support of sex education classes and students' participation in them. In the case of articles targeting students, the results showed that the main topics mentioned in sex education classes were: methods of protection and contraceptive methods, information on the reproductive system, sexually transmitted diseases, issues related to violence, information on gender and sexuality. When the articles were targeted at teachers, the results showed that the main topics mentioned in sex education lessons were: sexually transmitted diseases, information about pregnancy and information about sexually transmitted diseases. Parents' perspectives were discussed only in the articles analysed, but when the target groups were made up of this category of people, the results of the analysis showed that the topics considered relevant in a programme including sex education were: information about anatomy, protection and contraceptive methods, sexually transmitted diseases, violence, sexual orientation and gender-related information. Although there were differences in the topics covered in the sex education classes, it could be observed that when this issue was addressed, the information discussed was as much part of the physical sphere of sex education as the emotional sphere of it.

Conclusions. The journey of sex education in educational settings involves understanding the perspectives of all those involved in the educational process. The aim of this type of education is to inform people about implementing healthy behaviours. Taking into account both the results and the limitations of this study, it can serve as a starting point for future studies on the topic of sex education.

Keywords: sex education; teachers; students; parents; educational environment.

Balance or conflict in the work-family relationship, as a result of the COVID-19 pandemic.

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Objectives. This study is about how much both people's family lives and work came to be affected and how these two affected each other during the recent COVID-19 pandemic within the EU area. It will contain: (i) the basics here involved, (ii) family-work relationships in a historical view, and, finally, (iii) a statistical analysis based on the survey named "Living, Working and COVID-19", conducted by the European Foundation for the Improvement of Living and Working Conditions (Eurofund). This survey has been drawn electronically and in several stages in all EU member countries on representative population samples. Our study here selects some indicators for a database that is supposed to show both how the pandemic affected European individuals' family lives and how this, in turn, affected the same people's regular living income work.

Material and Methods. Here, a review of related concepts and historical developments will be followed by the aforementioned statistical analysis of Eurofund's interactive database. In detail, factual aspects such as keeping, changing, or losing a job, and raising or lowering the working time will be connected to those of specific psychological impact, e.g., anxiety regarding family and work-life, fatigue and lack of concentration of employees, asking for help from others and society, trust in the authorities, and all these taken as the overall effect of the pandemic.

Results. Based on data provided by Eurofund, we found that up to 28% of the workforce in the EU region lost their jobs as a direct result of the pandemic, whether they were temporary or permanent positions. Or, losing jobs, associated with other job-related aspects like the "new" work from home and/or lowering the work time (with corresponding negative consequences on income), created conflicts, including inside families, where the (old) work-family connection then came to see itself degenerating. There were making work tasks non-fulfillment for 23% of respondents, neglect of the family due to job requirements for 50% of respondents, job-keeping-related anxiety for as high as 80% of respondents, permanent lack of concentration at work due to family reasons for 2% of respondents, leisure disturbed by work for 33% of respondents (from once or twice a week up to daily), and tiredness after work for a number of respondents rising from 57% to 72% along the 2020-2021 period.

Conclusions. This study emphasizes the family-work-related conflicts brought on by the COVID-19 pandemic both for the European Union as a whole and for each member state, as well as their social and economic effects.

Keywords: work-family balance; work-family conflict; COVID-19 Pandemic; European Union.

Teachers in health: the role of burnout on engagement and well-being

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Objectives. In recent years, well-being in school contexts has received increasing attention. Scientific research has shown how teacher well-being can influence effectiveness, student outcomes, and educational governance. Among the antecedents of teacher well-being, one of the most studied is work engagement, a positive, fulfilling, and work-related state of mind characterized by vigor, dedication, and absorption. Work engagement has demonstrated a positive effect on improving teachers' well-being. Specifically, higher work engagement levels can reduce the detrimental effects of work demands by reducing the impact of burnout. Nevertheless, how burnout can moderate the relationship between teachers' work engagement and general well-being remains less explored. The current study aimed to examine the moderating effect of burnout on the association between work engagement and well-being. Two hypotheses were formulated: (H1) Work engagement and well-being were positively related, while both correlated negatively with burnout; (H2) The relationship between work engagement and well-being varied as a function of burnout. In detail, it was expected that for high levels of burnout, the abovementioned relationship was weakened.

Material and methods. Participants were 807 Italian teachers (Female = 91.7%; age range = 19-68; $M = 47.54$; $SD = 9.91$). Three self-report instruments were used: (1) Burnout Assessment Tool (BAT), (2) World Health Organization Well-Being Index (WHO-5), and (3) Utrecht Work Engagement Scale (UWES-3). Questionnaires were administered via an online survey during teacher training. Informed consent was obtained, and privacy standards were met. Data were analyzed in SPSS Statistics 27 version.

Results. The results confirmed H1: work engagement and well-being were positively correlated ($r = 0.641$; $p < 0.001$). Moreover, work engagement and well-being were negatively correlated with burnout (respectively, $r = -0.542$; $r = -0.673$; $p < 0.001$). Furthermore, the results confirmed H2, showing that the burnout x work engagement interaction was significant ($\beta = -0.425$, $p < 0.001$; 95% CI [Boot LLCI = -0.436, Boot ULCI = -0.194]). In detail, the simple slope analysis showed that when influenced by high burnout levels, the relationship between work engagement and well-being is weakened ($effect = 0.501$, $SE = 0.06$, $p < 0.001$; 95% CI [Boot LLCI = 0.383, Boot ULCI = 0.608]), compared to medium ($effect = 0.655$, $SE = 0.05$, $p < 0.001$; 95% CI [Boot LLCI = 0.548, Boot ULCI = 0.575]) and low burnout values ($effect = 0.808$, $SE = 0.07$, $p < 0.001$; 95% CI [Boot LLCI = 0.680, Boot ULCI = 0.932]).

Conclusions. This study contributes to understanding the relevant role of burnout in reducing work engagement's positive effect on teachers' well-being. These results can indeed provide helpful indications to elaborate tailored programs for burnout prevention interventions by increasing teacher engagement.

Keywords: teachers; work engagement; well-being; burnout; teachers' burnout.

Micropayments for Financing Journalism: A Case Study of the Bulgarian Media Business Model

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Objectives. This study aims to investigate the practices of media financing in Bulgaria through micropayments. This business model is an alternative to subscriptions that restrict public access to information and knowledge on the most important issues of the day. It is how niche media can produce original content and draw audiences of engaged citizens.

Material and methods. The research identified 11 online media in Bulgarian and 1 online media in English with a "Donate" button. Monitoring the websites helped to highlight the keywords for the media profile: democratic journalism, honest journalism, journalism in the public interest, responsible journalism, independent media, transparent funding, and funding accountability. An online survey was created through Microsoft Forms, distributed to editors-in-chief by email. The survey contains 13 closed questions, some of which are multiple-choice, and 2 open-ended questions in which respondents indicate their name and the media they represent.

Results. The primary analysis categorically singled out these media as an alternative to the "official" media in Bulgaria. The 12 media organizations declare an independent editorial policy, which is possible through micropayments, subscriptions, advertising, and grants. The profile of the analyzed media is in the fields of investigative journalism, commentary-analytical publications, and information-analytical publications. Thematic engagement, in most cases, is not limited to one field. All respondents indicated that micropayments are not the only source of support for the media, and they alone cannot guarantee their financial independence. Funding is possible through a combination of business models: one-time and monthly donations, advertising (Google advertising or advertising rates), subscriptions, grants, and the sale of commercial products. Micropayments are helpful not only for expenses such as hosting, royalties, electricity and water bills, but also for two of the media's legal expenses. Various platforms have been used to make micropayments: PayPal (9), bank transfer (7), credit or debit card (7), Patreon (3), Bitcoin payment (2), and G-Pay, Apple Pay, Revolut, ePay, and SMS are mentioned once. Fundraising through micropayments helps the media work on topics of public importance, which, however, do not find their place in the mainstream media: investigations of corruption and abuse, topics about marginalized groups, culture and art.

Conclusions. Findings suggest that micropayments as a business model achieves more than financial gain: it educates and informs, builds communities, creates civically active people and what is very important – changes the paradigm of public interest journalism.

Keywords: crowdfunding; micropayments; independent journalism; public interest journalism.

Audiovisual material consumption influence on college students' emotions and daily routines

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Objectives. Audio-visual material consumption has increased in recent years. Some studies indicate that this activity is predominant among college students, whose Internet participation for entertainment purposes is about 90.5%, representing a significant part of their daily life. Therefore, it has an influence on their emotions and the creation of a daily routine.

The objective of this study was to analyze how audio-visual material consumption influences Mexican college students' emotions and daily routines.

Material and methods. It was a multiple case study design, and its analysis strategy was content analysis. The instrument was a semi-structured interview created and submitted to a content validation process. To validate the instrument, the content validity coefficient (CVC) was calculated according to the scores of the evaluation of three experts who qualified the level of relevance and adequacy of the items based on the objective of the investigation on a 5-item scale, resulting in a 15-item interview (15 out of 22). These items were adequate, according to the observations of the experts. The sample consisted of six people whose inclusion criteria were to be college students aged 18 to 30 of any sex. The interviews were conducted through the Google Meet platform, after presenting the informed consent to the participants.

Results. Six participants were interviewed (average age = 21.5; women = 4). The content analysis consisted of two general categories: a) Audiovisual material exposure and b) subjective experience of audiovisual material consumption. Regarding the first category, participants refer to the incorporation into the college as a factor of reduction of available time for recreational audiovisual material consumption. However, this factor was referred to as a differentiator of new interests in terms of content. Regarding the second factor, some participants reported searching for specific audiovisual content to experience certain emotions. In addition, benefits such as social connection, distraction, and learning were noted. On the other hand, some negative effects reported by the participants were the lack of control over the time spent on consuming audiovisual material and the idealization of lifestyles on certain platforms. Finally, all the participants recognized that the consumption of audiovisual material promotes different levels of social interaction.

Conclusions. This research is part of a broader investigation that seeks to integrate a mixed methodology to achieve the objective described previously. These preliminary results, although they do not constitute the final sample for the qualitative evaluation of the study, allow us to identify the importance of entering the university as a factor in reducing the consumption of audiovisual material, as well as the role that this college admission has played on the interest in new content. For their part, the results also highlight the importance that audiovisual material has had on emotions and in shaping their social interactions.

Keywords: audio-visual material; emotions; college students; social interactions.

Quality of housing: the perception and satisfaction of children around the world

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Objectives. Decent living standards and access to basic goods are among the most fundamental human rights. Moreover, housing conditions have a significant impact on both adults' and children's well-being. Therefore, poor housing conditions generate problems for children and affect their proper development on all levels: social, emotional, cognitive, physical, and educational. The paper presents children's perceptions of their housing conditions and household goods and investigates the impact of housing quality on children's overall satisfaction with their homes.

Material and methods. Our study is based on a quantitative approach. We conducted a secondary analysis on data collected within the third wave of Children's Worlds: International Survey of Children's Well-Being (ISCWeb), undertaken between 2016 and 2019. Questionnaires were addressed to children from different age groups worldwide during this period. Our research is based on over 87.000 self-reported data from children in 31 countries, aged 10-12, that were selected from the Children's Worlds project. Differences in children's satisfaction with their house based on their housing conditions were captured by analysing models conducted on data from 10 lower- and upper-middle-income and 20 high-income countries.

Results. The results of our study argue that children's satisfaction with the house they live in is strongly related to the material conditions of the family, such as possession of a car, access to a bathroom, and having a PC. These material settings are related to specific geographical, socio-cultural, and economic characteristics of countries and areas. The results of our research state that there are significant differences between countries, which can be attributed to both their geographic and economic circumstances. The results indicate that the perception of housing conditions and household goods also proves to have an impact on children's satisfaction with the house they live in. Having a place to study and access to the Internet has the most considerable impact on children's satisfaction with their house.

Conclusions. Children's satisfaction with the house they live in is both determined by the material situation and by their perceptions regarding housing conditions and household goods. Children mostly appreciate the way housing settings contribute to and ensure their proper development by providing them with a stimulating home learning environment. Housing conditions are indicators of children's well-being, and their investigation is crucial for increasing awareness of children's needs and highlighting how society must intervene for the proper development of children. Our results could serve as a starting point for future standards to ensure a higher quality of life and well-being for children.

Keywords: housing conditions; household goods; children; perception about the house; satisfaction with the house.

Goose game goes to school at the time of COVID-19: qualitative analysis of the drawings made after the game session

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Objectives. "Goose Game Goes to School" is a revised version of the traditional Goose Game, which provided a playful opportunity to raise children's awareness about the distinction between virtuous behaviors to be adopted and risky behaviors to be avoided at the time of COVID-19. 200 pupils aged from 4 to 9 years played with it, and after that, they were asked to make a drawing inspired by the game. The main aim of this research was to analyze what children expressed through the channel of drawing, in order to understand the suggestions that this play activity aroused in them and that led them to the realization of a certain graphic representation.

Materials and methods. Through a descriptive content analysis of the drawings, made following the delivery "After playing with the Goose Game, draw a piece of the path," we intend to return the picture of the responses they had in terms of adherence to and reproduction of the theme. 236 drawings were considered and, subsequently, analyzed. This material was divided into three categories based on the content represented.

Results. The first group includes 21% of the graphic products, in which it is possible to find a lack of relevance to the tiles as there is no represented element that refers to COVID-19. In particular, 25% of them are drawings that can be traced back to children attending kindergarten, since the human figure is represented while lacking a surrounding context, according to the earliest patterns that appear in the evolution of its representation. The second category includes 31% of graphic representations that recall the pandemic situation, departing, however, from the wording of the tiles or representing its mirror situation. Finally, the third section, the main object of analysis, includes drawings, accounting for 47% of the total, which contain elements that explicitly refer to the wording of the tiles. With reference to the third category, a further analysis was carried out regarding the quantity of the subjects in the representation: in 44% of the drawings, only one subject was represented, while in the remaining 56%, there are several human figures depicted. Furthermore, despite the slight prevalence of the tiles with a positive connotation, the drawings in which a behavior to avoid is depicted are in greater quantity, precisely 66 percent. Having, also, carried out an analysis of the frequency of the tiles reproduced, the one depicted in more drawings reads "You ate with the fork picked up from the ground".

Conclusion. The "Goose Game Goes to School" provided an opportunity to stimulate children into implementing virtuous behaviors in the pandemic context. The game, in fact, constitutes a valuable tool for learning, to which was added the value derivable from interaction with classmates.

Keywords: goose game; COVID-19; children; drawings; qualitative analysis.

“Con i Genitori”: an Italian web-delivered group intervention supporting parental sensitivity and self-efficacy

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Objectives. Stable parent-infant relationships significantly support children’s developmental pathways. Standardized interventions with a well-defined focus, of short duration, and based on specific methods are effective tools to support parenthood during infancy. Web-delivered programs appear to be a promising option, considering their accessibility and sustainability. The primary goal of the present pilot study is to provide an initial evaluation of the brief “online” group intervention “Con i Genitori”, aiming to enhance sensitivity and self-efficacy in parents with children aged 0 to 6 years.

Material and methods. Four 60-minute online interactive sessions were delivered every two weeks via an online platform. Each session is based on well-known empirically-based programs’ assumptions (Videofeedback Intervention to Promote Positive Parenting and Circle of Security). Strategies to foster sensitive care, discipline, and empathy were discussed in each module. Parents completed self-report measures at baseline/after the intervention, including: a) the Tool to measure Parenting Self-Efficacy for parental self-efficacy, b) the Parenting Stress Index-SF for parental distress, c) the Emotional Regulation Checklist for children’s emotional regulation, and d) the Social Provision Scale for social support.

Results. The Intervention was offered between May and November 2021. Twelve parents completed all the sessions. The parents’ ages ranged from 32 to 55 years (mean = 42.7; SD = 6.3). The children’s mean age was 3.9 (SD = 1.9), 58.3% male. Parental distress significantly decreased at T1. Our data show in particular statistically significant variations in the P-CDI-PSI subscale and the PSI Total score, with mean values decreasing respectively from 2.3 (SD = 0.4) to 1.9 (SD = 0.4) ($p = .028$) and from 2.7 (SD = 0.4) to 2.3 (SD = 0.3) ($p = .028$). Social support reported by parents statistically increased at T1 ($p = .042$), with mean values changing from T0 (mean = 2.9; SD = 0.6) to T1 (mean = 3.5; SD = 0.4). Mean baseline levels of parental self-efficacy and emotional regulation were not significantly different compared to T1, considering all the subscales of the measures.

Conclusion. Our findings confirm the potential value of online-delivered interventions targeting parenthood in infancy, supporting parent-infant relationship and parental sensitivity from early infancy in a public health community approach.

Keywords: positive parenting; group intervention; web-delivered intervention; online program; parental sensitivity.

Reflections on the problem of osteoporosis

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Objectives. The objective of the work was to explore and analyse the current state of osteoporosis in Eastern European countries, including prevalence rates, risk factors, and healthcare challenges, by raising awareness about the burden of osteoporosis in the region and to identify strategies for improving disease prevention.

Material and methods. This work was a narrative synthesis of specialized literature, national and international scientific articles. A search strategy was developed using best practice guidelines. Scientific articles were searched in databases like PubMed, Google Scholar, and Medline over a 10-year period. Keywords used in the search were: osteoporosis, risk factors, Eastern European countries.

Results. Osteoporosis is a medical condition that affects bone health and density. Although osteoporosis is not typically classified as a social disease, some social and environmental factors can contribute to the development and progression of the condition. For example, lifestyle factors such as a sedentary lifestyle, smoking, excessive alcohol consumption, and poor nutrition can increase the risk of osteoporosis. Socioeconomic factors such as poverty, inadequate access to healthcare, and limited education may also affect a person's risk of developing osteoporosis. Furthermore, osteoporosis can have consequences such as functional limitations in physical activity and mobility, increased risk of falls and fractures, reduced quality of life, decreased productivity, and increased healthcare costs. Osteoporosis morbidity rates can vary across Eastern European countries, and reliable data for all countries may not be readily available. According to the International Osteoporosis Foundation, the prevalence of osteoporosis varies among Eastern European countries, with rates ranging from 7.6% in Bulgaria to 20.2% in Hungary. In the majority of these nations, women are more likely than males to have osteoporosis. The foundation also reports that, compared to Western Europe, Eastern Europe has a higher incidence of hip fractures. It is important to note that these figures may not accurately represent the current situation in each country as data collection methods and reporting may vary. According to available data, the morbidity due to osteoporosis in the Republic of Moldova is relatively high. A study conducted in 2016 reported that the prevalence of osteoporosis among women aged 50 years and older was 25.9%. Another study conducted in 2020 reported that the incidence of hip fractures due to osteoporosis in the country has been increasing over the years. Osteoporosis is recognized as a significant public health issue in the Republic of Moldova, with high rates of hip fractures and associated morbidity and mortality.

Conclusions. Overall, even though osteoporosis is primarily a medical condition, social and environmental factors can impact how it develops and affects people, highlighting the need for a multifaceted prevention strategy.

Keywords: osteoporosis; risk factors; Eastern European Countries.

Agreement of bioimpedance analysis and ultrasound scanning for body composition evaluation in the group of adult females

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Objectives. Body composition analysis is a routine practice in medical research and is used to assess muscle mass in groups of elderly or seriously ill subjects as well as to determine the risk of obesity-related diseases and sarcopenia. It is also widely used in epidemiological studies of obesity prevalence, in the field of biological anthropology as well as in sports medicine. The study aims to perform agreement analysis of bioimpedance (BIA) results obtained using ABC-02 “Medas” (“Medas”, Russia) and ultrasound scanning using BodyMetrix™ (IntelaMetrix, USA) for fat mass, fat-free mass and body fat percentage evaluation in a group of females from Moscow.

Material and methods. The research was funded by RSF №22-75-10122 “Evaluation of the Influence of Endogenous and Exogenous Factors on the Development of Various Types of Obesity”. The cross-sectional, single-center, observational, and anthropometrical study was performed on 180 female subjects aged 18–67 years. The sample included subjects with various nutritional statuses assessed by BMI (Body Mass Index). The examination protocol included measurements of body height (Martin stadiometer, GPM, Switzerland) and weight (Seca, Germany), waist and hip circumferences by measuring tape, body composition by ultrasound scanner BodyMetrix™ (IntelaMetrix, USA), and bioimpedance analyzer (ABC-02 “Medas”, Medas, Russia). During the survey, each participant was asked about his or her ethnicity, athletic status, and physical activity (its regularity and intensity). Professional athletes or subjects who exercised more than three times per week were excluded from the study.

Results. At the group level, no significant differences were found between the two methods when estimating body fat mass (FM), fat-free mass (FFM), and body fat percentage (BF). Effect sizes for paired samples were close to zero. Agreement analysis conducted in the whole sample revealed a low level of agreement in estimating body fat percentage ($CCC = 0.70$ 0.76 0.81) and fat-free mass ($CCC = 0.86$ 0.89 0.91), but agreement can be described as medium in estimating fat mass ($CCC = 0.90$ 0.92 0.94). Then we adjusted the prediction equations and agreement analysis was conducted again. Adjusted prediction equations improved the level of agreement to medium when estimating body fat percentage and fat-free mass. Thus, the proposed equations can be used for the translation of body composition results obtained by the US into the BIA data.

Conclusions. At the population level, both techniques are interchangeable. The use of the following equations: $(BF_Medas_cor = (BF_Medas + 10)/1.3)$, $(FM_Medas_cor = (FM_Medas + 4.4)/1.24)$ and $(FFM_Medas_cor = (FFM_Medas - 13)/0.72)$ enables a medium level of agreement between body composition estimates (fat and fat-free mass). Differences in body fat mass estimates obtained by two techniques became increasingly pronounced with the increase in BMI and body fat percentage.

Keywords: body composition; body fat mass; free-fat mass; BodyMetrix™; ABC-02 «Medas»; agreement analysis.

Transgenerational Trauma - Psycho-Somatic Aspects

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Objectives. An important concern in psychotherapy today is the issue of the transmission, from generation to generation, of family or societal traumas.

Materials and methods. The present paper reviews and summarizes some of the research in the specialized literature, standing out from the studies conducted at the global level by focusing in particular on transgenerational trauma, especially on those studies that treat this aspect from a psycho-somatic point of view. Recent discoveries in the fields of cell biology, neurobiology, and epigenetics confirm the importance of knowing the recent or less recent history of a family.

Results and discussions. From the study of the mentioned written and electronic materials, common elements were observed regarding the methods of identifying, causality, and treatment of transgenerational traumas. One of those who addressed the subject is the German psychiatrist Albrecht Mahr, who introduced the notion of the "field of knowledge" and argued that, through this field, information is carried from the ancestors to the present. Among other things, the author mentions a study carried out in 2010 when mice brought to the laboratory for tests were exposed to an odor hated by the subjects in question. Later, when they were given an electric shock, it was observed that they passed on the feeling of fear to the second and third generations — even though the offspring were no longer shocked when they smelled the smell, fear appeared instantly. The study in question led to the conclusion that people behave consistently and that feelings and emotions are passed down through the generations. Rachel Yehuda, following the study of generational trauma about the Holocaust and its survivors, believes that the so-called "repetition compulsion" described by Freud is genetically inherited rather than resulting from family manifestations or stories. Rachel showed that the offspring of trauma survivors integrated the emotional and physical symptomatology of that trauma even though they did not experience it directly. In addition to the disastrous consequences of the transmission of transgenerational traumas, there is also the possibility that, by exploring, understanding, and becoming aware of them, the cycle of transmission to the next generations can be stopped. A systemic, phenomenological approach to this problem can pave the way for their awareness by understanding the effects of family history.

Conclusions. Only when the family system is free of the traumas of the predecessors, can the individual connect with the self and authentically live the life he desires, because the present moment is where life happens, and a traumatized individual is disconnected from the self, trapped in a past that occurred long before his existence. Treating transgenerational trauma is crucial to breaking the cycle of trauma, addressing psycho-somatic effects, and improving future generations' mental health and bio-psycho-social well-being.

Keywords: trauma; transgenerational; psycho-somatic.

Anosmia - the connecting link between Alzheimer's disease and COVID-19. A case study

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Objectives. The prevalence of olfactory disorders can reach almost 14% in people older than 65 years. The accumulation of beta-amyloid plaques and tau neurofibrillary tangles in neurons in the hippocampus and entorhinal cortex leads to disturbances of olfactory function, a decline in memory and learning processes, and ultimately to Alzheimer's disease. According to current research, people aged 57 to 85 who have hyposmia (reduced ability to smell) have twice the risk of developing dementia within five years when compared to people of the same age without hyposmia. Anosmia is among the most common symptoms of COVID-19 worldwide. SARS-CoV-2 employs the 'angiotensin-converting enzyme 2' receptor to enter host cells, and olfactory tissues contain many such receptors. Olfactory tissues may be highly sensitive to SARS-CoV-2, which leads to infection of olfactory sensory neurons, ultimately affecting olfactory processes. Anosmia represents the link between Alzheimer's disease and COVID-19.

Material and methods. An 81-year-old female patient is referred to the psychiatry clinic by her family physician after presenting with a two-year history of panic attacks, anxiety, and anosmia following the SARS-CoV-2 infection. Previous medical history indicates, hypertension, dyslipidemia, and vitamin D deficiency. A highly educated patient, she cares for her immobilized husband after a stroke. At the first visit, the patient was examined neurologically, psychiatrically, and assessed neurocognitively with Mini-Mental State Examination-2 and Cognitive Reserve Questionnaire. She is recommended for extensive neuropsychological evaluation, magnetic resonance imaging, and laboratory testing.

Results. At the first visit, the score on the Minimal Cognitive State Assessment-2 (standard version) was 28/30, with fluent language, high cognitive reserve (score of 168), normal muscle tone and strength, and no evidence of cerebellar dysfunction or balance impairment with a normal gait. The extensive neuropsychological evaluation scores were: Minimal Cognitive Status Assessment-2 (extended version) 42/90, three words from 25 retained from short story recall, Montreal Cognitive Assessment 20/30, poor verbal fluency (patient was able to produce only six animal names and one word that starts with the letter F in one minute), and impaired visuospatial and executive abilities. Brain imaging results reveal moderate cortical atrophy, cerebral microangiopathy modifications with leukoariosis, and cerebral lacunarism.

Conclusions. Anosmia has been associated with the pathophysiology of both Alzheimer's disease and COVID-19. Identifying patients with olfactory impairment after COVID-19 and monitoring their cognitive status could help to elucidate an association between olfactory impairment and cognitive decline in these patients.

Keywords: anosmia; Alzheimer's disease; COVID-19; cognitive decline; cognitive reserve.

Mathematics self-efficacy is related to math anxiety during math facts fluency tasks in psychology students

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Objectives. Math fact fluency refers to the ability to quickly recall addition, subtraction, multiplication, and division math facts from memory. This process involves cognitive flexibility, appropriate strategy use, efficiency, and accuracy, remaining an elemental process when students solve mathematical problems. However, evidence in Mexico indicates that a high percentage of students ending their high school education cannot solve simple mathematical problems.

The objectives of this study were: 1) to determine if greater scores in a math fact fluency task depend on levels of mathematics self-efficacy and math anxiety, 2) to identify if there is a relation between mathematics self-efficacy and math anxiety, 3) to identify significant differences between math anxiety before and at the end of the task to determine if this type of task generates anxiety in the students.

Material and methods. 28 psychology students participated in the study after signing the informed consent form (age mean = 19.71 years; 71% women). First, participants answered a series of socio-demographic questions and two scales: the Mathematics Self-Efficacy Scale, which consists of nine items evaluating the self-perceived mathematics ability using a 5-point Likert-type scale (1 = not at all confident; 5 = very confident), and the Abbreviated Math Anxiety Scale (AMAS), consisting in the evaluation of math anxiety through nine questions also using a 5-point Likert-type scale where 1 represents a low level of anxiety and 5 means a high level. Following, students solved the Math Fluency Task taken from Woodcock-Muñoz Bateria-IV. In the end, students answered a post-test version of the AMAS.

Results. To determine the greater and lower scores obtained in the Math Fact Fluency task, the median was calculated, considering higher scores above the median. This process is viable when the dataset is normally distributed; the normality of the dataset was identified using the Shapiro-Wilk coefficient. Afterward, the calculation of the Student T-test for the independent sample indicated no significant differences between groups regarding Mathematics Self-Efficacy and Math Anxiety ($p = 0.174$). Next, the Pearson rho coefficient showed a negative correlation between mathematics self-efficacy and math anxiety (pretest $M = 2.68$, $\rho = -0.411$; posttest $M = 2.69$; $\rho = -0.480$). Finally, no significant differences were identified between the pretest-posttest versions of the AMAS scale.

Conclusions. Considering the sample studied, it is not possible to conclude that significant differences exist in Mathematics Self-Efficacy and Math Anxiety between high- and low-scored students during a math fact fluency task, nor are these variables related to correct answers. Nonetheless, it is possible to conclude that math anxiety is moderately related to mathematics self-efficacy. Thus, the study proposes to include both variables when studying math facts fluency tasks.

Keywords: mathematics self-efficacy; math anxiety; math facts fluency; psychology students.

Parents' emotional regulation as a mediator between parents' beliefs about children's emotions and children's social skills

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Objectives. The present study explored the association between parents' beliefs about children's emotions and children's social skills, based on the fact that parents' beliefs about children's emotions represent an important aspect of parental emotional socialization, that may relate to children's social skills and their peer relationships. Also, this study investigated the mediating role of parents' emotion regulation in the association between parents' beliefs about children's emotions and children's social skills, while obtaining data from both parents.

Material and methods. Participants were 100 parental dyads ($N = 200$) of preschool children with typical development. The participants completed the following questionnaire: the Value of anger and the Manipulation subscales of Parents' beliefs about children's emotions, Emotion Regulation Questionnaire was used to measure parents' emotion regulation, and finally the children's social skills subscale of the Preschool and Kindergarten Behavior Scale-2. In addition to preliminary analysis, data were analyzed using the common fate mediation model (CFM with mediation).

Results. Parental beliefs about "children's emotions are manipulative" and "children's anger is valuable" are directly and negatively associated with children's social skills. In the case of the association between parents' belief that children's anger is valuable and children's social skills, the level of correlations is moderate (mothers: $r = -.45$, $p < .01$; fathers: $r = -.50$, $p < .01$). In the case of the association between parents' beliefs that children's emotions are manipulative and children's social skills the level of correlations is moderate mothers: $r = -.47$, $p < .01$; fathers: $r = -.40$, $p < .01$). Further, both parental beliefs are indirectly associated with children's social skills through the parents' cognitive reappraisal. Both CFM models provided good fit indices.

Conclusions. The findings showed a direct and negative association between parent's beliefs about emotions and children's social skills, and indicated that parental cognitive reappraisal, but not emotional suppression, mediates the relationship between both parent's beliefs about children's emotions and children's social skills. Future intervention programs should focus on restructuring parents' beliefs, rather than changing parents' behavior.

Keywords: parents' beliefs about children's emotions; parents' emotion regulation; children's social skills; mediation; common fate model.

Emotional stability and affective distress in young people convicted of nonviolent crimes

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Objectives. After robbery, theft represents the second criminal category for which young people in Romania end up serving custodial educational measures. Thus, it was considered relevant to investigate the emotional state of young people in the custody of the Romanian penitentiary system for non-violent crimes, as the emotional component can exert a critical influence on their social reintegration process.

Material and methods. The sample included 52 boys between 18 and 25 years old in the Buziaș Educational Center, the Târgu Ocna Educational Center, the Brăila-Tichilești Detention Center, and the Arad Penitentiary. Data collected through the *5-Factor Personality Questionnaire* (CP5F) (emotional stability scale) and the *Affective Distress Profile* (PDA) were used for this study. To complete the database, Little's MCAR test and expectation-maximization algorithm were used for the emotional stability scale and each subscale of the PDA. At the same time, to find out the differences within the sample according to the investigated socio-demographic variables, the criminal history, and the social support received during the deprivation of liberty, the t-test for independent samples and the Hedges' *g* indicator to find out the effect size were calculated.

Results. The frequency of crimes in the sample was, in descending order, the following: aggravated theft, theft, driving without a license, and other crimes (smuggling, drug trafficking, escape, invasion of privacy, driving under the influence of alcohol, fraud, computer fraud, cheating and organized criminal group). Regarding emotional stability, convicted persons from the urban environment presented higher scores of this trait in contrast to those from the rural environment ($t(47) = 2.28, p = 0.02$). Regarding affective distress, the most differences were registered between those visited in the last month and those not visited. Young people who did not receive a visit during the last month before the application of the questionnaire presented a higher level of functional negative emotions in the category "sadness/depression" ($t(50) = 2.46, p = 0.01, g = 0.68$). They also reported higher levels of total ($t(50) = 2.03, p = 0.04, g = 0.56$) and global distress ($t(50) = 3.78, p = 0.00, g = 1.05$), but also a higher level of positive emotions ($t(50) = 3.42, p = 0.00, g = 0.95$). Participants involved in an intimate relationship scored higher on dysfunctional negative emotions in the "worry/anxiety" category ($t(50) = -2.32, p = 0.02, g = 0.62$) and on total distress ($t(50) = -2.02, p = 0.04, g = 0.53$). Those who grew up in a deprived area recorded higher scores of functional negative emotions in the category "sadness/depression" ($t(50) = -2.10, p = 0.04, g = 0.60$) and functional negative emotions in the categories "sadness/depression" and "worry/anxiety" ($t(50) = -2.04, p = 0.04, g = 0.58$).

Conclusions. Since the specialized literature has indicated associations between distress and recidivism, the development of policies that ensure the emotional balance of former and current inmates could prove useful. These should aim at building financially accessible housing for young people in Romania who are released from prisons and who reside in disadvantaged areas, supporting the process of their insertion into the labor market, and co-opting people with whom they have strong emotional ties in the social reintegration process.

Keywords: young people; emotional stability; affective distress; nonviolent crime.

**This study is part of the doctoral research project entitled "Adolescents and Youth in Educational and Detention Centers: Personality Dimensions and Psychological Factors", PhD Student Flavia-Elena Ciurbea, coordinated by PhD Cornelia Rada, at the School of Advanced Studies of the Romanian Academy, "Constantin Rădulescu-Motru" Institute of Philosophy and Psychology, Department of Psychology, Romanian Academy, Bucharest, Romania.*

Developing creativity of teenagers and young adults through art-therapeutic techniques

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Objectives. The objectives of the research were to prove the importance of creativity in all fields and areas of activity for an individual as well as to highlight possible art-therapeutic techniques that contribute to developing and increasing the level of creativity in teenagers and young adults.

Material and methods. This research has been conducted with 20 subjects, students at humanities faculties, with ages between 18 and 25 years old. The subjects were divided into two groups of 10 participants each. In the first group, art-therapeutic tools were used (theatre, painting, dance), while in the second one, the control group, the activities carried out did not aim to change the level of creativity (watching movies, society games, classical music listening sessions, etc.). For data accuracy, both groups went through an initial test that included both art-therapeutic techniques and projective techniques, the same test being repeated at the end of the work period, thus being able to measure the increase or decrease in the level of creativity of the subjects. Thus, 50% of the samples required for initial and final testing used empirical techniques, considering that they are more in tune with the specifics of the research and will not create discomfort, anxiety, or intimidate the subjects. During the entire duration of the work sessions, the Session Rating Scale and Outcome Rating Scale questionnaires were applied each time, for a continuous monitoring of the evolution. The research was conducted for ten weeks, with one workshop per week. Each workshop lasted two hours, with a fifteen-minute break halfway through the work.

Results. Following the work period and the analysis of the data obtained through the applied tests, there were increases in the level of creativity in the target group. In the initial test, the target group obtained a score of 7.26 out of 10, and in the final test a score of 8.07 out of 10, while the control group recorded a decrease of 0.39 points. Also, in the analysis of the results obtained by the subjects from the target group by applying the Outcome Rating Scale questionnaire, an increase in the level was recorded during the ten working sessions while in the control group, there was a decrease.

Conclusions. After analyzing all the data and results, it was possible to demonstrate that art-therapeutic tools contribute to the development of creativity, but also that the repetitiveness of the same activities and exercises can lead to the inhibition and diminishing of the subjects' creativity, as was the case with the subjects enrolled in the control group.

Keywords: art-therapy; creativity; youth development.

The Impact of the Pro-Natal Ceaușescu Policy on Family Relations in Romania (1970-2000)

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Objectives. The pro-natal policy elaborated and applied by the communist regime in 1966 in Romania led to the transformation of the woman's body into a state asset, used for specific purposes, and to the irremediable alteration of family relations.

The objective of the present study is to determine the degree of the intergenerational relationships within Romanian families, as a result of bearing the consequences of the application of the Pro-natal Decree.

Materials and methods. During 2021-2023, the testimonies of 30 women who lived during the communist period and experienced, unfortunately, the birth control policy application and the termination of pregnancy under the regime of Nicolae Ceaușescu, were obtained through interviews. In order to collect information, a questionnaire was used and the interviewed ladies also had the opportunity to speak freely, when they wanted.

The people interviewed are from both urban and rural environments, from different socio-professional categories, and were of different ages during the communist period. The questionnaire contains 21 questions related to various aspects of women's life during the communist period: aspects related to education, access to education, socio-professional life, family life and private life.

Results. The interviews applied to the 30 respondents revealed the fact that family life in Romania in the years 1966-1989 and also after 1990, due to the return to democracy, suffered traumas, the difficulties being found both in the couple's life and at the level of the relationship between parents and children, respectively grandparents and children. These traumas were transmitted transgenerationally, and, in some cases, family relationships no longer had a normal, functional trajectory.

Understanding within the family could only be restored through the joint effort of all members. However, lack of emotional bonding can be found in the majority of individuals who form the so-called decree generation.

Conclusions. The present study brings to attention subjects related to the individual's private life, which have been taboo subjects for a long period of time. The feelings of non-fulfilment and non-validation within the family also come from the socio-political context that individuals have gone through. In communism, individual personality was nullified and family ties were encouraged only for purposes approved by the party-state.

In this case, it can be observed that family relations followed two directions, one in which the members supported themselves and evolved independently of the official route drawn, and a second one in which family relations were organized according to the model "the state asked, the state should deal with" referring to children's birth and education, were irreparably affected, children and parents failing to reach a psychological balance.

Keywords: communist regime; private life; children's birth; trauma; grownups.

Gram-negative microorganisms, infectious diseases, and the relationship to climate change

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Objectives. The increase in the number of infectious diseases under the influence of extreme weather events as a result of climate change is a newly recognized consequence.

"The climate crisis and antimicrobial resistance are two of the biggest and most complex threats facing humanity today. Both have been exacerbated and can be improved with human involvement," said Environment Program Executive Director *Inger Andersen*.

Material and methods. A review of the specialized literature was carried out, aiming at the theoretical synthesis and the results received by different researchers and scientists in the medical field about the interrelationship between climate changes and infections caused by Gram-negative bacteria. Nine systematic literature review articles from the PubMed digital library were studied, using the keywords: "Gram-negative microorganisms"; "climate change". The research was carried out within the research project 20.80009.8007.09 "Study of the resistance of gram-negative bacilli to antimicrobials in order to strengthen the national system of surveillance and control of communicable diseases".

Results. Bacterial infections caused by Gram-negative microorganisms are increasingly recognized as showing seasonal trends, dependent on environmental conditions. In the US, data from intensive care units showed that *Acinetobacter baumannii* infections were significantly more common in July-October than in November-June. In a study involving hospitals on four continents, *Klebsiella pneumoniae* infections were 1.5 times more common during the hottest months of the year. Fewer infections caused by antibiotic-susceptible *Acinetobacter* species were recorded in the winter months. Another study found that humidity, monthly precipitation, and temperature correlated with rates of bloodstream infections in hospitalized patients caused by Gram-negative bacteria. Similarly, there was a dose-response relationship between hospital admissions due to urinary tract infections (Gram-negative bacteria) and air temperature.

Another aspect of the interrelation of microorganisms and climate change is that microorganisms have prominent roles related to climate change. They produce and consume the three dominant gases that are responsible for 98% of global warming: carbon dioxide, methane and nitrous oxide. While microorganisms are sources of these gases, on the other hand, their recent increase is due to changes in human activities that make microorganisms have increased access to carbon and nitrogen, which they transform into these three products. Some actions that can reduce this process are to understand and then implement practices that mitigate microbial activities to slow down the production of these gases, such as reduced tillage, or using microorganisms to reuse waste carbon or nitrogen into useful products and stable.

Conclusions. Understanding the relationships between climate change and infectious diseases can assist clinicians in differential diagnosis, particularly when treating patients presenting with infections with agents that are difficult to detect or without obvious routes of transmission. Environmental contributions associated with the current climate change may have important implications for the pathogenesis of Gram-negative bacterial diseases.

Keywords: Gram-negative microorganisms; infectious diseases; climate change; human health.

Health-related quality of life and the impact of antimicrobial resistance

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Objectives. Some microbes develop resistance to drugs that were previously able to fight them and now pose an increasing threat to global health, a process called antimicrobial resistance. Ambient temperature can impact the spread and growth of bacteria, potentially contributing to the development of antimicrobial resistance and increasing the risk of bacterial infections.

Material and Methods. A cross-sectional study was carried out, using the questionnaire "Assessment of knowledge, Attitudes and Practices of health workers regarding antimicrobial resistance in European LMIC" developed in the framework of the project "Phage treatment and wetland technology as an intervention strategy to prevent dissemination" of antibiotic resistance in surface waters; 66 people were surveyed. The questionnaire included 80 questions, of which 7 were analysed and excluded. The instrument was tested, obtaining a Cronbach alpha coefficient value = 0.93. The research methodology was approved by the Ethics Committee of the Ministry of Health (1245/26.01.2022) and the Nicolae Testemițanu SUMPh of the RM (7/09.01.2022).

Results. To assess the attitudes of healthcare workers towards two crucial phenomena - antimicrobial resistance and climate change - they had to indicate which one was more salient by answering two trap questions. As a result, more respondents indicated that antimicrobial resistance was more important. Less than half (48.5%) of the medical workers answered affirmatively to the question of whether there is a connection between climate change and multi-resistant pathogens. Of all healthcare workers, 30.3% were convinced and 57.6% believed that climate change has the potential to increase the burden and morbidity caused by antimicrobial-resistant microorganisms. 22.7% of respondents were convinced that the incidence of bacterial infections is associated with the increase in ambient temperature, and 37.9% considered this association likely. Regarding the statement that the prevalence and range of antimicrobial-resistant *Vibrio* species increases due to ocean warming as the climate warms, 21.2% of respondents strongly agreed, and 63.6% believed it was likely. About the fact that *Vibrio* species become more resistant to antimicrobials due to microplastics and lead to outbreaks of antimicrobial-resistant cholera and necrotizing fasciitis, 16.7% of respondents were convinced, and 60.6% believed it was likely. Scientific studies have shown that high temperatures can increase a person's irritability and reduce critical thinking. Therefore, the opinion of medical workers was analyzed to determine if heatwaves could affect the prescription of antimicrobial drugs. Only 18.2% of respondents mentioned that such an effect could be registered, while 34.8% were convinced that there would be no such effects, 39.4% did not know, and 7.6% refused to answer. As ambient temperatures rise, horizontal gene transfer increases, which is a major mechanism for acquiring antimicrobial resistance. Only 15.2% of health workers were convinced of this, and a high proportion, 57.7%, considered it likely.

Conclusions. High ambient temperatures generally increase bacterial growth rates. Climate change is a social justice issue, and its unmitigated progress will disproportionately affect the health and well-being of people in low- and middle-income countries around the globe.

Keywords: antimicrobial resistance; climate change; heat stress; human health; low and middle income countries.

Bottled drinking water consumption

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Objectives. The objective of the study on bottled drinking water consumption in Eastern European countries is to provide insight into the current state of bottled water on the market, consumer behaviour and preferences, and the potential impact on health and the environment, with the aim of informing decision-making and policy development.

Material and methods. A wide area of articles from PubMed, NCBI, HINARI, Google Scholar databases over the last ten years describing tap drinking water, bottled drinking water, the potential for distribution of bottled drinking water to the population in Eastern European Countries, and the impact on the health were explored. Common used keywords: bottled water, water quality, and accessibility to water sources.

Results. The preference for bottled drinking water versus tap water can vary depending on a variety of factors, such as geographic location, access to safe tap water, personal preferences, and cultural norms. In some parts of the world, such as Western Europe, tap water is generally considered safe and used as the primary source of drinking water by most people. However, in other regions where access to safe drinking water is limited, such as some parts of Africa and Asia, bottled water may be the preferred option. In general, bottled water is often considered to be a convenient and safe alternative to tap water. However, bottled water can also be expensive, and the production and transportation of plastic bottles can have negative environmental impacts. Bottled water consumption in Eastern European countries varies depending on the country and the level of economic development. According to a 2019 report by Zenith Global, the total bottled water consumption in the region was around 25 billion litres, with Russia being the largest market, followed by Poland, Ukraine, and Romania. The report also highlighted that the per capita consumption of bottled water in Eastern Europe is lower than in Western Europe, with the exception of a few countries, such as Poland, where the consumption is relatively high. According to a report by Zenith Global, the entire amount of bottled water consumed in Moldova in 2019 was estimated to be over 215 million litres, representing 61 litres per person. The low consumption is partly due to tap water being generally safe to drink in most of the region and also to the high cost of bottled water compared to tap water.

Conclusions. The decision to consume bottled water or not is a personal choice, and it's necessary to consider the potential benefits and drawbacks of each option before making a decision. In many cases, a combination of both bottled and tap water may be the best option for meeting individual hydration needs while minimizing environmental impact.

Keywords: bottled water; water quality; and accessibility to water sources.

Tailoring sexual education programs for high school students – an exploratory study of adolescents' sexual knowledge, attitudes and behaviours

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Objectives. Sexual-reproductive health is important for the well-being of individuals and the society they live in. As long as the school curriculum does not have a sexual-reproductive health component, it is often the case that other actors, such as NGOs or parents' associations carry out such educational work. This study aims to explore the main factors that influence adolescents' sexual knowledge, attitudes and behaviours related to sexuality. Such results can help educational programs adapt the curricula to the recent trends in the youth's sexuality.

Material and methods. The study employed a sociological survey, applied to 1144 high school students from one of Romania's largest cities. The age range of respondents was 15 to 21 years, 49% were female, 24% originated from rural areas, and 49% had begun their sexual lives. The survey was divided into sections dedicated to sociodemographic characteristics of respondents, romantic/sexual and risky behaviours, SES factors such as family, peers, religion, health, school, leisure time, and a section about opinions and attitudes towards different sexual matters. Descriptive and inferential analyses were applied.

Results: Gender, type of school (Vocational - VET vs. theoretical), religiosity, and parents' education were significantly associated with sexual behaviours, perceived knowledge, and opinions about sexual-reproductive matters. Thus, males had their first sexual experiences earlier than females (modal age 15 versus 16). However, the indicated modal age limit under which someone should not have sex for each gender was 18 years old. Although risky sexual behaviours were common for both genders, the forms of manifestation significantly differed: while boys reported more sexual partners, and at greater extent having sex with another person while being in a stable relationship, girls overcame boys in terms of sex frequency in the last 3 months and having sex without using any contraceptive mean. Interestingly, high school students from VET schools and whose parents had a medium level of education perceived a higher level of knowledge about sexual and reproductive health matters. Religiosity was associated with the postponement of sexual onset and with traditional values related to sexuality and marriage. Friends had a greater influence on the decision related to sexual debut than parents. A quarter of respondents did not protect at first sex or used traditional methods. Only 3% of respondents held correct information about STI/STD. A number of 14 respondents dealt with pregnancies, while 18 said they did not know; when asked what happened to the pregnancy, 15 replied they had an abortion on the request, and 3 said they had a spontaneous abortion.

Conclusions: Sexual education programs should consider gender differences, the protective roles of friends and religion, and the need to involve parents and raise awareness among adolescents of the risk of STIs.

Keywords: high school students; sexual behaviours; sexual attitudes; quantitative research; sexual education programs.

Somatotype, Nutritional Status, and Nutrient Intake among the Sabar males of Purulia, West Bengal, India

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Objectives. Nutrition has now become the cynosure of health research. Researchers in this field have identified malnutrition as a leading cause of death, disability, and ill health as well as the most important risk factor for the disease burden in Third World countries. In India, where the prevalence of malnutrition is considerably high, many studies have been carried out to evaluate the nutritional status using a conventional anthropometric variable like Body Mass Index (BMI). Apart from BMI, Somatotype is a method that describes the present morphological state of an individual and it correlates with many health measures. Earlier studies revealed significant associations of nutrient intake with somatotype, but such studies are scarce in the Indian context. This cross-sectional study aimed to determine the nutritional status and somatotype as well as investigates the relationship of somatotype with self-reported consumption of selected nutrients among the Sabar male living in the Purulia district of West Bengal, India.

Material and methods. A total of 350 Sabar men (aged 18-60 years) were randomly selected from fifteen villages under five administrative blocks of the Purulia. For the assessment of somatotype, nutritional status, and body composition, anthropometric measurements of height (cm); weight (kg); bi-epicondylar breadth (cm) of humerus and femur; skinfolds (mm) at triceps, biceps, sub-scapula, supra-spinal, and calf; circumferences (cm) at mid-upper-arm (MUAC) (flexed) and mid-calf have been taken, following a standardized operating procedure. BMI was calculated to assess the nutritional status. Somatotype analysis and classification were done by following the Heath-Carter method. The 24-hour dietary recall method was used to collect information on dietary intake. In addition to energy intake, five groups of nutrients were considered: macronutrients (protein, carbohydrate, and fat), vitamins (vitamin A, thiamin, riboflavin, niacin, B6, folate, vitamin C, and choline), minerals (calcium, phosphorus, and iron), electrolytes (sodium, potassium, and magnesium), and trace elements (zinc, copper, manganese, chromium, and selenium). Both descriptive and inferential statistics were performed. A *p*-value was set at 0.05.

Results. The result revealed a high prevalence of undernutrition (48.5%). Ectomorphy was the dominant somatotype, followed by mesomorphy, and the nominal presence of endomorphy was found may be due to the changes in their dietary practice, lifestyle, etc., which might indicate a future trend of obesity in this population. In addition to energy consumption, the somatotype was significantly associated with some nutrients, namely carbohydrates, magnesium, vitamin A, phosphorus, potassium, and zinc.

Conclusions. The findings of this study may be useful for future researchers in the field of public health while formulating intervention programmes for the nutritionally deprived population more generally.

Keywords: Sabar; undernutrition; somatotype; BMI; nutrient intake; India.

Experiences of corporal punishment and anxiety among adolescents in Albania

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Objectives. Simply put, corporal punishment is the "intentional infliction of physical pain by any means for the purpose of punishment, correction, discipline, instruction, or any other reason". This violence, especially when inflicted by a caregiver, elicits a complex emotional response. Corporal punishment raises the risk of anxiety symptoms in adolescents, but the prevalence of resilient survivors is unidentified. In this study, the authors looked at the percentage of victims who do not have clinical levels of these difficulties after severe maltreatment in a population-based sample of 191 adolescent participants from two public schools in Albania. The primary goal of this study was to determine and describe whether corporal punishments influence the occurrence of anxiety during adolescence.

Material and methods. A sample of ($N = 191$) adolescents in the Tirana region completed the "Brief Physical Punishment Scale" and the "Hamilton Anxiety Rating Scale (HAM-A)," with 94 females and 97 males of an average age ($M = 14.37$, $ds = .68$). To investigate the relationship between corporal punishment and anxiety symptoms in adolescents, statistical analyses such as SPSS 25, descriptive statistics, T-test, Pearson correlation, and multiple regression were used.

Results. Adolescents who had experienced persistent corporal punishment had higher levels of anxiety, according to the findings. The more severe the corporal punishment, the more anxious they become. Corporal punishment affects the onset of anxiety in adolescents in both somatic and psychological dimensions. It is also worth noting that there are significant differences between the sexes, with the results indicating that overall anxiety is higher in females ($M = 12.87$, $DS = 10.42$) than males ($M = 5.73$, $DS = 8.97$), implying that females were more predisposed to experience higher anxiety than males who, like them, had experienced corporal punishment.

Conclusions. The findings demonstrated that corporal punishment has a negative impact on a child's well-being: it was discovered that corporal punishment is associated with increased anxiety symptoms in adolescence. Corporal punishment in childhood has consequences that extend no further than adolescence, causing anxiety. Females are more affected by anxiety as a result of childhood corporal punishment, compared to males, who experience less anxiety, but not by a large margin.

Keywords: corporal punishment; anxiety; adolescence.

Emotional disturbances of the child with separated parents

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Objectives. This study presents the child's emotional disturbances as consequences of the parents' divorce. The child's reactions to the parents' divorce differ depending on many factors, such as the child's age stage, his/her personal characteristics, the existence of parental conflict, and the support network; however, divorce is, as a rule, a cause of mental disorders in the child because this kind of marital conflict produces the deterioration of his emotional balance.

Material and methods. The theoretical methods applied were bibliographical documentation, summary, analysis, and interpretation investigating the link between parental conflict in divorce and the emotional consequences on the child.

Results. In the research on the psychological impact of divorce on the child, a series of disorders associated with a poorly managed family separation have been highlighted. Anxiety disorders are very common following divorce, usually associated with depressive disorders, the symptoms of which vary in severity. The risk of post-traumatic or acute stress disorder is higher in children who have been exposed to a conflict situation between their parents or have been involved in such a situation themselves; it can manifest itself more severely if the feeling of guilt arises, which is often the case with children whose parents have divorced. Dissociative symptoms manifest as defense mechanisms in cases where the child has to detach from the distress resulting from the parental conflict. Reactive attachment disorder, adjustment disorder, and conduct disorder are developed as forms of reaction to the traumatic situation that the child experiences as a result of his parents' divorce. Obsessive-compulsive disorders occur frequently and affect the natural functioning of the child; in the context of parental separation, where forms of abuse and neglect may occur, this disorder usually manifests itself in the fear that one parent may become ill.

Diagnostic and Statistical Manual of Mental Disorders (DSM V) introduces a new category called *Parent-Child Relationship Problems*, within which is included the diagnosis *Child affected by relational problems between parents*, defined as a category that should be used when specialists focus on the negative effects of conflict between parents on a child in the family, including effects on the child's mental or other medical disorders.

Conclusions. The negative effects of misunderstandings between divorcing parents have a major impact on a child's emotional development.

Keywords: emotional disturbances; divorce; children's mental disorders; parental conflict; family life.

**This study is part of the doctoral research coordinated by Ph.D. Valentina Olărescu, at the Doctoral School of Psychology, "Ion Creangă" University of Chișinău, Republic of Moldova.*

Bilateral Differences in Body Composition Components of Youth Athletes

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Objectives. The assessment of bilateral differences in paired anthropometric features is an important methodological problem in sports anthropology. Anthropometric asymmetry influences the motor and power capabilities of the competitors and their health status.

Material and methods. The present study includes 74 (27 rhythmic gymnasts and 47 tennis players) adolescent female athletes. Participants are divided into two experimental groups according to their age. Body composition components were determined by means of multi-frequency bioelectrical impedance measurements, with the use of InBody (model: 170) analyzer. Statistical analysis is made by SPSS 16.00 for Windows. Units of asymmetry (UA) of muscle mass (kg) and fat mass (kg, %) accumulation in the upper (UL) and lower (LL) limbs were calculated by Nacheva's equation (1986). The percentiles method was applied to distribute the bilaterally studied anthropometric features according to the mean values of UA. The Mann-Whitney U-test (statistically significant differences at $p \leq 0.05$.) is applied to assess the differences in UA between tennis players (TP) and rhythmic gymnasts (RG).

Results. The differences in body composition components between RG and TP are well expressed in both assessed age groups. The most considerable intergroup differences are observed in terms of the asymmetry coefficient in the lean body mass (LBM) and body fat mass (% , kg) of UL, which have significantly higher values in the tennis players group. Positive and high level of bilateral differences is reported in the LBM of UL in TP`group, more highlighted in the age of 11–12 years. A high level of asymmetry with a negative direction also was detected for the body fat mass. In the RG group, a moderate and negative UA coefficient is reported only for the fat mass (%) of the UL.

Conclusions. A close relation is found between body composition and the type of sports activity. The results of the present study would be very helpful for coaching programs and the selection process of young athletes.

Keywords: tennis players; rhythmic gymnasts; asymmetry; body composition; adolescent.

Attitudes towards work-life balance and paid work of European women during the COVID-19 pandemic. A snapshot from an international survey

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Objectives. The COVID-19 pandemic was followed by a quick shift to telework, increasing digitalization, and growing uncertainty of job positions. These changes had a strong impact. The aim of the study is to analyze European women's perceptions of work-life balance and their financial independence.

Material and methods. For the purpose of this study, I use from data from the Eurobarometer Survey "Women in times of COVID-19", conducted in 27 EU countries in January 2022. By means of descriptive statistical analysis, comparing different countries, I study the perceived impact of the pandemic on different domains of women's lives, particularly on women's working lives, family and parenting tasks, and financial independence.

Results. The results from the international comparative analysis show that the COVID-19 pandemic has tremendous impact on women's family and working lives. Women experienced increasing difficulties and conflicts in combining paid work and family care. The percentages of those who (somewhat) agreed that the pandemic had a negative impact on their work-life balance were highest in Cyprus (68%) and Greece (58%) and lowest in Belgium (36%), Estonia (35%), and Denmark (20%). A negative effect of school and childcare closures and an increasing need for homeschooling/caring for children was reported most often by women in Poland (38%), Bulgaria (37%), and Slovenia (36%), while only approx. 6% of women in Sweden, Finland, and Denmark had such difficulties. In Southern and Eastern European countries, i.e. Greece (45%), Portugal (42%), and Romania (42%), many women experienced reduction in paid work, while in Finland, Estonia, and Denmark between 15% and 21% reported reduction in paid work. Above 50% of women from Southern and Eastern European countries - Greece (60%), Bulgaria (57%), and Cyprus (57%), reported that the pandemic had a negative impact on their income. Highest income stability was recorded among women in Estonia (23%), Finland (22%), and Denmark (18%).

Conclusions. Women from Northwestern European countries experience less often work-life, a reduction in working hours and income which can be explained by higher rates of distant employment, digitalization, and effective policies of work-life balance in the pre-pandemic period. The adverse socio-economic effect of the pandemic was stronger in Southern and Eastern European countries, where women became more dependent financially on their partners, relatives, and friends, and the growing gender inequalities following the socio-economic downturn made them more vulnerable.

Keywords: women; paid work; COVID-19 pandemic; work-life balance; Eurobarometer survey.

Personality traits found in inmates who are former drug users

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Objectives. The three objectives of the study aimed to identify the role of the relationship between machiavellianism and the feeling of self-efficacy/self-control capacity, as well as the relationship between family satisfaction and the feeling of self-efficacy, at persons deprived of liberty convicted for drug trafficking and illicit consumption, or who have consumed prohibited substances, prior to incarceration.

Material and methods. There were two stages of data collection: one stage aimed at obtaining information for quantitative analysis by applying a set of three questionnaires (the Self-Control Scale, the Self-Efficacy Scale, and the Machiavellianism Scale), and the other stage for qualitative analysis, in which a guide for the semi-structured interview was applied. The questionnaires were administered to a group of 154 subjects, aged 21–54, definitively sentenced in seven Romanian penitentiaries, and the interviews to a sub-sample of 15 participants. The Pearson correlation test and simple linear regression were used for statistical analysis.

Results. Although an acceptable level of correlation between Machiavellianism and self-efficacy $r = .33$ was identified, only 11% of the variation of the self-efficacy characteristic is due to the level of Machiavellianism ($F(58,59) = 8.14, p < .01$). The relation was supported by the qualitative interpretation, Machiavellianism being observed through cheating and stealing behaviors, manifested in order to obtain the financial resources needed to buy drugs. Self-efficacy was observed through the subject's confidence in his own abilities applied to obtain money, regardless of his financial situation. The qualitative analysis also surprised that the family has an important role, its lack being perceived as one of the main unfulfilled needs that can negatively influence the decision to give up consumption. For the item "What exactly helped you not to consume in those moments?" three classes of answers were obtained: a) family - parents; b) family – wife and children; c) arrest. Only 5% of the variation in the self-control characteristic is due to the level of Machiavellianism ($F(58,59) = 3.4, p < .01$).

Conclusions. The relationship between Machiavellianism and self-efficacy represents a factor that influences both the maintenance of addictive behavior and the likelihood of persevering in committing the criminal act. Self-efficacy can have different meanings, depending on the activity towards which it is oriented. Thus, a drug user may demonstrate a low level of self-efficacy regarding the possibility of giving up drugs but a high level when he has to carry out actions to procure them. Despite the common misconception that the drug user has a low level of self-control, according to the results of this study, the subjects benefit from at least an average level of self-control. But it is directed towards accomplishing tasks that require purchasing the product, i.e., to maintain addictive behaviors. Positive emotionality in relation to the family of origin and/or the constituted family of the subject can be a supporting factor during the abstinence period.

Keywords: inmate; drug; Machiavellianism; self-control; self-efficacy.

Effective communication forms of management in the health sector in Bulgaria

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Objectives. The purpose of this scientific report is to research and present the results and analyses of a representative scientific study, regarding the effective communication forms of management in the health sector in Bulgaria. The research was conducted by the Gallup International Balkan team at the request of Ph.D. student Doncheva Yankov. An author survey was used for the purposes of the research. Through which channels is information about health and social care products and/or services most often consumed? Is Google at the centre of the consumer urge of Bulgarians? To what extent do Bulgarians rely on new information technologies regarding the health sector? Which public communications methods and tools are of greatest interest to consumers in the health sector? Does age determine digital preferences and what channels do different groups of consumers use for obtaining health information? Answers to these and other questions are presented in the scientific report.

Materials and methods. The method of conduct is "Face to face" with tablets. The research is representative; the sample is 807 adult Bulgarians. The investigated characteristics are gender, age, type of settlement, amount of personal monthly income, employment status, education, ethnicity, and party electorate. The bibliographic sources that researched and described the experience and methodology of the success of health public relations were examined to formulate the questions for the survey. The assessment of the results is based on the "Gallup International Balkan" method. The author of the current scientific paper is responsible for the detailed analysis.

Results. Among retirees and the unemployed, more effective health communication practices would be classic PR approaches, as these target groups are less digitally minded than other respondent groups. Conventional PR methods would be more relevant for ethnic groups of Roma and Turks, while digital communication forms of management would work better for Bulgarians. GPs are the most preferred source (77.1%) of health information, followed by relatives, acquaintances, and neighbours (51.4%), followed by an online search engine (39.5%), then TV (29.9%), social network groups (13.7%), brochures (8.2%), radio (7.2%), digital forums (6.9%), print publications (6.7%), mobile applications (5.3%). Bulgarians show the most serious interest in websites (38.4%). Brand awareness is found to be more important than the potential impact of a healthcare company's website and social media (29%). Google ads arouse more trust among younger people, and Google reviews appear to be more important for people with a more favourable life horizon.

Conclusions. Considering the obtained results, we can conclude that effective communication in the health sector can be implemented through hybrid approaches in health PR. Only in this way will health PRs be able to fulfil one of their most basic functions – to be a bridge between health organizations and their audiences.

Keywords: healthcare; public relations; management; communications; PR.

Grooming in child sexual abuse: Conceptual issues and characteristics of the process dynamics

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Objective. The present theoretical review explored the dimensions, stages, and factors involved in the grooming process from the perspectives of both the victim and the aggressor. Understanding the dynamics of the grooming process is highly relevant for the investigative process and for the forensic psychological assessment of the victim. The analysis was conducted with the purpose of conceptual clarification of factors and processes, emphasizing their relevance in preventing victimization.

Materials and methods. The research method used was a literature review on the concept of grooming. APA PsycNet, ScienceDirect, PubMed and EBSCOhost databases were accessed, and 467 studies investigating the definition and evolution of the concept of grooming, victim vulnerability factors, characteristics of the sexual offender, comparative analysis of the phenomenon in physical versus online environments, and methods of preventing the phenomenon were included. The time interval used was 2003-2023, and both qualitative and quantitative studies were included. In the end, 47 studies that satisfied the search criteria were selected.

Results. The analysis revealed a series of stages in the grooming process, depending on the characteristics of the situation and people involved, such as target selection, gaining access, building trust, fulfilling needs, isolating the target, and sexualizing the relationship. Moreover, a number of victim vulnerability factors covering three areas were identified in the literature: personal (e.g., low self-esteem, exposure to previous victimization), family (e.g., conflict with parents, lack of parental control over the child's online activity), and social (e.g., school problems - risk of dropping out of school or bullying). Adolescents are the age group most at risk in the online environment. Regarding sex offenders, the motivational theories of sexual abuse revealed a number of characteristics of the abuser, such as poor control over sexual drive, lack of emotional control, personality problems. Some studies have found differences between those who engage in grooming behaviors online compared to those who develop grooming behaviors in physical environments, such as higher levels of sexual deviance, lower levels of impression management and higher levels of empathy for victims in online environments.

Conclusions. Information about the victim and offender characteristics and about the dynamics of the grooming process is discussed in relation to the prevention of the phenomenon, which cannot be done without adequate education about its characteristics. The prevention process involves the whole community and requires sex education, parental control of children's online activity, education about the characteristics of grooming behavior, and desensitizing adults regarding sexuality-related topics. In addition, knowledge of victims' emotional and environmental vulnerability characteristics creates the framework for designing effective post-abuse intervention programs.

Keywords: sexual abuse; grooming; sexual offender; online grooming; victimization; education; prevention.

Competencies of the Peer Support Worker

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Objectives. Social work is a dynamic profession, constantly transforming according to the evolution of society, to whose needs it responds. If the social assistance of vulnerable groups must cope with new requirements, then the social workers also need specific, up-to-date, and adapted skills. According to empirical observation based on social trends, peer support meets the new social needs of the person with mental health issues. Peer support's role is to improve the social function of the aided beneficiary in a non-discriminatory and self-determining manner by attaining daily functional adaptation. The research aimed to develop a specialized course for professional training of peer support workers. The objective was to achieve a bank of professional and transversal skills, the most relevant and necessary for the training of peer support workers.

Material and methods. The research method is qualitative, and it seeks to highlight possibly the most rewarding competencies of peer support needed for the satisfactory social functioning of people with mental health problems. The research methodology consists in conducting a focus group study with 29 people, students from the social work specialization, master level. The results of the brainstorming were corroborated with a review-type literature analysis and conclusively gathered in a SWOT analysis.

Results. It was established that the role of a peer support worker requires six professional abilities and five transversal competencies. The professional competencies include qualified communication, knowledge about contemporary society and mental illness, therapeutic management and healthy lifestyle, peer support assistance and intervention, ethics and deontology, and the capacity to use digital tools. Transversal competencies were established in the following areas: team work and communication, managing professional stress, professional and personal development, and digital skills.

Conclusions. The formation of peer support workers responds to the need for social renewal, by customizing the institution to meet the recipient's specificities, demonstrating functional support but setting no conditions of conduct.

The desire to form this professional category is not to provide society with groups of experts in the field but to offer peer-to-peer support in a universal language of the sense of support and acceptance, empathy, and assertive and professional communication, in which the minimum of knowledge can bring this category qualified recognition, officially certified by a short-term studies diploma.

Keywords: peer support worker; competencies; formation; peer support assistance; social work.

Aesthetics of Dental Prosthetics in the Context of the Need for Social Functionality

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Objectives. The research aimed to adapt fixed prosthetics to the individualized and personalized quality standards of contemporary aesthetics required by the profession and the social role in accordance with the requirements of the patient's functioning in the personal, family, workplace and social group of belonging. The objective of the research was to analyze the patient's aesthetic requirements regarding his dentition, apply them in the prosthesis technique, and obtain an optimal oral rehabilitation through direct fixed prosthesis on natural teeth.

Material and methods. The research methodology was qualitative and consisted of the analysis of facial, dental and dento-oral aesthetic indicators, followed over two time intervals: 6 months and 1 year, related to the masticatory, dental, verbal, and social functionality of patients rehabilitated orally through fixed prostheses directly on the natural teeth. The research method consists of the clinical case study type analysis, in patients rehabilitated orally by direct prosthesis on natural teeth. The particularity of the research consists in approaching each case in a multidisciplinary team that includes, in addition to dental medicine specialists, occupational and social functionality specialists. In this complex yet unified approach to the patient, the therapeutic act becomes beyond a technical one, a personalized bio-psycho-social rehabilitation of the edentulous patient. The study group includes 30 patients in the age groups 30-39 years and 50-59 years. The study group was homogeneously subdivided in terms of cases by age groups and diagnoses, so 13 patients were considered in age subgroup 1, and 17 patients included in the study in subgroup 2. From a diagnostic point of view, all patients needed oral rehabilitation by fixed prosthesis, which was possible to be performed directly on the natural teeth.

Results. Comparable, individualized and functional results were obtained, adapted to the aesthetic needs of the beneficiaries in 29 cases out of 30. These were possible beyond the new restorative techniques and materials by personalizing the therapeutic intervention according to the patient's social requirements and needs.

Conclusions. A prior analysis of the patient's functional and aesthetic requirements is required in order to achieve high aesthetic results in fixed prosthetics.

Only during the treatment planning could the choice of prosthesis type be made, and it is conditioned not only by the local and general factors of the patient's health but also by the socio-economic conditions and professional and psychological needs of each patient.

The younger the patients, the closer their aesthetic needs are to the ideal dentition, but the demands remain elevated in patients aged 50-59 in the context of occupational and social functioning and the need to look young for as long as possible.

Keywords: aesthetics; dental prosthetics; fixed prostheses; natural teeth; social functionality.

**Online communication competencies in pandemic times:
preparedness of Bulgarian public servants**

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Objectives. The COVID-19 pandemic tested the abilities of public administrative structures of all levels to communicate properly with various audiences. The objective of this study was to assess how prepared were public administration communicators to perform their professional duties in a situation that mixed highly centralized process of informing the general audience and wide spread of misinformation and conspiracy theories. The research collected data on the most common practices of different public institutions and the need to refine the communication competencies profile of public servants.

Material and methods. Data were obtained via Google Forms in the period 10-26 January 2021. The respondents formed a purposive sample, as the questionnaire was distributed through mailing lists and professional communities of public relations and communication experts in Bulgaria. Altogether 182 respondents working in national and local administrative structures filled in the questionnaire that consisted of 12 single-answer, 9 multiple-answer, 2 open-answer questions, and 3 Likert scales.

Results. Although 61% of the institutions have specialized communications or public relations offices (or servants), 47,3% of them didn't have a crisis communications strategy. Only 53 of the respondents reported the existence of a specially built crisis communications team for the pandemic period. The institutions have used mostly online communication platforms – their own websites (96,2%), mailing lists (90,1%), Facebook pages (54,9%), but almost half of them (45,6%) opened special hotlines for answering the general public's questions. Almost equally own/new and reposted from other Bulgarian sources-content was distributed.

The competencies profile of Bulgarian public communication servants is quite diverse. They are highly educated – 80% have masters', 17% have bachelor's degrees and 3% are PhDs. Almost equally they come from fields like "economics, finance and accounting" (15,4%), "public relations" (13,2%), and "administration and management" (11,5%). There are people with educational backgrounds in engineering, law, pedagogy, etc. More than half of them (57,4%) have not had any additional qualifications in fields like crisis communication, digital content, media literacy, etc. They do not feel like studying for specialized master's degrees but rather seek short-term courses and training.

Conclusions. The workload of 76,9% of the communication experts increased. They used different communication tactics but relatively chaotically and not that much targeted towards the specific needs of different audiences. The public institutions have not been prepared for the scale of the problem and didn't have specified strategies. The study recommends creating short- and midterm-specialized courses and training to help overcome that problem.

Keywords: online crisis communication; COVID-19 pandemic; public/administration servants; communication competences.

Age-related infertility in women

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Objectives. Childbirth postponement until later years of reproduction is a worldwide phenomenon. The reasons for this trend are various. As modern woman delays childbearing, age-related fertility decline is increasing among the population. The average age of women giving birth to their first child has increased from 27 to 29.3 years over the last 20 years. In Serbia, the average mother's age for delivering a first child rises from 26.7 years in 2001 to 30 years in 2018. In 2019 total fertility rate in Serbia was 1.52 or 28% below the replacement level and also below the European average of 1.6 children per woman. This sustained below-replacement fertility is the fundamental cause of the negative natural growth, population decline, and profound changes in the age structure of Serbia's population. With aging, the inevitable process of ovarian reserve reduction happens to all women. Females are born with a determinate number of oocytes and do not create new gametes throughout their life. A decrease in the number and quality of available oocytes over time and rising of genetic errors in oocytes, negatively affect the ability of women in advanced age to conceive. Unfortunately, assisted reproductive technologies cannot compensate for the natural fecundity decline. Even with in vitro fertilization (IVF) treatment, live birth rates remain low, especially in women over 40 years. There are also increased rates of miscarriages, preterm births, and congenital malformations in women who deliver children after 40 years old. The main cause of impaired oocyte potential in advanced age is aneuploidy, a presence of an abnormal chromosome number in the cell. The occurrence of aneuploidies is strongly related to woman's age: at the age of < 35 aneuploidy rate is low (10%) but increases to 30% at the age of 40, 40% at the age of 43 and up to 100% at the age of > 45. Several indicators are found to correlate with oocyte number and therefore could be used as predictors of ovarian reserve. These biomarkers include AFC (antral follicle count), AMH (anti- Müllerian hormone), Inhibin B and FSH (follicle-stimulating hormone), but none of these measurements can reflect oocyte quality or genetic composition.

Material and methods. Retrospective research of data was conducted at a private IVF center to investigate difference in success rate between women undergoing IVF at the age of 35 compared to women at the age ≥ 40 .

Results. Higher pregnancy and live birth rates were revealed in younger women (35 years), while a higher miscarriage rate was found in older women (≥ 40 years).

Conclusions. Given that high-quality oocytes are essential to fertility, and there is no known way to slow or reverse the decline in ovarian reserve, clinicians should counsel women about the realities of the biological clock and the existing consequences if they choose to delay childbearing to later reproductive years.

Keywords: Infertility; Advanced age; IVF; Serbia; Women.

Physical development of modern youth of Belarus and some socio-demographic factors of their families

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Objectives. At the turn of the 19th–20th centuries, as well as throughout the 20th century, a lot of anthropological works appeared in which the influence of a complex of socio-economic and environmental factors on the somatic status of the population was noted. It was found that a higher social status, better living conditions led to higher physical development parameters. The purpose of the study was to assess the physical development peculiarities of modern youth in Belarus, depending on some socio-demographic factors in their families.

Material and methods. In 2021-2022 in compliance with the rules of bioethics, an anthropological investigation of first-year students of the Belarusian State Pedagogical University was carried out: 152 young women and 88 young men. Socio-demographic factors of families (parental education, number of children in the family, number of births, urbanization of the place of residence) were surveyed through a questionnaire. Descriptive statistics data and ANOVA were used.

Results. Among students, the level of education of their mothers was higher than that of their fathers: 50.9% of mothers with higher education versus 35.3% of fathers ($p < 0.001$). Almost half of the surveyed (48.7%) lived in families with two children, 21.5% of students were the only child of their parents and 29.8% lived in families with 3 or more children. Before studying at the university, only 18.3% of the surveyed lived in rural areas, and almost a third (30.6%) were from the most urbanized city in the country (population of about 2 million) - Minsk.

Among the complex of studied factors, the most significant for the physical development of young men was the degree of urbanization of their residence prior to university studies ($p < 0.05$). Boys from rural areas were characterized by large values of human body widths: the shoulder width, the width of the forearm ($p < 0.05$) and shin ($p < 0.05$) epiphyses, etc. For young women, the father's level of education turned out to be a more significant factor. Less fat was deposited on the lower leg in female students who had fathers with greater levels of education ($p < 0.05$).

Conclusions. Among students, few significant differences in physical development indicators were found, depending on the studied socio-demographic family factors. The results obtained testified to the sufficient homogeneity of Belarusian society (regardless of the parental level of education, the number of children in the family), the low level of social stratification of society, as well as the convergence of the living standards of the urban and rural populations. However, young men who lived in rural areas still had slightly larger width body dimensions; the fat deposition level of female students on the shins had differences depending on their fathers' level of education.

Keywords: students; physical development; parental education; number of children in the family; urbanization of residence place.

Use of COVID-19 Experience Questionnaire for the Evaluation of Psychological Well-being and COVID-19 Recovery

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Objectives. The present paper aims to explore the construct and effects of the pandemic on cognitive, behavioral, and affective resilience in mental health.

Material and methods. The study design is probabilistic and the method used in it is of the transversal typology. The final answers were collected in a sample cohort of 300 valid responses with ages between 18 to 50 years old, with a mean age of 25 years and gender predominance of 34% males and 66% females. The selected respondents were in Albania 2 weeks after going through the Coronavirus. The instrument used for the current research is the COVID-19 Experience Questionnaire (COVEX). Micro-analysis of each COVEX sector was performed on the specific weight of each of them. Valid results of this study showed indices of certain psychological importance.

Results. It was a statistical difference in the responses of COVEX of males ($M = 1,500$) and females ($M = 1,500$) while the standard deviation indices show a good cohort distribution for further processing ($SD = .705$). Referring to Pearson correlation indices, results found that there is a strong and positive correlation between the female gender and difficulty finding food and medication ($r_s = .962$; $p < .01$) ($r_s = .710$; $p < .01$), a positive correlation between female gender and difficulty to receive health care ($r_s = .625$; $p < .01$) during the first 2 weeks after catching COVID-19. The ANOVA test indices showed that there is a strong relationship between performing physical exercises and free walking in middle age for female subjects ($F = 1.405$; $SM = .698$; $df = 4.5$), a strong relation between artistic activities as a coping strategy for female subjects ($F = 6.003$; $SM = 2.022$; $df = 4.5$), a strong and positive relationship with house and cloths cleaning for female subjects ($F = 4.004$; $SM = .857$; $df = 4.5$) and a strong online gaming relationship for male subjects ($F = 1.290$; $SM = .787$; $df = 4.5$). Differences of statistical significance have also appeared in the variables of personality traits, internal defense mechanisms, and coping strategies between women ($F = 2$; $SM = .805$; $df = 4.5$) and men ($F = 1.03$; $SM = .563$; $df = 4.5$).

Conclusions. The Pandemic has caused a dimensional impact on mental health, social, professional, economic, life, and coping skills in Albanian and Kosovo subjects who have passed COVID-19 even 2 weeks after the persistence of symptoms after the onset of the disease. The authors recommend building screening capacities in staff and services to provide a follow-up strategy for COVID-19 recovery and resilience.

Keywords: screening; COVEX; psychological impact; mental health; psychosocial recovery.

Antimicrobial resistance phenotypes of *Staphylococcus aureus* strains in the Republic of Moldova

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Objectives. The objective of this study was to improve the knowledge regarding the mechanisms of antimicrobial resistance of *Staphylococcus aureus* strains in order to prescribe effective and quality antimicrobial treatments.

Material and methods. The analysis of publications in PubMed was carried out between January and November 2022 regarding the theoretical aspects of the antimicrobial resistance mechanisms characteristic of *Staphylococcus aureus* strains, by using the key terms "Resistance mechanisms", "Resistance genes", "*Staphylococcus aureus*" and "Antimicrobial preparations". From the total number of articles found (44), 27 synthesis and meta-analysis articles reflecting the mechanisms of antimicrobial resistance of *Staphylococcus aureus* strains were selected and analysed.

Results. The initial resistance of *S. aureus* to β -lactams arose through the production of β -lactamases. The target of β -lactam antibiotics is the transpeptidase fragment of penicillin-binding protein (PBP)-2. PBP2a is not sensitive to β -lactams because the target serine of the active site of PBP2a is located in a deep sleeve that cannot be reached by antimicrobials. This structural change is very significant because it makes the serine at the active site inaccessible to all β -lactams, thus making MRSA resistant to this class of antimicrobials. Vancomycin resistance in *S. aureus* can come in two forms: vancomycin-resistant *S. aureus* (VRSA) and vancomycin-intermediately resistant *S. aureus* (VISA). Except for a few cases, resistance to vancomycin has occurred in methicillin-resistant strains of *S. aureus*. It should be noted that the mechanisms of VISA and VRSA are completely different, and therefore VISA strains cannot gradually progress to become VRSA. However, in extremely rare cases, when VISA strains acquire additional resistance mechanisms, such as the *vanA* operon, they can become VRSA, but by a totally different mechanism.

Conclusions. The unargued and unjustified use of antimicrobial preparations has led to the development of resistance to them in *S. aureus* strains. This species may better than any other human pathogen exemplifies adaptive evolution to antimicrobials, as it has demonstrated a unique ability to rapidly respond to each new antibiotic by developing a resistance mechanism, beginning with penicillin and methicillin, up to the newer, linezolid and daptomycin. Mechanisms of resistance include enzymatic inactivation of the antibiotic, modification of the target of attack, uptake of the antibiotic, and efflux pumps. By knowing the basics of antimicrobial resistance mechanisms, the clinician can indicate appropriate antimicrobial treatment for the pathogen in question.

Keywords: *Staphylococcus aureus*; resistance mechanisms; antimicrobials.

About teacher burnout

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Objectives. The objective of the study was to identify the level of burnout or professional exhaustion of teaching staff and their level of self-efficacy.

Material and method. In the period March-April 2023, a survey with 180 respondents teaching staff from mainstream education (69 teaching staff from Bucharest and 111 teaching staff from the counties in Romania) and 18 teaching staff from the Hospital School in Bucharest analyzed (1) the professional burnout of teaching staff, by reference to the three dimensions of professional burnout established by the World Health Organization in 2022 (feelings of emotional exhaustion, increased mental distance from the workplace or feelings of negativism or cynicism related to the workplace, a sense of inefficiency and lack of achievement) and (2) their self-efficacy, through a 10-item scale (SES).

Results. The results showed that 83.4% of school teachers from mainstream education have medium, high, and very high levels of self-efficacy, and 33.4% of school teachers from mainstream education often had feelings of emotional exhaustion in the last six months. The response option "neither agree nor disagree" about feelings of burnout felt in the last six months had a weighted of 31.1%.

Among the teaching staff from the Bucharest Hospital School, 83.3% had a medium, high, and very high level of professional self-efficacy, and 33.4% of the teaching staff from the Bucharest Hospital School often had feelings of emotional exhaustion in the last six months. Concerning the feelings of burnout felt in the last six months, 27.8% chose the answer option "neither agree nor disagree".

Conclusions. The results of the study reveal that teaching staff in mainstream education and in the Hospital School have the ability to mobilize their cognitive, behavioural, and motivational resources. However, it is necessary to implement, at the national level, specific measures to manage the symptoms and effects characteristic of burnout. The measures that will be implemented at the national level must take into account that self-efficacy correlates positively with job satisfaction, job satisfaction correlates negatively with emotional exhaustion, and the socio-cognitive theory that suggests that stress reactions and tension in performance situations are part of the vulnerability of teachers and can affect their level of self-efficacy.

Key words: education; teacher; burnout; self-efficacy.

The drama trainer working with vulnerable groups. Challenges, limits and skills

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Objectives. Working with vulnerable people is a rewarding challenge for the theatre professional because at the end of the work they can achieve important optimisations of their psychosocial factors. The interaction between trainer and vulnerable person is emotionally charged for both sides of the dyad, often generating a tendency for the trainer to position him/herself from a superior position, as a rescuer. The objective of this qualitative study was to investigate the acquisition of skills for a group of instructors who carried out a cultural intervention among young people with social difficulties in state care.

Material and methods. This study involved nine theatre instructors, aged 24-35, graduates of the Master's Degree in Theatre Pedagogy from the “I.L. Caragiale” National University of Theatre and Film, Bucharest. The focus group was used in the post-activity stage, a qualitative research method that allowed in-depth discussions on the particularities of working with vulnerable groups and the competences of the theatre trainer-instructor. The results were examined using categorical analysis grids.

Results. The trainers were involved in five renditions of a performance that dealt with three types of abuse situations (a performance constructed using information gained from documenting children in institutions) and coordinated a module of five workshops at five venues of institutions dealing with young people with social difficulties who are in state care. In the subsequent focus group, the subjects indicated that they faced challenges throughout the course of the activities - they tended to identify with the problems of the young people they worked with, which in some cases made it difficult for them to set healthy boundaries in relation to the people they worked with (I.L., 30 years old – “Setting clearer boundaries and managing emotions”; S.P., 25 years old – “An overwhelming experience because of the children's stories. I learned that I am not responsible for healing their traumas”). Trainers admitted that working with vulnerable groups would be less challenging if there was training in this direction provided by specialised people or peers or occasioned by participating in more similar experiences (D.R., 31 years old – “Those of us who had less experience in working with children from disadvantaged backgrounds were more affected by the children's problems”; C.C., 24 years old – “I found support from my colleagues when I needed it, so did they from me, I found understanding and empathy from them. The experiences helped us to strengthen as a group”).

Conclusions. This qualitative study shows that working with vulnerable groups poses a number of challenges for the drama instructor, which can be overcome more easily if the instructor learns to relate appropriately, psychologically and psychosocially, to the situations encountered.

Keywords: drama/theatre instructor; vulnerable people; emotions; teaching challenges; empathy.

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Theatre workshop as a means of support for young people in situations of social risk

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Objectives. Young people in institutional care and those with social difficulties represent vulnerable groups who face various challenges within the community and higher chances of being exposed to situations of abuse due to difficulties in identifying their emotions and boundaries in relation to others. The objective of this study was to increase understanding of concepts such as core emotions, personal boundaries and interpersonal relationships (aspects associated with reducing the abusive situations these young people face) through the use of a cultural intervention based on drama.

Material and methods. The study was carried out on a group of 106 young people of different ages (young schoolchildren, pre-adolescents and adolescents), in state care and with social difficulties, affiliated to the following institutions: the General Directorate of Social Assistance and Child Protection (DGASPC) Bucharest, sector 6; DGASPC Craiova; DGASPC Suceava (Suceava city and Gura Humorului). A pre- and post-activity questionnaire was administered, developed by the authors of the study, with 17 open questions and 30 closed questions on emotional and social dimensions.

Results. Five drama workshops were held at each institution, preceded by a performance that presented three types of abuse situations. The results show that the intervention through theatrical methods produced changes on the targeted dimensions among the participants. It was observed that the subjects from Gura Humorului recognized the four basic emotions much more easily in the post-activity stage, registering a higher progress compared to the group in Bucharest, where the impact was less identified. Analysing the items on the social dimension, the post-activity responses show progress that reflects the evolution of the participants - they feel they can communicate more easily with those around them. There are also positive developments on the personal space indicator - beneficiaries have become aware of how important boundaries are in relationships with others. In the open-ended question about the changes they would like to make for a better life, the wishes of the majority of respondents (pre-activity and post-activity) remained constant. The only group that stood out in terms of changes in wishes was the group in Suceava. Wishes have changed both in terms of their elaboration and the direction in which they are directed, aiming at the good of the community (pre-activity: "to be authoritative, to trust myself" - post-activity: "to love myself, to have high standards (regarding people)").

Conclusions. The study proves that drama-based methods are suitable for experiential learning, with implications for the behaviour of vulnerable young people. Learning basic emotions and establishing personal boundaries for interpersonal interaction are resilience factors in the abusive situations to which they may be exposed.

Keywords: drama/theatre games; vulnerable youth; basic emotions; personal limits; relations.

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‘The right to an education’ – the case of children separated from their parents in Nepal

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Objectives. The objectives of this study were to identify the different contexts in which children become separated from their parents, to understand their experiences and identify ways in which practitioners work to support them. Education, particularly the poor quality of education in rural areas, was a pull factor in children being separated from their parents and was a key theme in their accounts. This paper focuses on separated children’s attempts to exercise their ‘right to education’, the reality of their lived experiences and the ways in which practitioners supported them in re-engaging in education and training.

Material and methods. This qualitative study involved interviews with 20 practitioners working with children separated from their parents in 10 child welfare agencies and NGOs in Kathmandu. It was conducted by an international, multi-disciplinary research team. The interview schedule developed specifically for this study explored the reasons for their separation, their lived experiences, the challenges they faced and how practitioners responded to their needs. The children had a diverse range of experiences. While all were marginalised and at risk of exploitation, some had been trafficked, some were homeless, and others lived on the streets. This paper explores the educational experiences of children separated from their parents.

Results. Thematic analysis of the data enabled key themes to be identified, a dominant theme was education. Practitioners described the poor quality of education in rural areas and parents’ aspirations for a better education for their children. The poverty endemic in rural areas meant parents wanted more for their children and were vulnerable to them being ‘lured’ to the city with promises of better opportunities. In such cases, acquiring a ‘good education’ was prioritised over other concerns, including their ‘protection’. Exposed to new, unfamiliar environments in the city, children’s educational aspirations often remained unrealized, their ‘right to education’ marginalised by the need to work for an employer or overridden completely by the need to work to provide for their own basic needs. In such instances, separated children became vulnerable to trafficking. Practitioners described the impact of these experiences and worked with children to support them in re-engaging with education and training opportunities. Increasing their confidence and self-esteem was fundamental to their success.

Conclusions. This study shows that children who moved to the city to realise their ‘right to education’ were often thwarted in their attempts to realise educational aspirations. Separated from their parents and in the unfamiliar city environment, they were isolated and vulnerable to the influence of others, particularly adult’s attempts to lure them into different forms of employment. A more coordinated government response to providing quality education to children in rural areas would improve children’s lives and practitioners identified ways in which this could be achieved.

Keywords: children’s rights; education; separation; parents; Nepal.

Leadership and leadership skills

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Objectives. The purpose of the study is to present the leadership phenomenon analytically and interpretatively from different theoretical perspectives with different conceptual reflections. Attempts to classify them, however, prove difficult to unambiguously organize the multitude of concepts. Taking into account the dynamics of time, theoretical approaches inspire each other, which leads to the possibility of distinguishing the universal and specific elements in the theoretical view of the question of leadership, as well as the possibilities of empirical verification or implications for practice.

Material and methods. An analysis of the main references on this topic from the last few years has been made. A keyword and phrase search was performed in specialized scientific databases. The findings were then compared and discussed according to the existing literature. The content of the studied scientific literature was qualitatively analyzed. The method used is a qualitative inductive content analysis of the materials related to the role of leadership as an object of interest and the leader's personality is related to expectations for fundamental changes in the organization and, in particular, for solving various of its problems.

Results. The theories are distinguished as a consequence of the application of two measures: aspects in the consideration of various parameters; using different approaches applied to the same aspect. Effective leadership depends on identifying external factors and analyzing situational variables such as leadership specifics, company culture, values, and past experience. A fundamental factor for leadership success is the leader's flexibility and ability to follow the dynamic external environment. At the same time, there is no overall unifying theory that identifies the source code or essence of leaders and a definition of the conditions that give rise to leadership.

Conclusions. In summary, it can be said that the development of leadership skills takes place over a long period, combining various related qualities and skills. Skills are often contextualized and driven by the leader's internally held values and dispositions. A critical aspect of this process is the integration of leadership skills with the leader's identity. Perceiving oneself as a personal leader not only influences proactive attempts to gain leadership experience but it may also be an important cue for access to leadership-related knowledge. With sufficient development, the integration of leadership skills with identity can lead to the development of internal qualities and abilities that characterize not only the leader but also the followers. Thus, at all stages of development, the acquisition and improvement of leadership skills are influenced by individual differences in cognition, personality and temperament, emotional regulation, identity, and values, which arise from both cultural context and personal experience.

Keywords: leadership; organization; leaders.

The phage therapy against antibiotic-resistant bacteria

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Objectives. The objective of this study was to reveal the relationship between the therapy with bacteriophages (phages) in different environments and on different subjects and antibiotic resistance (AR) in order to identify the best evidence that would support interventions with phages to reduce AR.

Material and methods. To identify the relevant open and free access publications from the last 5 years, the PubMed and Scopus databases were accessed, using the following keywords: *antibiotics, antibiotic-resistant bacteria, bacteriophages, phage therapy*. The study was carried out within the JPIAMR multilateral project 22.80013.8007.1M "Phage treatment and wetland technology as intervention strategy to prevent dissemination of antibiotic resistance in surface waters (PhageLand)".

Results. Therapies with lytic bacteriophages have gained much attention in recent years, as lytic phages have the demonstrated ability to kill antibiotic-resistant bacteria, the increased interest on this subject being argued by a large number of publications. There are more articles with results of preclinical studies and case reports relating the beneficial effect of phage therapy in various infectious diseases, caused by *E. coli*, *K. pneumoniae*, *P. aeruginosa*, *S. aureus*, etc., but the route of phage administration, type and properties of phage used vary, which does not allow us to make a unique conclusion. However, the evaluations done in recent years provide evidence that if the therapy is targeted, then the benefits are essential, as already demonstrated in preclinical studies when the reduction or prevention of colonization with virulent bacteria was observed without affecting the normal natural flora of the environment under investigation. Many studies in humans have reported that phage therapy was given in combination with antibiotic therapy, which has caused significant limitations in making favorable conclusions regarding the efficacy of phages alone. One of the restrictions in the studies reported by the investigators is the development of resistance to phage treatment. But another research perspective illustrates that even situations when bacterial resistance to phages develops are potentially beneficial, in the context of reducing antibiotic resistance, as it was concluded that in these situations the virulence of bacteria can be reduced, as well as increased sensitivity to antibiotics can be observed. At the same time, some data refer to the fact that the administered antibiotics could potentiate the action of phages and, in this way, the phenomenon of AR would decrease.

Conclusions. In these times when antibiotic resistance is on the rise and the development of new antibacterials is very slow, research using lytic phages that have a bactericidal effect represents an opportunity to identify ways to combat the AR phenomenon. Since there is currently no consensus regarding this type of intervention, further research is required.

Keywords: antibiotic resistance; bacteriophages; phage therapy; health; infectious diseases.

The impact of the covid-19 pandemic on parents and children's internet use and communication behavior in urban Vietnamese families

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Objectives. The Covid-19 pandemic is an unexpected event for all of humanity. The appearance and influence of the Covid-19 pandemic have completely changed the daily life of each individual. During the two years from 2020-2021, Vietnam is severely affected by the Covid-19 pandemic. Vietnamese have had profound and unforgettable experiences during the pandemic period. Under the impact of the pandemic, Vietnamese have changed many daily habits, including Internet use and family communication.

Material and methods. Research survey 313 parent-child pairs in two big Vietnamese cities, Hanoi and Da Nang, based on two questionnaires designed for every parent and children group. In addition, ten in-depth interviews are conducted to extract in-depth information on Internet usage behavior and parent-child communication. The survey data is cleaned by Excel software and processed by SPSS 20 software, and the in-depth interview data is processed by NVIVO software. The study used a thematic analysis method to conduct a combined analysis of qualitative and quantitative data.

Results. Research results show that in the context of the Covid-19 pandemic, parents and children in urban Vietnamese families tend to use the Internet more than before. The purposes of using the Internet of parents and children are pretty diverse, the majority of parents use the Internet for work, and children use the Internet for learning and entertainment. In the context of the Covid-19 pandemic, face-to-face communication between parents and children in urban Vietnamese families is enhanced because they have more time at home together, so they have more time to communicate. However, the fact that parents and children spend much time using the Internet has negatively affected communication.

Conclusions. The Covid-19 pandemic is not just a medical and human health problem. Covid-19 affects all aspects of social life, including two-way effects on the behavior of parents and children using the Internet and communication between them. Covid-19 is a factor pulling people in the family together due to the distance policy so that they have more time to use the Internet and communicate with each other, but the excessive use of the Internet also warns many dangers to today's family communication problems.

Keywords: Covid-19; Internet; communication; Vietnamese family; influence.

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Improving the competencies of teachers in the field of entrepreneurship through the EDUBUSINESS project

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Objectives. The EDUBUSINESS project is part of the POCU projects, in which the "Aurel Vlaicu" University of Arad is a beneficiary for 30 months, including this year. The aim of the project is to improve the quality of educational offers and the competencies of teachers in the field of entrepreneurship to increase participants' access to tertiary education in conditions of equity and social efficiency and to promote an entrepreneurial educational culture in competitive areas of regional interest. The general objective of the project is to increase access and equity in higher education at the "Aurel Vlaicu" University of Arad.

The aim of the research is to develop a specialized course for professional training in entrepreneurship for students.

Material and methods. The research method is of a quantitative type. The target group consists of 50 pre-university students and 450 students. The project seeks to reduce school and academic dropout rates, by providing financial support to 350 students from vulnerable categories and by increasing the attractiveness of educational offers by developing 5 new entrepreneurial programs, correlated with the improvement of the competencies of 90 members of university teaching staff. The study sample comprises 450 students (from the following faculties: Faculty of Economic Sciences; Faculty of Engineering; Faculty of Exact Sciences; Faculty of Food Engineering, Tourism and Environmental Protection; Faculty of Design; Faculty of Sports; Faculty of Humanities and Social Sciences; Faculty of Educational Sciences, Psychology and Social Work); 90 members of the teaching staff (from the following faculties: Faculty of Economic Sciences; Faculty of Engineering; Faculty of Exact Sciences; Faculty of Food Engineering, Tourism and Environmental Protection; Faculty of Design; Faculty of Sports; Faculty of Humanities and Social Sciences; Faculty of Education Sciences, Psychology and Social Work) and 50 pupils enrolled in pre-university education, from vulnerable groups (from rural areas or non-traditional).

Results. The project resulted in 70 members of the teaching staff participating in the exchange of experience, and 90 teachers taking part in programs for the development of didactic competencies. It produced 5 newly developed discipline sheets, syllabuses, and course materials. Furthermore, this project provided the framework to carry out a market study, market research, and a forecast of the characteristics and evolution of the labor market compared to the graduated university profile of the future employees, necessary for the realization of the educational offers correlated with the needs of the labor market. Between February and March of 2023, 56 students of Exact Sciences, Social Work, and Special Psychopedagogy were trained in an entrepreneurship course.

Conclusions. The EDUBUSINESS project promotes an entrepreneurial educational culture in competitive areas of regional interest. Through the courses provided in the project framework, the students were able to improve their entrepreneurial skills. This is a fundamental step in their ability to build a business.

Keywords: competencies; formation; EDUBUSINESS; project.

Relationship between self-efficacy and computer-supported collaborative learning in higher education students in Mexico

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Objectives. The COVID-19 pandemic forced people to urgently move courses towards virtual learning environments, facilitating familiarization with online learning. However, several studies have reported that university students often report discomfort when performing online activities. To mitigate this situation, prior evidence has suggested the inclusion of computer-supported collaborative learning (CSCL) within online courses because it facilitates the achievement of educational goals by positively influencing students' motivation and self-efficacy, even in cognitive reflection tasks.

This study aimed to examine whether there is a relationship between the number of correct scores and liking for CSCL, and between levels of self-efficacy during a cognitive reflection task (CRT) as well as to identify whether liking of CSCL in university students is related to higher levels of self-efficacy during cognitive reflection activities.

Material and methods. $N = 60$ students belonging to the psychology career of a public university in northeastern Mexico (average age = 19.94; $SD = 2.17$; females = 68.65%) participated in the study. First, the Online Learning Self-Efficacy Scale (OLSES) and sociodemographic questions were administrated. Second, a cognitive reflection task consisting of three reflective questions was solved by the participants collaboratively in groups of three online. Finally, a posttest version of the OLSES was administrated.

Results. For data analysis, a Paired Sample T-Test was calculated to compare changes in self-efficacy before and after the CRT. On the other hand, Pearson's r coefficient was calculated to identify the relationship between the number of correct answers, self-efficacy levels, and liking for CSCL. Finally, a simple linear regression was performed to identify whether the level of self-efficacy and liking for CSCL predict a higher number of correct answers as well as to identify whether liking for CSCL predicted higher levels of self-efficacy. The results showed no significant differences in levels of self-efficacy before and after the cognitive reflection task. On the other hand, the correlational analysis indicated a positive relationship between the levels of self-efficacy reported at the end of the exercise and the liking for CSCL. Finally, results showed that liking CSCL predicts higher levels of self-efficacy but results did not indicate that self-efficacy and liking CSCL predict better scores in a cognitive task reflection.

Conclusions. These are preliminary results helping to generate evidence about the importance of encouraging the liking of CSCL and to promote higher levels of self-efficacy during online learning in college students. As part of some broader research, this study allows us to explore in further depth predictors of achievement in reflective activities and consider another task where cognitive reflection is a fundamental process (i.e., mathematical problems).

Keywords: computer-supported collaborative learning; self-efficacy; online learning; cognitive reflection.

Couple and group dancing as a psychotherapeutic tool for tackling anxiety, depression, and stress symptoms of young people

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Objectives. In the last 15 years, some of the most commonly declared and assessed psychological symptoms of young people have been those specific to anxiety, depression, and stress. As a follow-up to previous research by the authors, a new therapeutical approach, suitable for young people but not exclusively, was needed. The paper presents the innovative psychotherapeutic procedure and experimental group dancing therapy results.

Material and methods. An experimental psychotherapeutic procedure strategy was designed for small therapy groups (6–12 participants) to be implemented in 16 sessions of 1.5 hours each, three times a week. Dancing techniques included 13 couple and single dances, musicality, synchronicity, styling, and other technical matters at the non-professional level. An omnibus questionnaire was completed by each participant one week before starting the therapeutic process and one day after the end of it. The therapeutic process started on June 2, 2021, and ended on July 7, 2021. For more accuracy and deeper outcomes, a qualitative research tool was completed throughout the process in the form of a structured private journal with open answers. All sessions were completely video- and audio-recorded and archived unmodified. After receiving detailed information and signing a privately informed consent, eight participants, aged between 22 and 29, volunteered to participate in the experiment. Each case was analysed separately.

Results. The therapeutic process was completed by three boys and three girls. One girl dropped off just before the ending, and one boy dropped off after several delays and went missing. They did not return the diaries or complete the final questionnaire. The group supported them highly when they were present. There was a crisis point coming up on day V; after that, the group dynamic changed from enthusiastic to more balanced. Most of the words used by boys in the beginning were technical and structured in short sentences, while the words used by girls were also from an emotional field. The boys slightly increased the length of answers by days, as the girls tended to keep the same. All participants who completed the entire process declared an improved psychological state at the end.

Conclusions. Mediating natural group dynamics can increase individuals' personal emotional and action awareness in a dancing group. The process positively affected every participant but at different times and intensities. Longer distances between the sessions, like twice a week, could increase the therapeutic effects.

Keywords: anxiety; depression; stress symptoms; experiment; dance therapy.

This study is part of the doctoral research project entitled "Psychological factors involved in risk behaviors in Romanian students", Ph.D. Student Mihaela Lungu, coordinated by Ph.D. Cornelia Rada, at the School of Advanced Studies of the Romanian Academy, "Constantin Rădulescu-Motru" Institute of Philosophy and Psychology, Department of Psychology, Romanian Academy, Bucharest, Romania.

Negative emotions associated with physical activity alteration due to COVID-19 Pandemic, for Romanian Students – a Qualitative Approach

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Objectives. The research aimed to assess if there were any changes in the physical activity of Romanian students during the outbreak of the COVID-19 pandemic and to explore to what extent those changes were associated with negative emotions.

Material and methods. The self-reporting guide was prepared to explore the usual physical activity of students before the pandemic but was adapted right at the beginning of the restrictions, in March 2020. The "Life Story" guideline for a qualitative study was constructed by bringing together two data categories: socio-demographic information through seven items and 55 specific items on nine different aspects of life organized in chronological frames of childhood, primary school, gymnasium, adolescence, university before and during the pandemic. A well-informed introduction, together with a conscious consent, was added at the beginning of the guide. Data were collected by e-mail from students between 19 and 25 years of age between May and December 2020.

Results. After a primary overview of the answers, 50 stories qualified for deeper analyses: 34 of girls and 16 of boys, undergraduate or master's students. Though the guide offered unlimited space and freedom, most answers about physical activity were unique words, sentences, or expressions. Respondents who had regular physical activity before the outbreak of the COVID-19 virus pandemic showed a tendency to keep the regularity but vary the modality. Those who had irregular or reduced physical activity before showed a tendency towards decreased activity. The meaning of the concept of physical activity separates the group into two categories: those who perceive any body movement as physical activity and those who understand it as moving as an organized and sustained effort or sport.

Conclusions: There were obvious but light changes in physical activity before and after the onset of pandemic restrictions, as reported by participants. The associations found between physical activity and negative emotions were inconclusive, as most of the answers were very short. There is not enough understanding regarding the physical activity concept among all students; educational actions developed towards its meaning and beneficial effects should be taken.

Keywords: negative emotions; physical activity; pandemic.

This study is part of the doctoral research project entitled "Psychological factors involved in risk behaviors in Romanian students", Ph.D. Student Mihaela Lungu, coordinated by Ph.D. Cornelia Rada, at the School of Advanced Studies of the Romanian Academy, "Constantin Rădulescu-Motru" Institute of Philosophy and Psychology, Department of Psychology, Romanian Academy, Bucharest, Romania.

Personal values and pro-environmental behavior, a possible relationship? The role of trait emotional intelligence

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Objectives. In recent years, pro-environmental behaviors (PEB) have received increasing attention since environmental degradation has been identified as one of the ten greatest challenges to humanity, and its effects could be irreversible.

According to recent literature, an antecedent of pro-environmental behavior is personal values, as well as it is widely known that several dimensions of trait emotional intelligence are related to PEB. Although it has been previously shown how personal values have a positive effect on pro-environmental behaviors, however, the role of trait emotional intelligence in mediating the relationship between personal values and pro-environmental behaviors in the young population is unclear. According to this theoretical framework, in this analysis were included personal values as a possible antecedent of pro-environmental behavior to explore the role of trait emotional intelligence in young people. The current study, therefore, aims to investigate the role of trait emotional intelligence in mediating the relationships between biospheric values and pro-environmental behaviors. Two hypotheses were formulated: (H1) personal biospheric values positively influence PEB; (H2) the trait emotional intelligence mediates the relationship between biospheric values and PEB.

Material and methods. Participants were 365 young adults (Female: 71,1%; age range = 18-35; $M = 22,5$; $SD = 3,98$). Three self-report instruments were used: (1) Trait Emotional Intelligence Questionnaire–Short Form (TEIQue-SF), (2) General Ecological Behavior (GEB), and (3) Environmental Portrait Value Questionnaire (EPV-Q). Questionnaires were administered via an online survey. Informed consent was administered, and privacy standards were met.

Results. The results confirmed H1: personal biospheric values positively influence PEB, direct effect ($c' = 11.12$; $\beta = 0.52$; $p < 0.001$). Results partially confirm H2: only the well-being dimension of TEIQue-SF negatively mediates the relationship between EPV-Q and GEB. Total effect ($c = 11.68$; $\beta = 0.52$; $p < 0.001$); indirect effect via well-being of trait emotional intelligence ($a = 0.428$; $\beta = -0.02$; $p = 0.049$). Unlike the initial hypothesis, biospheric values are associated with higher levels of well-being, although well-being is associated with lower levels of pro-environmental behavior.

Conclusions. This study represents a contribution to the implementation knowledge of antecedents of PEB, hence to the issues of environmental degradation. These results indeed can provide useful indications of the relationship between personal well-being and pro-environmental behavior, which are not in a positive relationship. Therefore, well-being attenuates the effect of personal biospheric values on the enactment of pro-environmental behavior. Further studies are needed to greater awareness of the relationship.

Keywords: pro-environmental behavior; trait emotional intelligence; well-being; personal values; green.

Changes in teaching methods during Covid-19 pandemic in Romania

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Objectives. During Covid19 pandemic, numerous measures have been taken worldwide, such as long-term quarantine, limitations on people's physical mobility, the obligation to carry out remote work in the case of non-essential jobs, limiting or banning gatherings, and moving school activities to the virtual world. In this context, teachers were put in a position to adapt teaching to the virtual space and learn the ways of online teaching on the go. In Romania, the needs and challenges arising in the context of moving face-to-face (physical) teaching to the online version can be divided into two broad categories – challenges faced by teachers and challenges faced by students, each category having, in turn, two dimensions – logistics and digital literacy. The aim of this study was to answer the question: What were the main online teaching methods currently used by Romanian pre-university teachers during the COVID-19 pandemic?

Material and methods. The research methodology used was qualitative, the focus group method more precisely. Between September 9 11, 2021, four focus groups were held with 18 teachers from pre-university education in Romania. Due to specific limitations of the period, the focus groups were organized online. A unique focus-group guide was used for all four groups.

Results. Most of the teachers included in the focus group discussions had mixed assessments of online teaching during the period of total isolation (March-May 2020) and the academic year 2020-2021. On the one hand, teachers had the opportunity to develop new skills and learn many new things. On the other hand, they could not evaluate the children's achievements in an objective and fair manner. Teachers identified several types of problems they faced during this pandemic. Thus, in terms of technical difficulties, they talked about the lack of appropriate technology (laptops, tables, mobile phones) or the existence of problems related to the Internet connection. From the perspective of social difficulties, they mentioned: new types of relationships within the "golden triangle" (teacher-child-parent) and the emergence of new social roles for the child and parent in the educational process. In terms of personal difficulties, teachers mentioned the need to learn and develop new skills related to online teaching. From the perspective of difficulties related to managing students in an online classroom versus a face-to-face situation, the participants in the online discussions indicated the existence of extremely high barriers related to the individual assessment of learning performance; teaching issues and performance evaluation in the case of teaching hours.

Conclusions. This study shows that there were numerous challenges faced by Romanian teachers during the Covid-19 pandemic. Teachers had to adapt to the new challenges and develop a skill set required in online teaching: learning to creatively use digital tools (especially video programs); more efficient use of already existing online teaching platforms; attending training courses to refine the social and psychological skills needed in online interactions with students. In the future, new studies are needed to identify how new skills developed during the Covid-19 pandemic were integrated into face-to-face teaching.

Keywords: Covid19 pandemic, online teaching methods; digital tools; online teaching platforms; online skills and competencies.

Risks and opportunities for Education in Romania during Covid-19 pandemic

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Objectives. School closures due to the Covid19 pandemic have affected a total of approximately 76.2 million pupils and students in Europe. From the perspective of the difficulties in the educational process during the two years of the Covid19 pandemic in 2021, the Romanian Ministry of Education estimated that over 4400 teachers did not have digital devices and/or Internet access. Other problems faced by Romanian teachers during the pandemic were the lack of digital devices through which students and teachers can access online courses, the lack of confidentiality during online classes because students had to share rooms with parents and/or siblings and their teachers with children or other family members and the lack of a national e-learning platform. The objective of this study is to provide the answer to the question: What were the main obstacles faced by teachers in Romanian pre-university education during the Covid-19 pandemic?

Material and methods. The methodology was quantitative, the survey being conducted online on a sample of 164 teachers from the pre-university education system in Romania and the Republic of Moldova more precisely. A focused questionnaire was used, centered on topics related to education and teacher-student relations. The data collection period was July 27 - September 13, 2022.

Results. Most respondents rated their digital skills as “good” and “very good” (46.5%). The main difficulties they faced online were poor Internet connection (71.2%), lack of software and applications (45.3%) or lack of adequate equipment (38.8%). About 35.5% of respondents considered the lack of digital knowledge a problem. Respondents declared a decrease in student motivation (61.2%), fatigue (67.7%), and assessment errors, with 45.9% of respondents considering that online grades were higher than the situation in the classroom format. Most respondents were aware of GDPR (69.4%), and their responses showed that most of them took steps to protect students' online safety. Only approx. 5% of them did nothing to ensure the online safety of students and the teaching time.

Conclusions. This study shows that the period in which teachers conducted online activity during the Covid19 pandemic had positive aspects (e.g., the ability of teachers and students to adapt quickly to the requirements of online education, the development of new digital skills) and negative aspects (decreased student motivation during online lessons; the emergence of new psychological phenomena, such as digital fatigue; student assessment errors). The main obstacles faced by teachers in Romanian pre-university education during the Covid19 pandemic were professional, administrative and psychological. In the future, new studies are needed to identify ways to support teachers on the horizon of the present economic and social crisis.

Keywords: Assessment of students' knowledge; Covid-19 pandemic; Digital competences; online education; online security.

Differences in the development of overweight and underweight in young Belarusians and their parents and the connection between anthropometric parameters of two generations

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Objectives. In the Republic of Belarus, a study conducted between 2016 and 2017 showed that 60.6% of the adult population aged 18–69 was overweight. The purpose of this study was to assess the prevalence of underweight and overweight among the younger generation of Belarusians and their parents, as well as the correlation between the anthropometrical indicators of children and parents.

Material and methods. In 2021-2022, an anthropological investigation of students (271 young women and 109 young men) was conducted in compliance with the rules of bioethics. Data on parents' body height and weight were gathered using a questionnaire. BMI was calculated. Descriptive statistics data, Pearson correlation coefficient was used.

Results. Most Belarusian students had a body weight within the normal range (67.0% of young men and 71.9% of young women). Underweight in females was more common than in males (17.0% versus 7.3%, $p < 0.05$). At the same time, overweight in young men was more than 2 times more common than in young women (25.7% versus 11.1%, $p < 0.001$). Overweight was most often recorded in parents: 69.4% of fathers and 56.8% of mothers. Overweight among modern adults was more common than at the beginning of the 21st century: by 10.6% for men and 11.0% for women. Underweight wasn't detected in students' fathers and was practically absent in mothers (2.9%). There were correlations between the body weight of young men and their fathers ($r = 0.49$, $p < 0.01$), and the body weight of young women and their mothers ($r = 0.15$, $p < 0.05$). The body height of young women correlated with the body height of the mother ($r = 0.42$, $p < 0.001$) and father ($r = 0.22$, $p < 0.01$), the body height of young men correlated with the body height of the father ($r = 0.49$, $p < 0.01$) and mother ($r = 0.42$, $p < 0.05$). The BMI of young women was associated only with the mother's BMI ($r = 0.18$, $p < 0.05$), while the BMI of young men was associated with the father's BMI ($r = 0.38$, $p < 0.05$). Differences in the strength of the connection between indicators in parents and their children in youth age (18-21 years old) and adolescence (12-15 years old) were revealed. By the time the growth processes were completed (youth age), the strength of the correlation between the body height in children (a parameter with strong hereditary determination) and this indicator in parents increased (in relation to the adolescent period). The strength of the connection between body weight and BMI in young women decreased, which may reflect the increased influence of social factors. The strength of the correlation of these signs in young men and their fathers increased (relative to adolescents), but decreased with mothers.

Conclusions. Among the adult population of Belarus from the beginning of the century to the 2020s, an increase in cases of overweight (including obesity) has been recorded. Most of today's student youth has a body weight within the normal range; body weight increases significantly with age. The main anthropometrical indicators of young men were more strongly associated with those of the father than of the mother; in young women, only body height was related to the mother's body height; as children grow up, the level of correlation between the indicators changes.

Keywords: students; parents; BMI; underweight; overweight.

Work skills of formal caregivers and quality of life of seniors in geriatric care institutions

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Objectives. In accordance with the challenges of population longevity, formal caregivers become a key element in guaranteeing quality of life and avoiding a worsening of physical and psychological health in older adults located within geriatric care institutions in the city of Tijuana, Baja California, Mexico. The aim of this study was to describe some experiences of formal caregivers in geriatric care institutions, particularly those feelings regarding satisfaction and care interactions with elderly.

Materials and methods. This study is based on the preliminary results obtained from qualitative methods, which primarily focused on the analysis of speeches from a set of ten interviews conducted with a sample of formal caregivers (nursing assistants, paramedics, nursing technicians) who are working within geriatric care institutions (nursing homes, retirement homes, adult stays elderly, care centres), with working greater than 8 hours in their shift. Different categories of work skills of formal caregivers and the quality of life of seniors in geriatric care institutions were examined. For the analysis of the data, Atlas.ti version 9 was used.

Results. The preliminary results corresponding to the code of "Feelings Regarding the Satisfaction of Caregivers" demonstrating that people despite developing a job that they consider demanding compared to the minimum wage, shortage of work materials, obstacles of care according to the mental health of the residents, as well as the risks of developing stress in the caregiver, indicate that the satisfaction of helping the community of older adults is the greatest reward that they can receive. Besides this, according to the code "Care Interaction with the Elderly" highlights that the gratitude expressed by older adults or the perception of their health stability within care and coexistence activities causes a state of emotional well-being, motivation, and perseverance to belong within the institution due to the practice of empathy, love, and positive communication.

Conclusions. The effort and responsibility of formal caregivers within geriatric care institutions allow the caregiver to be humanized, since it contacts him with his satisfaction, strengthens his self-esteem and professional development by feeling useful and productive within his work where he seeks to promote the quality of life of vulnerable seniors.

Keywords: formal caregivers; satisfaction; seniors.

Diagnosis and intervention to improve the attitude towards mathematics in higher education students

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Objectives. Due to the growing technological development of modern societies, and the large amount and variety of information that is currently generated, mathematics are essential because they improve critical and logical thinking necessary to face this amount of information. In the international context, it has been found that the attitude may be associated with difficulties in mathematics. However, in the Mexican context, this information is still not clear. The present study aims to diagnose the attitude towards mathematics in university students.

Material and methods. To carry out this diagnosis, $N = 309$ university students (mean age = 20.96 years; $SD = 3.2$; 59.5% women) from one of the main public universities in Mexico on the border with the United States were evaluated. The participants answered a set of questions about their sociodemographic data, as well as the Spanish version of the short form of Mathematics Attitude, which consists of 19 items organized into four factors: Enjoyment (F1, $k = 6$), Fear, anxiety and distress (F2, $k = 5$), Place and importance of mathematics in life (F3, $k = 4$) and Perceived mathematics achievement (F4, $k = 4$). Responding on a 5-point Likert Type scale.

Results. For F1, 40.5% of the participants considered that they enjoy solving math problems. Besides, 32.7% referred to feeling happy when facing mathematics. Likewise, 57.3% do not get involved with mathematics in their free time. Meanwhile, 37.6% did not consider thinking mathematically about everything and 42.4% have a neutral position regarding the pleasure of practicing mathematics. Finally, 32.4% considered mathematics courses to be fun. For F2, only 18.8% of the participants considered that they were bored in the mathematics class, 12% considered that the mathematics class is a very boring class. 35.6% of the participants study only to pass the mathematics course, 32.7% consider that mathematics is the subject they fear the most. On the other hand, 58.7% disagree with feeling bothered by the fact that mathematics is made up of symbols and formulas. For the four items of F3, the students agreed and strongly agreed with the statements regarding the importance of mathematics in daily life (item 12, 71.5%, item 13, 70.2%; item 14, 78.3%; item 15, 73.1%). For F4, 18.8% of the students believe that their friends think that they are not good at mathematics and 29.5% considered that they are not exemplary students in mathematics. On the contrary, 39.4% see themselves as successful mathematics students, and only 17.2% think they are good mathematics students.

Conclusion. In conclusion, these results allowed us to identify the level of attitude towards mathematics in higher education students in order to be able to generate intervention strategies to improve the performance of the students surveyed based on the results of the diagnosis.

Keywords: attitude towards mathematics; university students; mathematics performance.

Social axioms, basic psychological needs, and subjective well-being through the lens of a measure of linguistic performance in the Romanian language

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Objectives. This study investigated the relationship between social axioms, basic psychological needs and subjective well-being considering a measure of linguistic performance in the Romanian language in a group of Romanian adults. The objective was to determine if different levels of linguistic performance in the maternal language of participants differentiate social axioms and the other variables in this study.

Material and methods. A sample of 190 adult Romanian female and male participants ($M = 40.25$; $AS = 11.16$) filled in an online survey written in the Romanian language. The data was collected between 22 May 2019 and 12 March 2020. In this study, it was used the Romanian versions of the Basic Psychological Need Satisfaction and Frustration Scale – General Measure, which measured the basic psychological needs for autonomy, relatedness, and competence, the Social Axioms Survey II, which measured social axioms (social cynicism, social complexity, reward for application, fate control, and religiosity), the 5-item World Health Organization Well-Being Index, which measured the subjective well-being, the Language Experience and Proficiency Questionnaire (LEAP-Q) and a measure of linguistic performance in the Romanian language. Two groups of participants with high- and low-level linguistic performance in the Romanian language were analysed.

Results. Analysing the relationships between the variables, it was obtained that participants with a high level of linguistic performance in Romanian seem to manifest stronger values of social cynicism, social complexity, and fate control. Individuals with lower levels of linguistic performance feel deeper values of reward for application and religiosity. Furthermore, a t -test for independent groups showed that fate control, as a social axiom, is significantly different in the two groups of participants. Precisely, the fate control mean scores of the high-level linguistic performance group ($M = 22.87$, $AS = 5.378$) are significantly higher ($t = 2.308$, $df = 188$, $p = .022$) than the low-level linguistic performance group ($M = 21.04$, $AS = 5.515$). Regarding the other variables, the satisfaction of psychological needs tends to characterise participants with high linguistic performance, while psychological needs frustration those who report a lower level of reading, speaking, and understanding the Romanian language. Subjective well-being values favour the high-level linguistic performance group of participants. This study contributes to a better understanding of the importance of social axioms concerning human needs and behaviour.

Conclusions. According to the analysis in this study, people with a high level of fate control seem to consider it useless to oppose it, but at the same time, admit the existence of anticipations. The result suggests a balance in evaluating social situations favouring subjective well-being for those participants with high linguistic performance.

Keywords: social axioms; basic psychological needs; linguistic performance.

Body Mass Index and Mid Upper Arm Circumference as different screening tools of nutritional status among the adult Jaunsari: A tribal community of Uttarakhand, India

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Objectives. For the last couple of decades, the Indian population has undergone changes in their social, economic, and cultural conditions, like other developing countries where large-scale developmental activities and urbanization influenced the lifestyle of the individuals. In this context, researchers worldwide have tried to develop alternative measures to assess the nutritional status, especially among adults in developing countries. Body Mass Index (BMI) is a commonly used technique but, sometimes, difficult to obtain in large-scale surveys. Mid-upper arm circumference (MUAC) has been used as an alternative, but data are limited, especially in the Indian context. Therefore, the objective of the present study was to evaluate the BMI and MUAC of the Jaunsari tribal community of Uttarakhand and to assess whether MUAC is an acceptable proxy for BMI.

Material and methods. This cross-sectional study was conducted among the Jaunsari community living in the Lakhamandal village of the Dehradun District of Uttarakhand, India. A total of 303 (male 134, female 169) healthy adult Jaunsari individuals aged 18-60 years have been selected. Anthropometric measurements of height (cm), weight (kg), and MUAC (cm) were taken following the standard protocol. Globally accepted cut-off values for thinness were used ($\text{BMI} < 18.5 \text{ kg/m}^2$ and $\text{MUAC} < 24.0 \text{ cm}$). Descriptive statistics, Student's *t*-test and Chi-square test were performed. The statistically significant level was set at $p < 0.05$.

Results. The Jaunsari people of Lakhamandal village of Dehradun district are very thin when following the categories developed by WHO (30.4%). Females are on average thinner than males when assessed by BMI and MUAC. The overall prevalence of thinness based on a BMI is 30.4% and of overweight based on a BMI is 12.2%. The prevalence of thinness based on MUAC was found to be very high (63.8%). Results revealed a statistically significant association between MUAC based categories and sex in this population. Individuals are 2.0 times more likely to be considered thin when classified by MUAC, than if classified by BMI.

Conclusions. The present study provides information about the body proportions of the Jaunsari community living in far-flung areas of the district of Dehradun, Uttarakhand. Jaunsari people are very thin but there is already some evidence of overnutrition in a few cases. Thinness when defined by MUAC, was twofold more prevalent in the healthy Jaunsari population than if defined by BMI, which strongly suggests a necessity to develop local Indian references for MUAC.

Keywords: Thinness; Body Mass Index (BMI); Mid-upper arm circumference (MUAC); Jaunsari; India.

The "Vietnam syndrome". Drugs, war and the issues of social reintegration of the veteran soldiers into civilian life. A study case on the American cinema

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Objectives. This article presents an issue of the War of Vietnam (1955-1975). A crisis of veterans' social misconduct and a rise in drug use in and after the War had started. The Vietnam syndrome (post-traumatic shock) was considered a complex of factors that made it difficult for Vietnam fighters to integrate into American society. Where the abuse of tobacco and alcohol no longer gave comfort, there was a place for drugs. Hippie communities that promoted drug use were also supported by hostile forces eager for the Vietnam War to end. The slogan of those years was "Come home America!". Finally, US President Richard Nixon made the decision to withdraw American soldiers from South Vietnam.

Material and methods. The Vietnam War is not a typical one. It was a war of attrition, in which guerrilla fighting with line fighting and fighting in very difficult conditions (jungle) were combined. The wounds were multiple, the danger imminent and the nervous overload of the fighters was permanent. On the battlefield, in the wars of the modern era, and even in the two world conflagrations, soldiers were given rum or vodka, cigarettes, or money for tobacco. The article started from the premise that in Vietnam, the ancient Indochina not being far from the trade routes of opium and other drugs, the consumption of opium and other drugs was very widespread among the locals. The films investigated were "Taxi Driver" (1976), "Homecoming" (1978), "The Deer Hunter" (1979), "Platoon" (1986) "Born on the Fourth of July" (1989), "Casualties of War" (1989), "Jacob's Ladder" (1990), "Dead Presidents" (1995), "We Were Soldiers" (2001), "American Gangster" (drug trafficking in the coffins of the dead in Vietnam) (2007).

Results. The article made a correspondence between the character of the Vietnam conflict, a destructive one on the lives of combatants and the civilian population, and post-traumatic effects, and presents how the extent of drug use contributed to this link between Vietnam and veterans' post-traumatic shock. American cinema tried to show, despite some exaggerations, the situation of the drama of Vietnam veterans as real as possible.

Some of the films made before 1989 circulated in the communist states, illegally on translated video copies, with the help of the political police. Official communist propaganda associated so-called capitalist decadence with widespread drug use. The war in Vietnam was won by the communists. The presentation of the veterans' problems served the idea of the official communist propaganda (Americans would have sent people with mental problems to the front of that war).

Conclusions. This Vietnam syndrome was also called post-traumatic shock. Drug abuse was used to relieve the pain of dealing with nightmares, insomnia, physical, and mental pain. Also, drugs were used to relieve the stress of unemployment. It was an unsuccessful use that created a lot of drama and loosed destinies.

Keywords: Vietnam drugs; American Cinema; soldiers; veterans.

Bulgarian Citizens Today – Between National and European Identity

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Objectives. On January 1, 2007, Bulgaria became part of the European Union, and Bulgarian citizens became European citizens. This is related to enhanced integration processes between EU member states, in which Bulgarian citizens have been involved for 16 years already, with increasing intensity. When borders are increasingly 'open' and vast distances are covered in a very short time, questions of identity changes take on greater importance. Today, the Bulgarian national identity is in a period of constant transformations - the Bulgarian becomes a European, a citizen of the world. And not for a hundred years, as it was in the past, but for a much shorter time. It no longer takes generations to change notions of national identity. Migration becomes one of the leading factors that make it possible for the individual, as a bearer of ethnic and national specificities, to relate not to the ethnic and national, but to the global civil society as an expression of universal human values, ideas and practices. The more people travel and live outside their homeland, the more they begin to realize the endless possibilities that integration and globalization offer. Thus, the specificity of social development logically poses the question of the formation of a supranational identity. The purpose of this article is, based on a nationally representative sociological survey conducted in Bulgaria in 2022, to show how Bulgarian citizens perceive themselves today - more like Bulgarians or more like Europeans, where they look for their identity along the local-national-supranational axis and whether permeability of national borders also means the permeability of identity boundaries.

Material and methods. The article uses results and data from a quantitative empirical sociological survey conducted in 2022, which is nationally representative for Bulgaria. A total of 1014 Bulgarian citizens were examined.

Results. Asked to choose between several identity types, ranking them in order of importance, respondents showed the following results: 84.7% put "Bulgarian citizen" first; 52.5% identify with their "place of residence"; 39.2% - with their "friend circle"; "EU citizen" is in fourth place with 30.8%; and "citizen of the world" – in fifth place with 20.6%.

Conclusions. The results show that as far as the formation of a European identity is concerned, Bulgarian citizens are still at the threshold of this process, and only 30% of them perceive themselves as European citizens. National identity continues to be leading. Localization and regionalization processes are also very strong, as a counterbalance to globalization. The country's integration into various supranational structures at the EU level does not imply a similar change at the level of public consciousness. Change has begun, but the process is not complete.

Keywords: Bulgaria; national identity; European identity; local identity; identity transformation.

Media Literacy of Public Relations Professionals in Crisis Communication

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Objectives. Communication with media and crafting media messages are among the main duties of communication professionals, so the matter of media and digital literacy skills is important in the context of the contemporary emerging crisis. This paper explores media relations during crisis situations and the importance of media literacy for PR professionals to communicate effectively. This study argues that ignorance of media communication's specifics and inadequate strategic planning of communication tactics lead to the erosion of trust and weakening the stakeholder's relations, resulting in social media spin-off crisis, and loss of public legitimacy.

Materials and Methods. Globally, there have been identified serious declines in trust in the media as a source of information. According to the thirteenth edition of the Cision Global State of Media Report (2022), 22% of journalists say they prefer press releases, peached by communication professionals, to feature multimedia content, and 54% will cover a story if they are provided with ready-made visual content (photos, videos, and infographics). In this paper two crisis situations in Bulgaria are analysed by the case study method: 1) the case of the world's leading digital asset management institution NEXO (founded in Bulgaria), accused of fraud in the USA, and 2) the case of the outsourcing company TELUS International Bulgaria regarding the problems with content moderation on Facebook in Bulgaria. Only the communication techniques used for media relations like official statements, open letters, press releases, press conferences, and media interviews with company representatives are considered for the purposes of this publication.

Results. The review of academic resources and surveys on PR professionals' media and digital literacy shows that there is a need for research efforts in this domain. In the case of NEXO, we can identify the difficulties of the journalists to understand the nature of the crisis because of the specific sector in which the company operates. The crisis is unfolding in a secondary aspect after it has been politicised in Bulgaria, and the company is using this deviation to restore credibility in its business. In this case, the importance of PR specialists to adequately convey complex and tailor-made information in the language of the media clearly emerges. The second case defines the failure to communicate with the media in times of crisis, the divert attention approaches that do not work, and the lack to address properly the accusations of biased and ideologically motivated account blocking.

Conclusions. Communication professionals must recognise the importance of the media and journalists as one of the primary stakeholders during a crisis of significant public importance. The media communication practices analysed in this article are not new, but they are being transformed in a digital environment, which suggests the need for new media and digital literacy skills development. In a situation of crisis, the collaborative nature of the relationship between journalists and communication professionals can be most explicitly acknowledged, but at the same time, it is put to test because of various factors - lack of trust, biased attitude, failure to communicate, and inability to frame and structure messages. The media and communication professionals are participants in public communication discourse and have an ethical responsibility to shape the crisis narrative, which also influences the levels of understanding of the problem situation in society.

Keywords: media literacy; digital communication; crisis; Bulgaria; public relations.

**The well-being and health of the child as predictors of the father's investment,
moderated by altruism level**

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Objectives. The aim of the study was to examine the relationship between the well-being and health of the child and paternal investment, with altruism acting as a moderator.

Materials and method. The cross-sectional study was conducted over six months and included 230 male participants. The subjects were parents with at least one child, regardless of marital status, aged between 18 and 55 ($M=41.07$ years). An online questionnaire was used with items from the tools: the Child Vulnerability Scale, for the child's health; the PedsQL Generic Core Scale, for the child's well-being; the Parent Behaviour Inventory, for parental style or behaviour; the Inventory of Father Involvement, for measuring paternal investment; and the Self-Report Altruism Scale, for measuring paternal altruism. Pearson correlation and linear regression with SPSS and moderation analysis with JAMOVİ were used for data analysis.

Results. Regarding the participants' educational background, the sample structure showed that two participants (0.9%) had completed secondary education, 14 participants (6.1%) had gone to a vocational school, 60 participants (26.1%) had completed high school, 103 (44.8%) had completed bachelor's degrees, and 51 participants (22.2%) had enrolled in post-graduate programs. The child's well-being was significantly positively correlated with the child's health ($r=.32$, $p<.01$), but it was not correlated with paternal investment or a particular parenting style. Although fathers with a supportive style invest more in their children ($r=.69$, $p<.01$) and are more selfless ($r=.34$, $p<.01$), paternal altruism has not contributed to this relationship. On the other hand, the father's hostile-coercive style, reflected by the coercive and aggressive behaviors, was significantly negatively related to his supportive style ($r=-.39$, $p<.01$), characterized by manifestations of acceptance towards the descendants, but also with the child's well-being ($r=-.43$, $p<.01$). Child's well-being predicted significantly negatively 19% of the variance of hostile-coercive or aversive behaviors ($\beta=-.43$, $p<.05$), the model found being statistically significant, with $F(1, 228) = 54.19$, $p<.01$. However, the child's well-being did not predict the father's supportive manifestations. The child's health was not correlated with a higher level of the father's investment or a particular parenting style.

Conclusions. The results suggest that the lower level of children's well-being is significantly linked to fathers' hostile-coercive parenting style, with aggressive, aversive attitudes, a lack of involvement, and emotional support. Other factors may be involved. No statistically significant differences were identified regarding the relationship between the child's well-being level and the father's investment level. This could help in the future to implement interventions to improve fathers' parenting style, with positive effects on children's well-being.

Keywords: altruism; well-being; health; paternal investment.

Outdoor Education: representations and dispositions of student teachers

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Objectives. Outdoor education (OE) is an educational approach that considers learning as an active process and proposes a pedagogical orientation aimed at enhancing opportunities to experience the outdoor environment as a source of education, which can positively influence motor, cognitive, and social skills during a child's development. Assigning future teachers a key role in the education of the next generation, the present study aimed to investigate student teachers' perceptions and dispositions about the use of outdoor education.

Materials and methods. A survey was conducted through the use of an ad hoc constructed questionnaire, in which 6 items translated into Italian from *The Nature Relatedness Scale* were also included, to assess the levels of connection with nature experienced by the participants. The questionnaire was administered to two different groups of Italian students: 52 elementary school students and 48 education students. The data were analyzed descriptively in relation to the above objectives.

Results. Data from the study show the presence of correlation links between the representations and knowledge students have about outdoor education and their dispositions to use this educational approach. In addition, students who scored higher in the levels of connection with nature also showed a greater propensity to use outdoor education. Overall, most students expressed interest and inclination to use outdoor education as an instructional method. No significant differences were found between the two groups.

Conclusions. Based on the results, therefore, it is possible to confirm the existence of a positive correlation between the levels of connection with nature experienced by student teachers and their representations and dispositions about the use of outdoor education. Considering the importance of adopting pro-sustainability educational practices in the present and the near future, this research study provides us with a descriptive picture of the current dispositions and perceptions of prospective teachers regarding such a current and highly pedagogical and educational topic as outdoor education.

Keywords: outdoor education; college students' knowledge; educational science; primary education science.

This study is part of the doctoral research projects, PhD Student Daniela Paoletti, coordinated by professor Simona De Stasio, at Libera Università Maria Ss. Assunta (LUMSA University) of Rome Department of Human Studies, Developmental Psychology and Education.

The JD-R Model as a theoretical framework to understand the technostress phenomenon

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Objectives. The increasing implementation of new remote working models such as Flexible Work Arrangements (FWA) has led to the pervasive use of Information and Communication Technology (ICT) at work, which in turn, represents a controversial issue in relation to the employees' well-being. In fact, companies realize great benefits in terms of employees' productivity and efficiency and the development of business processes. On the other, a growing body of research suggests a link between stress conditions and ICT at work. The present review aims to analyze a potential stress condition due to ICT at work, namely "technostress", which is composed of five dimensions or "techno-stressors": technological overload, invasion, complexity, insecurity, and uncertainty.

The Job Demands Resources model (JD-R) was used as a theoretical framework, which combines job demands (source of stress), work resources (stress inhibitors), and personal resources (stress inhibitors) that allow considering three main roles for technostress within organizations: job demands, resources, and interactions with personal resources.

Material and methods. Following the PRISMA guidelines, 51 papers were selected from databases and search engines such as EBSCO-host, PsycINFO, and Google Scholar. The keywords used for the search cover two main issues: the use of technologies within organizations and their psychosocial dimensions. The selected papers were only published in peer-reviewed journals from 2010 to 2022 and written in English.

Results. Overall, three main categories emerged from the review process. 1. Most papers consider ICT a job demand negatively affecting human behaviors, thoughts, and attitudes, with negative consequences in terms of employees' health problems, reduced job satisfaction, and general well-being. 2. In contrast, some report that ICT acts as a job resource, enhancing the feeling of autonomy and control on the job, thus reducing the impact of job demands and their physiological and psychological costs. 3. Finally, a third category of studies does not consider the effects of ICT itself but gives more space to the interaction among ICT, the organizational context in which it is used, and the personal characteristics of ICT users. More specifically, the findings show how individual features and organizational procedures can shape the interpretations employees make about their ICT-related experiences at work and, consequently, their performance or well-being.

Conclusions. Organizations should consider the organizational context and the personal and professional characteristics of employees. When technology is used with awareness, it can be a strategic tool to ensure personal performance and organizational productivity standards. It can assist people in enhancing their quality of life, achieving work-life balance, and feeling more at ease when utilizing technology.

Keywords: technostress; technology; flexible work arrangements; job demands; job resources.

**„The new normal“ – Main challenges and tendencies in teams’
development in Bulgaria in the context of world trends between
2020 – 2023**

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Objectives. The COVID-19 outbreak generated unprecedented “stress for the organism” of organizations and questioned the status of established values and people management practices, introduced the priority of people’s physical and mental health, and created new work realities. The present study is aimed at reviewing key topics and challenges in front of companies and employees at the beginning of the pandemic outbreak and comparing them to current tendencies (end of 2022, beginning of 2023). Bulgaria, a focus of the study, is positioned in a broader context of global trends and international data.

Materials and methods. A total of 17 oral interviews (semi-structured and unstructured) were conducted with top management and HR representatives of Bulgaria based companies in the second halves of 2020 and 2022. Further, a secondary analysis was implemented over global studies between 2020-2023, as well as a content analysis was executed covering media interviews and topical articles in Bulgarian media. Basing on the different methods, insights and comparisons were generated to outline the common realities and trends.

Results. “A year like no other before”. According to Bulgarian HR managers, 2020 was a test of the professionalism and problem-solving capabilities, resilience, and stress management skills of leaders who were forced to preserve the physical and mental health of employees and keep the business running at the same time. People became the focus of organizations – the biggest concern and highest priority. About two years later, issues remain seemingly unsolved while other challenges emerge. Bulgarian managers speak of talent scarcity, post-pandemic distance leftovers, of decreased engagement in topical internal initiatives. Meanwhile increased volume of information and digital channels have led to a specific fatigue among employees and specialists are trying to resolve those issues. Ensuring employees' engagement and sense of community remains a top priority.

In 2023 employee engagement slump continues worldwide as well, and burnout and mental health struggles appear to be the new productivity killers (Gallup). It is no surprise then that talent-related issues become the second biggest challenge for CEOs in 2023. (Accenture).

Conclusions. Physical and mental health crowned people management priorities in 2020 and forward. Topics like resilience, adaptability, work-life balance, as well as engagement, and a sense of community have been shaping “the new normal” of work life. As economic challenges and geopolitical issues replaced the COVID-19 crisis in 2022, company managers have been increasingly tested for new management skills to meet the current threats. They have two directions to work upon: employee well-being, upskilling and productivity on one side and business survival and innovation on the other.

Keywords: people management; employee values; home office; engagement and sense of community.

Gender Stereotypes in Romanian Proverbs and Their English Versions (A Cross-Cultural Study from a Social-Cognition Perspective)

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Objectives. Proverbs are considered by certain researchers *words* combined together in order to form larger semantic units *encoded* by the *speaker* (the sender of the message) and decoded by the *hearer* (the interlocutor). A specialists' renewed interest for gender stereotypes has led to the *objective* of this study, that is to determine the cultural identity of two specific societies – the Romanian and the English one - through proverbs analysis and to underline the pragmatic signification at linguistic, philosophical and cultural levels, when referring to *men* and *women*.

Despite the uniqueness of the two languages – Romanian and English – the differences between the two cultures, the proverbs selected show that their messages are meant to shed light on universal truths of human life, common traditions and beliefs.

Material and methods. The cross-cultural study has been practised on 151 proverbial units selected from Virgil Lefter *Dicționar de Proverbe: Englez-Român și Română-Englez*, Teora, 2007. The contrastive approach has been adopted in order to identify the possible linguistic similarities/dissimilarities between the equivalent proverbs in the two languages, the cultural common denominator as well as the differences in meaning, reflected by the paremic units. Two questions have been explored: 1. To what extent does the use of Romanian/English proverbs shed light on common cultural aspects? 2. Can the use of Romanian/English proverbs promote a new understanding of the old stereotypes between *men* and *women* and make people discover and reassess their own values and preferences?

Results. The gender stereotypes are reflected in the figures, too: 121 paremic units are devoted to men (111 in English and 10 in Romanian) while only 30 are devoted to women (23 in English and 7 in Romanian). The traditional image about *man* and *woman* are linked to assertiveness, competitiveness, objectivity and rationality, associated to *men*; emotion, compassion, obedience, passivity, sensitivity, associated to *women*.

The stereotypical analysis may be influenced by contextual situations. However, it also may be a general truth: E: Man is the head but woman turns it. R: Bărbatul e capul, dar femeia îl învârtește.

Conclusions. The stereotype approach in gender studies is a complex approach, according to: 1. the available information; 2. the cognitive background; 3. the structure level; 4. the personal feeling (positive vs negative emotions). It would be possible to diminish the inequalities between *men* and *women* through different value criteria. Still, surface structure changes are not accompanied by deep structure changes: E: A woman's work is never at an end. R: Munca femeii nu are sfârșit.

The cultural background is very important and overgeneralization which leads to arbitrary judgements is sometimes the image – in the case of paremic units – of special, fixed, unchanged meanings. The translator should be aware of the proverbial concepts in both source and target languages (SL vs TL).

Keywords: accuracy; gender-gap; man; social psychology; woman.

The influence of parental competence and stress on the level of parental self-efficacy in raising and educating children

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Objectives. This study aimed to find the prevalence of parental competence and stress on the level of parental competence and stress on the level of self-efficacy in raising and educating children. This paper outlines the theoretical and empirical foundation of parenting in the XXI century to redefine the parenting strategies used to reduce the prevalence of emotional and behavioral problems in children and obtain the desired educational results. The parents are principal caregivers and each child's first teachers, which greatly influence their development, behavior, and educational path. Parental competencies are critical at this point as cornerstone factors in influencing their children's overall development and future. In 2019, World Health Organization recognized stress in its International Classification of Diseases and linked it to several Health symptoms, such as changes in sleep habits, substance use, and fatigue.

Material and methods. The participants consist of a number of 200 respondents (mean age=39.23, SD=5.14) who fulfill the role of parents whose child or children are currently attending kindergarten to high school education. This research uses a quantitative method. The instruments used were three tests developed to analyze the main concepts of this study: the McMaster Family Assessment Device was used to measure parental competence, the TOPSE (Tool to Measure Parenting Self-Efficacy) to determine the level of parental self-efficacy, and the Parental Stress Scale to quantify the level of stress.

Results. A psychometric analysis was done to measure parental competence, stress, and the level of parental self-efficacy, and an analysis of psychometric properties was done by testing the exploratory factors analysis and confirmatory factor analysis on the participants of the study. Correlations were calculated between parenting stress and the other study variables (parental competence and parental self-efficacy). Affective involvement, one factor of parental competency, was found to be a significant mediator in parental self-efficacy and stress. The results showed empirical evidence that the effect of stress is correlated in negatively with parental competence ($r = -28$, $p < 0,01$). Parental stress was associated with low parental self-efficacy ($R^2 = 0.22$, $p < 0.1$) was found as well.

Conclusions. The results show that parental stress was related to the psychological health of parents and children. It also has a decisive influence on how the parent-child relationship is built and the strategies chosen for educating children. Receiving social support, following parenting courses, and using coping strategies can reduce the negative effects of stress.

Keywords: parental competence; stress; parental self-efficacy; education.

Shared education - the challenges for the family and the school

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Objectives. This paper examines the main trends in the relationship and the importance of the family environment and the school as an institution in the context of the general coherence and cooperation in the educational process of children. As the main socializing agents, the family and the school bear the responsibility for education according to the challenges of the dynamics of the environment. Emphasis is placed on the commitment of both parties to the full-fledged educational and personal development of the children. This paper aims to assess the impact of different factors related to this process.

Material and methods. In order to reach this objective, literature revision was used as the main method- the sources include journal articles, books, web resources, and a search in specialized scientific databases. This paper offers a systematic analysis and interpretation of the literature concerning the topic.

Results. The analysis shows that the organizational context influences the functions of the family and the school, which makes the cooperation of the two agents inevitable so that we can respond to the correct parameters in the educational process for adolescents. There has been a change in the approach to the relationship between the family and the school in recent years, dictated by the Covid-pandemic, which forced and led to the prioritization of the idea of parental involvement in school life, as a factor for improving educational results. Also, various factors, such as political, economic, social and cultural, which have occurred in recent decades, have decisively influenced the transformation of the traditional concept of the family itself, giving rise to a variety of ways of living together, a variety of family structures and, therefore, the existence of multiple family realities.

Conclusions. The importance of a fluid relationship between families and teachers lies precisely in this trust or sense of companionship, which is required in the first steps of intellectual and emotional development. Teachers and educators play a critical role in the emotional and intellectual development of children and adolescents. Their work takes on particular importance in today's society, marked by globalization, technological progress and multiculturalism. If the relationship between teachers and parents is good, it will be easier to detect possible difficulties in the child's development and problems with learning or adaptation. That is why neither side can perform this function differentially. Therefore, the school alone cannot satisfy the educational needs of the graduates, rather the organization of the educational system must rely on the cooperation of parents, as the main agents in education.

Keywords: education; family; school; parents; challenges.

The Correlation Between Family Relationships and Mental Health Problems Among Adults During the Covid-19 Lockdown in Vietnam

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Objectives. Globally, previous research has shown the negative influence of the Covid-19 pandemic on mental health. Influencing factors have also been demonstrated. In particular, protective and risk factors belong family relationships in many different cultural contexts was mentioned. In fact, Vietnamese culture emphasizes on traditional values, and family relationships have an important influence on well-being. However, fewer studies have examined the correlation between family relationships and mental health problems in crisis situations such as Covid-19. Hence, this study aims to evaluate the correlation between family relationships and mental health problems among adults during Covid-19 lockdown in Vietnam.

Material and methods. A sample of 640 adults aged from 18 to 52 (71.9% female) completed an online survey on mental health from August to September 2021. The survey measured depression, anxiety, stress, family relationship and socio-demographic, and epidemiological factors. Multiple linear regressions were conducted to explore the association between family relationships and mental health problems.

Results. The study results show that the prevalence rate of depression, anxiety, and stress were 31.4%, 43.4%, and 25.2%, respectively. Anxiety appears to be the most common mental health problem. 13.3% of adults have severe and extremely severe anxiety. Meanwhile, the prevalence rates of depression and stress at Severe and Extremely Severe levels were only 6.6% and 6.1%, respectively. Multiple linear regression indicates that 12% to 14% of the variations in common mental health problems can be explained by the family relationship (Model adjusted R square was 0.14; 0.12; and 0.13 for model predict Depressive symptoms, anxiety symptoms, and stress, respectively). In particular, family conflicts were significantly related to higher depression, anxiety, and stress (Beta from 0.14 to 0.16, $p < 0.01$); in contrast, an increase in family expressiveness was linked to a decrease in mental health problems (Beta from -0.27 to -0.20, $p < 0.01$). The current study had not found a significant correlation between family cohesion and mental health problems among Vietnamese adults.

Conclusions. High rates of mental health problems were found among Vietnamese adults during COVID-19 Lockdown. These mental health problems have an association with family conflict and family expressiveness. The current study provides evidence for the prevention strategy of adult mental health problems by reducing conflict and enhancing emotional expressiveness skills for family members.

Keywords: family relationships; mental health; Covid-19; lockdown; Vietnam.

Dynamics of carpal dynamometry indicators among schoolchildren of a Belarusian city in the first decade of the 21st century

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Objectives. An important indicator of skeletal muscle tone, as well as the functional state of the body as a whole, is carpal dynamometry. This sign is one of the most informative and reflects the power qualities of the subject. The purpose of this study was to analyze the dynamics of carpal dynamometry over 10 years to identify the nature of the population's response to environmental influences.

Material and methods. The data that make it possible to trace the dynamics of carpal dynamometry over the first decade of the 21st century were obtained in the course of comprehensive studies of children and adolescents from the Belarusian city of Polotsk in 2002–2003 and 2012–2013. Material for schoolchildren aged 8 and 13 is presented by individual data of 305 boys and 302 girls. Descriptive statistics methods were applied, the significance of differences was assessed using Student's t-test.

Results. Dynamics of carpal dynamometry indicators in Polotsk boys in the period from 2002 to 2012 found a significant ($p < 0.01$) decrease in arm strength at the age of 8: right by 1.29 kg, left by 1.28 kg; in girls of the same age, slight fluctuations of the sign took place - the strength of the right hand decreased by 0.33 kg, the left indicator increased by only 0.18 kg. The average values of carpal dynamometry of both hands in 13-year-old boys increased over 10 years (by 1.25 kg - right, by 1.72 kg - left), however, these changes did not reach a statistically significant level; girls at 13 practically did not show the dynamics of the trait over time, since from 2002 to 2012 their carpal dynamometry slightly decreased (by 0.35 kg - right, by 0.31 kg - left). In the examined children and adolescents, a functional asymmetry of the trait was revealed, expressed in the predominance of the strength of the right hand compared to the left hand. An analysis of the data on carpal dynamometry in age-sex groups of schoolchildren showed a noticeable increase in the strength of the hands from 8 to 13 years old, and in boys this increase is more pronounced than in girls, the strength capabilities of boys are higher both in the right and left dynamometry values.

Conclusions. The strength of current schoolchildren's hands has clearly decreased in many countries when taking into account the dynamics of carpal dynamometry throughout time. Therefore, the tendency of a slight increase in carpal dynamometry in 13-year-old adolescent boys from Polotsk deserves attention. These changes were noted against the background of stabilization of the ecological and economic situation in the country.

Keywords: Belarusian schoolchildren; carpal dynamometry; dynamics over time.

Children's Temperament, Parental Anxiety, Father Involvement, and Sleep Quality during the Covid-19 Pandemic

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Objectives. Regularization and consolidation of sleep-wake patterns are crucial processes in child development and often pose a demanding challenge for parents.

During the coronavirus (Covid-19) pandemic new stressors were added to the usual challenges parents usually face, changing habits and reduced physical activity, all factors that negatively affect sleep quality in adults and children.

The main objectives of this study were to examine (1) possible changes in the sleep-wake patterns of parents and children before and after the March–May 2020 lockdown and during the new restrictions imposed by the Italian government in March 2021; (2) possible associations between children and parents' sleep quality reported by parents and intrinsic and extrinsic factors (children's temperament, partner involvement in children's care, and parental anxiety).

Material and methods. 264 Italian parents with children aged 1-6 years ($M=40$ months, $SD=18.18$) completed self-report questionnaires: the Brief Infant Sleep Questionnaire, the Insomnia Severity Index, the Negative Affect subscale of the Rothbart's temperament questionnaires, the Generalized Anxiety Disorder Scale, the Who Does What? Questionnaire and the Fear of COVID-19 Scale. A paired t-test was performed to measure possible changes in the sleep-wake patterns of parents and children before and after the March–May 2020 lockdown, and a path analysis was performed to test the associations between children's sleep problems and parental insomnia with children's intrinsic factors (temperament in terms of negative emotionality), parental mental health (in terms of generalized anxiety and Covid-19-related anxiety), and partner involvement in the children's care. All the analyses were performed using SPSS software v. 24 and Mplus v.8.3.

Results. Children's sleep habits changed [$t(229) = -8.047$, $p = .000$], and parental insomnia symptoms worsened after the March–May 2020 lockdown [$t(263) = -2.624$, $p = 0.009$], while children's insomnia symptoms decreased [$t(233) = 5.641$, $p = 0.000$]. Positive associations between children's negative affectivity and insomnia symptoms emerged, as well as between generalized parental anxiety and parental insomnia symptoms and between parental fear of Covid-19 and sleep-related habits not in line with pediatric recommendations. Partner's involvement in the children's care promoted good sleep habits.

Conclusions. Results identified risks and protective factors that could impact Italian parents' and children's sleep during the second wave of the Covid-19 pandemic, raising awareness among families, education practitioners, healthcare providers, and the general public.

Keywords: sleep; temperament; anxiety; father; Covid-19.

Adoption disruption among hard-to-place children in Romania: current situation and predisposing risk factors

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Objectives. In 2016 was created a special section for hard-to-place children in the Romanian Registry for Adoptions. Currently, this section is called the list of children with a public profile, which can be accessed from the headquarters of the DGASPCs, by all persons/couples certified for adoption. Although there is no consensus in the academic literature regarding the definition of children considered to be "hard to place", in general, these are older children, who have spent more time in the care system, children with health problems, or disabilities, siblings who must be adopted together, and children with a history of abuse and neglect. From 2016 until now, the number of people certified for adoption who have adopted children from this list has increased annually. They are motivated mainly by the possibility of choosing a child or a group of siblings without waiting a long time for matching. The previous research pointed out the higher risks of adoption failure in the case of children from the previously mentioned categories. Therefore, the current study aims to highlight the situation of disrupted adoptions from 2016 until 2021, the profile of children and adopters prone to failure in adoption, but also to give a voice to the adoptive parents, who went through the experience of failure in adoption, to present their perspective on the factors that determined this situation.

Material and methods. The research methods used were the analysis of social documents from the disrupted adoption files from three General Directorates of Social Assistance and Child Protection and the narrative interview applied to 6 adoptive parents.

Results. The analysis of the social documents indicates a greater risk of disruption among older children with psycho-behavioral disorders, respectively of the younger ones with significant health problems and disabilities. Another risk factor seems to be the presence of a biological child in the adoptive family. However, the data from the interviews reveal other factors such as incomplete or erroneous information about the child/children in the adoption files, non-involvement of children in the decision to open the adoption procedure, lack of preparation of children for adoption, the child's strong attachment to the foster carers, insufficient preparation of adopters to manage psychological disorders behavior exhibited by children and the inability to find appropriate specialized services.

Conclusions. The results of the current research indicate a series of risk factors that endanger the success of adoptions. Some of these factors can be addressed by offering appropriate specialized services. Therefore, based on our study, we formulated a series of recommendations for social policies and practice, but also for future research.

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Keywords: risk factors; hard-to-place child adoption; disruption.

Adolescents' climate anxiety and intention to spend time in nature: the mediating role of social media usage

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Objectives. Climate anxiety, a type of anxiety related to concern about the impact of climate change on our planet, is becoming increasingly common among adolescents. While previous studies show how climate anxiety can be associated with avoidance or denial coping strategies (e.g., minimizing climate change), recent research shows how climate anxiety could act as an enhancer of pro-environmental behavior and bring people closer to nature. Furthermore, although research is increasingly investigating the relationship between climate anxiety and outcomes, studies on the role of social media in this relationship are still scarce, despite its use as a main source of information among young people. Therefore, the study aimed to examine the mediating role of getting information through social media on pro-environmental content in the relationship between climate anxiety and the intention to spend time in nature.

Material and methods. A sample of 279 adolescents ($F = 55.2\%$) aged 13 to 19 ($M = 16.09$, $SD = 1.54$) was involved in the study. An online self-report questionnaire was administered with standardized scales on climate anxiety and intention to spend time in nature, while an ad hoc item was used to measure information via social media on pro-environmental content. The Model 4 of PROCESS Macro for SPSS v. 21 was used to test the hypothesized mediation model. All the analyses were conducted with the bias-corrected (BC) bootstrap method and 5000 resamples.

Results. The indirect effect of climate anxiety on the intention to spend time in nature was estimated, quantified as the product of the ordinary least square (OLS) regression coefficient estimating getting information through social media on pro-environmental content from climate anxiety ($b = 0.039$, $SE = 0.007$, $95\% \text{ CI} = 0.025 \text{ to } 0.052$), and the OLS regression coefficient estimating the intention to spend time in nature from getting information through social media on pro-environmental content, controlling for climate anxiety ($b = 1.522$, $SE = 0.399$, $95\% \text{ CI} = 0.735 \text{ to } 2.309$). Age and gender were used as covariates in the model. The results reveal a significant positive indirect effect of climate anxiety on the intention to spend time in nature via getting information through social media on pro-environmental content (point estimate = 0.060; $95\% \text{ CI} = 0.023 \text{ to } 0.107$). Therefore, findings show that climate anxiety leads adolescents to get more information through social media on pro-environmental content, which, in turn, is related to a greater intention to spend time in nature.

Conclusions. The current contribution highlights that despite its detrimental aspects, climate anxiety could act as a booster of nature connectedness in adolescents, improving their intention to spend time in nature. Furthermore, findings underline the importance of social media as an environmental education source that could help reduce the stressors and adverse effects of climate change, leading to sustainable actions.

Keywords: climate anxiety; social media; time in nature; adolescents.

Mindfulness Practice and Outdoor Education in Early Childhood Education

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Objectives. Nowadays, mindfulness practice has been having a positive impact on the adult population. Learning to concentrate on one's present perceptions and emotions appears to reduce anxiety and stress and produces a feeling of inner calm. Surveys on the use of mindfulness in children are scarce at present and involve the primary school level and beyond. The present contribution illustrates the methods by which mindfulness practice can be applied to outdoor education when teaching nursery and pre-primary school children. To investigate how typical activities such as sensory-motor practice, selective attention exercises and exercises of practical life can be engaged in from the angle of mindfulness training in outdoor education; to organize teacher training activities that introduce mindfulness practice into the nursery school classroom; to plan mindfulness exercises and outdoor activities for children at nursery and pre-primary school level.

Materials and methods. The first step in mindfulness practice is to concentrate on one's way of breathing, but it is also possible to concentrate on other movements or actions during the day. Further steps involve sensory experience and outdoor activities. The mind and body are connected through the sensory and motor systems. Between 2021-2023 (first semester) a pilot group, a control group, and an intervention group were organized in three nursery and pre-primary schools in Rome. Educators and teachers working in these schools answered two questionnaires: the former consisted of 12 items focused on teachers' previous and eventual experience in teaching mindfulness practice and outdoor education. The latter consisted of 30 items focusing on competencies needed to develop children's concentration and sensory-motor skills. A curriculum was planned based on mindfulness practice in addition to outdoor everyday activities. The GMDS-ER test was used to evaluate children's motor, cognitive, and social skills before and after mindfulness practice combined with outdoor activities.

Results. Quantitative results show that nursery and pre-school teachers consider mindfulness to be an important method in early childhood education ($p \leq 0.001$); they recognize the immediate need for a curriculum that focuses on activities of concentration, selective attention, sensory-motor experience, along with a specific role of the outdoor education. The teachers interviewed have a positive view of a possible relationship between mindfulness and outdoor education (100%). They think that it is possible to develop a curriculum based on outdoor education and related to mindfulness practice in the open air ($p \leq 0.001$). According to both nursery teachers and pre-school school teachers, qualitative results indicate that the teaching of mindfulness practice, together with outdoor activities, encourages children to reflect on themselves and become aware of the environment.

Conclusion. The final outcome of this survey conducted with nursery and pre-school teachers is the proposal of a curriculum which combines mindfulness practice and outdoor education.

Keywords: mindfulness practice; outdoor education; early childhood.

Effects of parental support on youth and adult self-efficacy

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Objectives. Parental support become an important element for the complete development of today's child who will become the young person, the adult of the future, but also for effective parenting. This study aimed to determine the extent to which parental support is experienced and its impact on youth and adult self-efficacy.

Material and methods. This study was conducted on a sample of 247 respondents, 226 (91%) female, 20 (8%) male, and 1 respondent who did not state gender. The predominant age ranges were represented by under 20 years in the case of 38 respondents (15%), 21-25 years for 69 respondents (28%), and over 45 years in the case of 44 respondents (18%). The method used was the indirect survey, and the research instrument used was the questionnaire through which the level of perceived parental support and self-efficacy of young people and adults was identified. Results were processed using statistical operations such as T-test, correlations, regressions, and ANOVA analysis of variance.

Results. From the analysis of the averages obtained in terms of perceived parental support, respondents who have an equally close relationship with both parents obtained an average of 63.79 (82 respondents), followed by those close to the mother with an average of 62.01 (136 respondents), respectively those close to the father with an average perceived parental support of 55.48 (29 respondents). A significant effect of the established relationship with parents on parental support was obtained, $F = 4.31$, $p = 0.01$, $p < 0.05$. A statistically significant difference ($t = -6.33$, $p < .001$) was established between the variance of the self-efficacy means in the case of respondents whose feelings were recognized by their parents, as a specific strategy for parental support, $N = 116$ respondents, mean = 42.78 compared to respondents who did not experience this strategy during childhood, $N = 131$, mean = 38.32. A significant effect of the relationship established with the parents on the self-efficacy level of the respondents was identified, $F = 3.35$, $p = 0.04$, $p < 0.05$. Perceived parental support was associated with self-efficacy ($r = 0.21$, $p < 0.001$), and 4% of the variability in self-efficacy is due to the level of parental support ($R^2 = 0.04$).

Conclusions. The study demonstrates the importance of parental support for the acquisition of self-efficacy and subsequent development of the young person, recognizing that it becomes all the stronger as it is provided equally by both parents. The recognition of parents' feelings, as a specific strategy for parental support, contributes significantly to the development of self-efficacy.

Keywords: parental support; self-efficacy; recognition of feelings.

Personal values and civic efficacy in adolescence: The moderating role of sex

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Objectives. In September 2015, 193 Member Countries of the United Nations signed the Agenda 2030, which sets out 17 Sustainable Developmental Goals (SDGs). These SDGs are connected and designed to end global challenges such as poverty, inequality, and climate change. In order to reach these SDGs, commitment is strongly needed not only from organizations and governments but also from citizens through active and responsible participation in public life. In this scenario, it is noteworthy to investigate which individual and contextual factors might promote civic efficacy, conceptualized as the individual belief to be able to generate a positive impact in the own's community, especially during adolescence. Adolescents represent professionals, stakeholders, and leaders of tomorrow who may be advocates for a new civilization model. Among the individual factors, a significant role should be played by personal values. According to Schwartz's Theory, personal values are desirable trans-situational goals that guide people's lives, shaping attitudes, beliefs, and behaviors. The theory identifies 10 basic values that can be organized in two orthogonal dimensions, creating four higher-order categories: openness to change (hedonism, self-direction, stimulation), conservation (tradition, conformity, security), self-enhancement (power, achievement), and self-transcendence (benevolence, universalism). Based on this evidence, the present study investigated the relationship between personal values and civic efficacy in a group of Italian adolescents, also considering the moderating role of sex.

Material and method. The present study adopted a cross-sectional design. 223 Italian adolescents were involved (74% girls), aged 16 to 19 ($M = 17.57$; $SD = 0.73$). Adolescents were involved with the collaboration of high schools, and only those who gave written informed consent, and the one provided by their parents in the case of minors, took part in the study. Participants were asked to fill in an anonymous questionnaire composed of measures related to the variables of interest and some control variables, such as sex.

Results. Results from a moderated regression model showed that self-transcendence was positively and significantly related to civic efficacy ($\beta = .50, p < .01$). Moreover, there was a significant interaction between openness to change and sex ($\beta = .72, p < .05$). The simple slopes analysis revealed that the relationship between openness to change and civic efficacy was positive and significant only for girls ($b = 0.37, p < 0.01$). In contrast, this relationship was not significant for boys ($b = 0.17, p = 0.09$).

Conclusions. Adolescents who value self-transcendence are interested in promoting all people's and the environment's welfare, leading them to probably act consistently with their values. This consistency between values and behaviors might lead adolescents to feel high levels of efficacy. On the other side, being open to challenges and novelties makes girls believe they can generate a positive change in their community.

Limitations of the study, practical implications, and future research developments will be discussed.

Keywords: personal values; civic efficacy; sex; adolescents.

Visual sociology as a tool for territorial analysis in contexts of environmental and generational injustice

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Objectives. The identity of the place is the result of the production, elaboration and sharing of narrative images capable of signifying the urban and social elements. The study presented aims to support the connection between slow violence, environmental injustice and the use of visual sociology to observe, listen, read and speak through the image as a subjective mental construction and objective data capable of building a system of experiences and beliefs about the surrounding environment.

Methods. The analysis of photographic productions of the Tamburi district of Taranto, Puglia, was carried out as a listening technique of 8 people residing in the district, historical memory of the territory, to understand how the environmental damage has slowly settled on every aspect of life neighborhood starting from its physical identity. The subjects told the personal and family story of the changes in the inhabited area, from the early years of the steel plant up to the present day. At the same time, the contribution of a non-residing photojournalist was analysed, in order to enhance the observation of the extent to which the images contribute to narrating the identity of the neighborhood and its social reputation.

Results. The Tamburi district is identified as a sacrifice area due to the high rate of pollutants in circulation, premature deaths, and contamination of the urban and vegetable elements present. This is accompanied by a correlated social and cultural unease as well as a feeling of abandonment and vindication. The photographic analysis of the residents recorded the changes perceived by the residents of a neighborhood that was a reference for the surrounding area, suitable for the family dimension, now place with a mortified identity to the detriment of social life and the new generations' well-being. The investigative report objectively brought out the urban structure of the neighborhood, literally incorporated by the industrial center, ruins, and urban voids.

Conclusions. Living in territories vulnerable to sacrifice translates into considering the existences therein underestimated. The visual method offers interesting insights into the possibilities of interpreting some phenomena. The images of the neighborhood with which the residents are confronted every day are a negative stimulus, which in the semiotic process of the urban language communicates feelings of fragility in the individual and collective memory similar to mourning. The objective/subjective analysis of the photos is indicative of how images can become sociological sources and support theories. They have a communicative impact influencing the value, livability and attractiveness of places.

Keywords: visual sociology; environmental violence; narrative images; generational injustice; place identity.

Self-assessment of physical development and its self-correction among adolescents in Belarus

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Objectives. In adolescence, attention to one's own body increases, while gender differences appear in perceptions about each sex's ideal forms. The subjective standards of beauty may differ from the objective state of physical development. However, it is the subjective assessment of one's body that can induce certain behaviour in adolescents regarding body weight correction.

Material and methods. To determine the adequacy of adolescents' self-assessment of their physical development, 478 schoolchildren aged 10-16 years (236 boys, 242 girls) from 27 urban and rural areas of Belarus were studied.

Information on body height and weight was obtained by interview and the data were standardized (the influence of age was excluded). The body mass index (BMI) was used to estimate the ratio of body weight to height. Self-assessment of physical development consisted of schoolchildren choosing one of five options for perceiving their body's degree of harmony: very thin, thin, normal weight, obese, or very obese. Information on the weight loss behaviour of adolescents was also obtained. The strength of the connection between the objective and subjective assessment was made according to the results of the calculation of the Kendell rank correlation coefficient.

Results. The proportion of students with a harmonious ratio of body weight to height was 69.6% (68.2% - boys and 71.3% - girls). Underweight was present in 14.3% of boys and 14.9% of girls, overweight or obesity - in 17.5% of boys and 13.9% of girls. According to the results of a subjective assessment, 59.1% of boys and 63.4% of girls reported normal weight. 19.2% of boys considered themselves thin or very thin, and 22.8% considered themselves obese or very obese, among girls the proportions were 20.6% and 15.1% respectively. The strength of the connection between objective and subjective assessment was: boys $\tau = 0.371$ ($p < 0.001$), girls $\tau = 0.507$ ($p < 0.001$). 64.6% of boys and 48.8% of girls are satisfied with their weight ($p < 0.01$). Moreover, in this group of girls, the average BMI values are lower than the average, indicating the presence of cases of inadequate self-assessment of physical development. Boys reported less often the need for weight loss than girls (15.1% versus 25.6%), while being objectively more overweight. The need to increase their body weight was indicated by 10.9% and 9.2% of adolescents; girls in this group had a lower BMI than boys. Diet nutrition was recorded in 9.4% of boys and 16.4% of girls.

Conclusions. In adolescence, perceptions about ideal physical development differ by gender. Boys are less likely to make efforts to normalize their body weight. Distorted subjective ideas about the harmony of physical development are common among girls: being underweight can be considered the norm.

Keywords: adolescents; physical development; BMI; self-assessment of physical development.

Difficulties of parenthood in personality disorder individuals

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Objectives. Individuals with personality disorders are facing a lot of challenges in family life due to distorted modalities of thinking and feeling about relationships, problems with emotional regulation skills, lack of empathy and marked impulsivity. Searching the scientific literature on this topic, the paper aimed at discovering the main difficulties in parenthood for these individuals and how their relationship with their children is affected by the personality disorder. Another goal of this study is to examine the differences that appear in parenting behaviors between various types of personality disorders and diverse clusters.

Material and methods. Data were obtained through a systematic review of the literature and research was conducted using the following databases: PubMed, ResearchGate, EBSCO and ProQuest. The main focus was on studies reviewing the effects of parents with personality disorders on children's development, well-being and mental health. One of the inclusion criteria was the personality disorder diagnosis in parents participating in the study. The exclusion criteria referred to studies that were focusing on the effects of parenting on the development of personality disorders. Of the 884 articles obtained, doubles were eliminated and upon studying the titles and abstracts, irrelevant articles were also excluded. Only studies in English from peer-reviewed journals were kept. 21 studies remained for full article review.

Results. Most studies reviewed individuals with Borderline personality disorder, which is also the main personality disorder encountered in outpatient settings and inpatient settings in mental health services both in the USA and Australia. Borderline Personality Disorder is also the most researched personality disorder of all. Other studies look at different personality disorders, especially cluster B – antisocial personality disorder and cluster C – avoidant personality disorder. All studies demonstrate that parents diagnosed with personality disorders represent a risk factor for difficult relationships between parents and children and also problematic parenting practices. Also, children of individuals with personality disorders have a higher risk for developing personality disorders themselves or other psychiatric psychopathology, such as anxiety and depression and problematic self-image, both as children and adults. Parents with cluster B diagnoses seem to demonstrate more abusive parenting behaviors, while those with Cluster A and C personality traits tend to exercise more controlling behaviors. Most studies focus on the interaction of mothers and children, and especially mothers with borderline personality disorders. Fewer studies are focused on fathers with personality disorders, so the literature offers less information regarding father-child interaction and father parenting behaviors.

Conclusions. This research concludes that individuals with personality disorders demonstrate problematic parenting behaviors that lead to a higher risk of children developing personality disorders themselves, anxiety and depressive symptoms and difficulties in impulse control, emotional regulation, distorted self-image and relationship difficulties.

Keywords: parenting; personality disorder; mental health; development; well-being.

Group psychotherapy versus individual psychotherapy for Cluster B clients

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Objectives. Romanians who need psychotherapy for their psycho-emotional problems are more likely to use individual psychotherapy. Cluster B clients are especially challenging for psychotherapists but data show that group psychotherapy can enhance results in dealing with the symptoms of cluster B personality disorders. This study aims at gathering data about efficiency and advantages of group psychotherapy compared to individual psychotherapy for Cluster B clients, from their own perspective.

Material and methods. Data were obtained through semi-structured interviews that were conducted to assess the experience of group psychotherapy versus individual psychotherapy, for participants of 3 psychotherapy groups, which were conducted for 8 months. Interviews were conducted with 7 group members, a year after the end of the psychotherapeutic groups. The questions focused on the comparison of a person's experience in a group versus an individual setting, the advantages and disadvantages of each, and also on the benefits of cognitive techniques vs. emotional techniques in a group setting and the overall experience of being with other people while working on sensitive personal content.

Results. The analysis of the interviews revealed that four out of seven people prefer individual psychotherapy to group psychotherapy. This is especially the case due to the fact group psychotherapy is perceived as more challenging and provocative, since the exposure is higher than in individual psychotherapy. Feelings of shame and fear of being judged appear more in group psychotherapy than in individual settings. Information about the advantages of individual psychotherapy focused mainly on being able to have more individual time for talking and disclosing personal issues and getting deeper into these personal issues. The main disadvantages listed for group psychotherapy were also listed as advantages for all respondents and refer to greater activation of fear and shame while among others. The main advantages of group psychotherapy reported were: receiving the support of the group while going through intense emotions and thus creating corrective emotional experiences, receiving more perspectives to different personal issues and group therapy being cheaper than individual therapy and more intensive. From all the responding subjects, those who prefer individual psychotherapy to group psychotherapy are those with narcissistic traits and history of abuse, exhibiting more overcompensation style of coping than those with Borderline traits or histrionic ones. Regarding use of emotional focused techniques versus cognitive ones, the respondents stated that emotional focused techniques were more memorable and created the context for closeness and intimacy in the group while the cognitive techniques enhanced cognitive understanding and structuring of insights which led to generalization of the therapeutic gains.

Conclusions. The study's findings depict the ambivalence of cluster B clients around the issue of group and individual psychotherapy. Even though individual psychotherapy has a slight preference over group psychotherapy, it appears this is due to fear of exposure vulnerability and difficulties of cluster B clients, especially those with narcissistic features.

Keywords: group psychotherapy; individual psychotherapy; emotional support; fear of exposure; shame.

Perfectionism and intolerance of uncertainty in the context of parental support

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Objectives. Perfectionism and intolerance of uncertainty are two characteristics that can impede a child's ability to develop normally and become a successful adult. The objective of this study was to determine the relationship between perfectionism and intolerance of uncertainty as well as the effects of parental support on these traits.

Material and methods. This study was conducted on a sample of 247 respondents, of whom 226 (91%) were female, 20 (8%) were male, and one respondent did not state gender. The method used was an indirect survey, and the research instrument used was a questionnaire through which the three research variables were measured. Results were processed using statistical operations such as correlations, regressions, and ANOVA analysis of variance.

Results. As the level of parental support decreases, the level of uncertainty intolerance increases ($r = -0.18$, $p = 0.006$, $p < 0.05$). A significant effect of the respondent's age on the level of intolerance uncertainty was established ($F = 2.96$, $p = 0.01$, $p < 0.05$). The predominant groups of respondents from the perspective of age are those under 20 years old, with many 30 respondents with an average uncertainty intolerance of 35.08, the group is made up of respondents aged between 21 and 25 years old in a number of 69 respondents with an average of 35.41 tolerance to uncertainty, respectively groups aged between 41 and 45 years and over 45 years, in the number of 31 and 44 respondents whose average tolerance to uncertainty is 30.13 in the case of respondents aged between 41 and 45 years and 29.84 in the case of respondents over 45 years old. As the level of parental recognition of feelings decreased, the level of uncertainty intolerance increased ($r = -0.23$, $p < .001$). 5% of the variability of uncertainty intolerance is influenced by the recognition of feelings by parents ($R^2 = 0.05$). The performance induced by the parents is not associated with the level of perfectionism of the respondents ($r = -0.09$, $p = 0.13$, $p > 0.05$). The increased level of intolerance of uncertainty was associated with the increased level of perfectionism ($r = 0.35$, $p < .001$). 12% of the variability of perfectionism was influenced by intolerance of uncertainty ($R^2 = 0.12$).

Conclusions. This study demonstrates the importance of parental support for reducing intolerance to uncertainty and, at the same time, for reducing the level of maladaptive perfectionism, according to which the young adult is constantly worried about aspects of life that cannot always be controlled.

Keywords: intolerance of uncertainty; perfectionism; parental support.

Validation study of the questionnaire on the perception of the effects of prayer

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Objectives. The effectiveness of prayer in resolving the issues that individuals encounter is a subject of interest not only for the faithful people but also for those seeking alternatives to the pragmatic solutions designed for the social context in which they find themselves. That is why the main objective of this study was to construct a questionnaire to measure the perception of the effects of prayer. A side objective was to evolve the level of perception of these effects on people's lives.

Material and methods. The construction of the questionnaire was achieved by developing a consistent number of items that were then applied to a representative sample and by subjecting the results to exploratory and confirmatory factorial analyses. The fidelity of items, subscales and scales was also measured. Along with the items of the new questionnaire, other scales were used to ensure greater credibility of the efficiency of the questionnaire.

Results. The specific statistical analyses for the validation of the questionnaire were performed, and thus the adequacy index of each variable was calculated to the complete model of the questionnaire ($KMO = .93$), located between the proposed pages, and following the sphericity test, a score $\chi^2_{(2701)} = 14842.12$, $p < .001$, statistically significant, was obtained. Thus, the values of the indicators for the validation of the factorial structure are within the accepted limits ($RMSEA = .04$, $TLI = .96$, $\chi^2/df = 1.37$, $p < .001$). The eleven remaining factors are: Introspection (5 items), Discernment (4 items), Knowledge of others (2 items), Strengthening the will/self-control (2 items), Well-being (3 items), Changing behaviors (3 items), Changing moods (3 items), Social self-isolation (2 items), Changing perception (2 items), Sensory understimulation (2 items), and Social Skills and Behaviors (2 items). After the validation by exploratory factorial analysis of the scales of the questionnaire regarding the perception of the psychic effects of prayer, it was decided to validate it convergently through an analysis of the correlation between these scales and other variables within the research.

Conclusions. Assessing the effectiveness of prayer in improving people's lives is still a controversial topic and difficult to prove, but the degree to which people perceive positive effects is measurable and is a topic of general interest. Building a questionnaire that measures these variables has proven to be a necessity for identifying relationships between these effects and other constructs of personality. The validation of this questionnaire is a novelty among the scales in the Romanian language, and it facilitates the development of new research areas in the field of the psychology of religions.

Keywords: perception of the effects of prayer; introspection; discernment; self-control.

Program evaluation of the therapeutic Yuppi camps for chronically ill children in Romania

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Objectives. The number of chronically ill children is increasing year by year, representing a rather large category in Romania and globally, with chronic illness being a challenge for both the diagnosed child and his/her parents. A type of therapy that originated in the US, experiential therapy, has proven beneficial for these children. Such therapy is offered free of charge, by Yuppi Camp. This study aims to evaluate the therapeutic camp program they offer and reveal its strengths, its impact on volunteers and beneficiaries, and the strategies staff use in running the camps.

Material and methods. A mixed methodology was used. The semi-structured interview and unstructured observation were used with all three categories of research participants. The impact of camp experiences on personal development was explored among both camp participants and volunteers. As for the employees of the association, one of the dimensions investigated was their experience in organizing and implementing camps. The documents analysed were the annual activity reports of the association as well as feedback forms filled in by volunteers and participants, tracking indicators such as the number of participants returning to Yuppi camps, the training and retention strategies of volunteers, and the number of camp participants in the period 2012-2022, using inferential and descriptive statistics.

Results: From a longitudinal and cross-sectional perspective, a steady increase in the number of volunteers, the number of participants and the number of camps was noticed. Also, over the years, the camps have covered a wider range of chronic diseases (diabetes, cancer, juvenile idiopathic arthritis, celiac disease, Chron disease, renal hypoplasia, and neurofibromatosis). The volunteers appreciated how the camp experience helped them develop or improve their communication and teamwork skills, as well as their self-confidence. As for the Yuppi staff members, they found their work challenging, as additional material and human resources to run the camps were constantly needed; however, they felt that their overall work was worthwhile, because they knew it enhanced the lives of children. The children who attended Yuppi camps reported an increase in self-confidence, the creation of connections with other peers, and the desire to step out of their comfort zone, while their parents perceived the camps as a place of respite where they could share their challenges with parents in a similar situation.

Conclusions: The study demonstrated that the program offered by Yuppi Camp is beneficial for chronically ill children and their families. Although the camp process is complex and challenging, Yuppi staff found strategies to cope with all difficulties while focusing on the well-being of the campers. These camps deserve to be more widely publicized across the country because they are so beneficial for the participants

Keywords: Yuppi Camp; children with chronic diseases; volunteers; experiential therapy; program evaluation.

Agenda Setting and Framing in the Coronavirus Era: A Content Analysis of the Pandemic News in Greek Media

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Objectives. Drawing heavily on theories focusing on the ways Media represent health issues, and more specifically pandemics, the current research seeks to scrutinize the information conveyed by the Greek Media to the public regarding the coronavirus pandemic. It also explores the ways that agenda-setting and framing affect the representations of coronavirus pandemic. These two processes are highly influential concerning the conceptualization of a crisis. Mass media create representations of the world, focusing on issues of public interest, especially when those issues constitute "special occasions". Such a special occasion is the widespread of the coronavirus, which has been officially characterized as a worldwide pandemic by the World Health Organization [W.H.O.]

Material and methods. The media content under scrutiny includes the prime-time news bulletins of the six major -in terms of audienceship- Greek TV stations (ERT1, MEGA, ANT1, SKAI, ALPHA and STAR) and six of the most popular Greek news web sites (protothema.gr, in.gr, iefimerida.gr, news247.gr, newsit.gr, lifo.gr) according to SimilarWeb metrics. The research method implemented is quantitative content analysis with the use of a coding frame that includes variables focusing on a rather wide range of parameters concerning the coronavirus representation (e.g. references to number of infections/deaths, precaution measures etc.) and the units of analysis for the scopes of the current research are the news item (television) and the article (websites). For the scopes of the current research, we have gathered and analyzed 1200 articles and more than 1200 news items, for a total of more than 2400 research units. This research covers in temporal terms the period during which the Greek media started focusing on the coronavirus issue in tandem with the developments of the coronavirus crisis worldwide and in Greece, namely from February 1st until April 30th 2020.

Results. The research implied that the period of reference is a crucial factor (especially the second, after the public announcement of the first death by coronavirus) in examining the media coverage of the pandemic. Second, pandemic issues were presented through thematic frames, which outweighed the episodic ones. However, the dominant frame, according to a second categorization, was the human interest one. The dominance of thematic and human-interest frames is a contradicting result, while the existing bibliography mentions that episodic framing is more prone to dramatized and fragmented frames. Finally, the Greek media were found to give emphasis on governmental measures decided during the pandemic compared to personal and social precautionary measures.

Conclusions. The current study explored the presentation of experts' advice in the news coverage of the pandemic. The findings are limited to a content analysis of news bulletins and news sites within the Greek context. However, the Greek case showed that some factors affected the news presentation more than others.

Keywords: health communication; COVID-19; pandemics; agenda setting; news framing.

Challenges and obstacles in liver transplantation in Eastern Europe

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Objectives. Liver transplantation (LT) is a complex surgical procedure essential for patients with end-stage liver disease. This study aimed to assess the difficulties faced by patients and medical professionals in Eastern Europe.

Materials and methods. A systematic literature review was performed to identify studies related to liver transplantation in Eastern Europe. The search was conducted using electronic databases including PubMed, Embase, and Scopus. Search terms used included "liver transplantation", "Eastern Europe", "challenges", and "barriers". Articles were selected based on relevance to the study topic, reliability and accessibility of the sources used. From the total of 241 initial studies, those in English were chosen, referring exclusively to TH and considering the phenomenon of TH in Eastern European countries. Finally, 36 studies were included in the analysis.

Results. The research shows that the challenges faced by patients and medical professionals in Eastern Europe regarding liver transplantation are multifactorial and can be categorized into four main areas: donor shortage – 30 studies describing donor shortage as a major limitation for liver transplantation in Eastern Europe, with a limited number of available donors compared to the number of patients on the waiting list. This results in longer waiting times and a higher mortality rate. This shortage includes a lack of public awareness of organ donation, inadequate donor registration and retrieval programs, and limited resources available for donor evaluation and management. Insufficient infrastructure and funding were analysed in seven studies, with many countries lacking the facilities and resources to support transplant programs. The most important limitations refer to the small number of operating rooms adapted to this type of intervention, the insufficient number of intensive care units and the limited funding for equipment, personnel and specific post-transplant drugs. Difficult access to immunosuppressive drugs is another challenge identified – five studies dealing with the availability and accessibility of this type of drugs in Eastern Europe. The consequence is often inadequate immunosuppression, which subsequently leads to graft rejection and invalidation of the transplant. Finally, 11 studies describe existing expertise as a limitation in liver transplantation performed in Eastern European centres, with many countries lacking the medical staff and experience to successfully perform a transplant. This can lead to lower success rates and a longer time spent on the waiting list for patients.

Conclusions. The results highlight the difficulties most commonly encountered during liver transplantation in Eastern Europe, with numerous challenges that require a concerted effort to address. Strategies to overcome these systemic structural limitations may include increasing public awareness, improving donor registration programs, greater investment in infrastructure, improved access to immunosuppressive drugs, and increased efforts to train and specialize physicians and health professionals.

Keywords: liver transplantation; Eastern Europe; challenges; donors; immunosuppression; obstacles.

Personality profile and predisposition to adjustment disorders in psychology students

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Objectives. The study aimed to explore the association between personality traits and adjustment disorders in psychology students. The first hypothesis presumes the possibility of a statistically significant correlation between some personality traits and the predisposition to adjustment disorders. The second hypothesis is comparative, assuming that there is likely to be a statistically significant difference between participants' gender and predisposition to adjustment disorders.

Materials and methods. The study was carried out on a nonrandomised sample of 100 students of the Faculty of Psychology of the Ecological University of Bucharest (45 male and 55 female), aged between 20 and 52 years. The Multistructural and Multifactorial Self-Assessment of Personality-Neuro-Psychic Adaptation Questionnaire (CSM-ANP) was used to assess neuro-psychic adaptation. The questionnaire is based on self-assessment of psychophysiological and psychosocial characteristics. The Big Five questionnaire, which contains five main personality scales: neuroticism, extraversion, openness, constancy, and agreeableness, was used to assess personality traits. A correlational analysis between all personality traits and predisposition to adjustment disorders was performed, and the t-test was used.

Results. The analysis has revealed a statistically significant correlation between the Big Five questionnaire scales (especially the neuroticism scale) and adjustment disorders. The correlation coefficients between the Big Five superfactor - Neuroticism and 3 subclinical indicators of adjustment are scored within a very high margin of statistical significance ($r = .70 - r = .83, p < 0.01$). These results suggest that the second-order scale of the Big Five questionnaire - Neuroticism, correlates very strongly with 3 of the subclinical indicators of adjustment: Self-Regulation Behavior Deficit - SDB ($r = .83, p < .01$), Personality Maladaptive Potential - PDP ($r = .83, p < .01$), Communication Potential Deficit - CPD ($r = .70, p < .01$). Extraversion scales ($r = .32 - r = .60, p < .01$), conscientiousness ($r = -.34 - r = -.53, p < .01$) and agreeableness ($r = -.34 - r = -.51, p < .01$) were scored within a medium margin of statistical significance. For the second hypothesis, except for the Moral Normativity Deficit and Asthenic Personality Potential scales, the probability that the difference between the scales is random is 0 (Sig 2-tailed = .000). H2 was confirmed.

Conclusions. Neuroticism and extraversion are good predictors of adjustment disorders, whereas openness did not correlate statistically significantly with sublinear indicators of adjustment. Results may be useful for further development of psychological assessment and intervention methods for adjustment disorders. The research may also contribute to the development of programs to prevent adjustment disorders in students and develop gender-specific interventions.

Keywords: personality; adjustment disorders; Big Five; psychology students.

Benefits of habitual use of cognitive reappraisal for subjective vitality in virtual nature fruition

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Objectives. Nature exposure through virtual reality (VR) is considered particularly useful for individuals facing various types of barriers in accessing in-vivo natural environments. Previous evidence showed several psychological benefits of nature exposure through VR. However, little is known regarding its effects on subjective vitality, which is conceptualized as a positive feeling of aliveness and energy, which is, in turn, related to positive psychological outcomes. In this scenario, cognitive reappraisal, defined as an emotion regulation strategy that aims to reconstruct a given situation's meaning and modify its emotional impact, should be related to higher decoding of environmental cues coming from nature, including nature exposure through VR. Based on this evidence, the moderating role of cognitive reappraisal in the relationship between exposure to three natural environments (a park, a lacustrine environment, and an arctic environment vs. an urban environment) and subjective vitality was hypothesized.

Material and methods. An experiment with a between-subject design with four environmental conditions was designed. Participants were 187 university students ($F = 80.2\%$; $Age = 21.17$, $SD = 2.55$). Participants were exposed to four 360° panoramic photos of the environment for one minute each (four minutes in total) through a VR head-mounted display. Moreover, they were asked to fill in a questionnaire before and after the VR exposure with the variables of interest and some control variables related to individual differences and participants' VR experience. The habitual use of cognitive reappraisal was measured pre-exposure while subjective vitality was measured both pre- and post-exposure.

Results. Results from a multicategorical moderation analysis showed that all natural environments were more efficient than the urban environment in increasing post-exposure subjective vitality. Moreover, there were two significant interactions between the lacustrine environment and the cognitive reappraisal ($b = 0.35$, $p = 0.01$), and the arctic environment and cognitive reappraisal ($b = 0.29$, $p = 0.04$) as well. For participants with low levels of habitual use of cognitive reappraisal, the effects of virtual nature (vs. urban) exposure on subjective vitality were not significant. In contrast, the effects were significant and positive for participants with high habitual use.

Conclusions. These findings may contribute to extending the benefits of virtual nature to a wider audience through integration with emotion regulation interventions and training in cognitive reappraisal.

Keywords: nature exposure; virtual reality; cognitive reappraisal; subjective vitality.

Women in business and science – traditional and modern ideas, equality and challenges in different European countries

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Objectives. Does gender discrimination exist in the process of academic and professional growth, and what are the challenges faced by women in this process in different European countries?

Methods and methodology. Qualitative methods: interview, content analysis. The interviews were conducted with 25 women from different European countries involved in science and entrepreneurship. An analysis was made from information on the legislations of different countries, data from Eurostat, and a comparative analysis with other studies.

Results. Women scientists are a minority in the engineering and natural sciences disciplines, while a greater percentage of them tend to work in the medical and social sciences. This trend is also preserved in the new member states, Romania and Bulgaria, where the percentage of female scientists in individual scientific fields is relatively higher than in the old member states. Europe-wide measures for gender balance in science are yielding positive results in the old EU member states. During the period 1998-2002, the number of active female and male scientists increased in most European countries. For the EU-15, women in science and education grew by 15.7% and men by 13.0%, while for the EU-25, the opposite trend is characteristic: women grew by 4.2% and men by 4.9%. This shows that gender inequality in science is increasing in the new member states while decreasing in the old member states.

Conclusions. Gender discrimination in education, whether hidden or overt, can be found at the level of 1) outcomes, 2) the structure of educational institutions (the pyramid model), and 3) the educational content. It is possible to identify both vertical gender disparities (such as different pay and different assignments to professional and administrative roles based on gender) and horizontal gender differences (such as the feminization or masculinization of fields of study). The gender roles defined through formal education are crucial for individuals' future goals and social integration. The school contributes in different ways to the segregation of the sexes by creating men and women with different projects, preferences, and competence. It frequently restricts a person's ability to express themselves both publicly (particularly in the case of women) and privately (especially in the case of men).

Some occupations started to become feminized and suffer financial and status penalties, while others became masculinized and increasingly associated with high income and prestige.

Despite the remarkable progress of recent decades, discrimination between men and women still persists in education.

Keywords: women; science; equality.

Supervision in social work

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Objectives. Supervision in social work in Bulgaria has been developing in recent years. More and more specialists and non-specialists working in the field of social work are looking for support to cope with stress and daily workload in order to be able to fully perform their duties and responsibilities. This process unfolds much better in the private and non-governmental sectors than in the state-delegated one. Supervision resolves and removes a number of difficulties that arise in the workplace and beyond. The main objective of the study was to explore opinions and attitudes about the need for supervision in social work.

Material and methods. A survey was conducted among 435 employees from 12 municipalities, working in 74 social institutions and holding 30 positions. The respondents were more women (89.4%) in comparison with men (10.6%). According to the education - 171 of the employees had Bachelor's degrees, 132 - Master's degrees, and 132 - secondary education diplomas.

Results. Employees in social institutions recognize supervision as a professional and methodological support that guarantees the quality of the provided activities and services. At the same time, they highly appreciate its usefulness in coping with everyday stress, as it helps for emotional relief as well as for personal and professional development. The assessment not only of specialists but also of non-specialists in social work is valuable, supervision is important for both categories of employees. Contact with vulnerable people is continuous; depending on the skills, duties and responsibilities of both groups there is a need for support and motivation. Without professional and methodological support, every staff member, regardless of his or her qualifications, faces the threat of professional burnout.

Conclusions. The current study highlights the need to conduct supervision on regular basis. In the conditions of a dynamically developing system of social activities, the knowledge and utilization of the possibilities of modern models of supervision is an important prerequisite that determines not only the variability in the supervisor's use of methods and approaches, but also the quality and effectiveness of social services, the level of professional development, as well as satisfaction with the professional activity. The trend in Bulgaria over the past few years has been toward increasing employee competence, ability, and knowledge. Striving for high quality of the offered activities and services, many managers are looking for different forms of supervision to support the professional and personal improvement of their subordinates. This process is developing much faster in the private and non-governmental sectors while the state is only taking minor steps in terms of investing in human resources.

Keywords: supervision; social work; helping specialists.

Factors determining procrastination in college students

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Objectives. Procrastination is a phenomenon that affects every individual at some point of their life, but it can be easily observed in the academic realm. This paper investigates the correlation between procrastination and flow experiences in academic activities, as well as other factors such as self-image and motivation sources. It defines procrastination and outlines the main elements that might induce its occurrence. Its main purpose is to investigate whether experiencing a flow state when pursuing academic activities leads to lower procrastination tendencies in college students.

Material and methods. This study is based on a qualitative secondary data analysis of a selected set of scientific papers regarding motivation, flow, self-determination, and procrastination. The results and conclusions are based on testing the theoretical aspects through a questionnaire completed by a sample, which is not representative for all students, including 36 randomly selected bachelor and master students aged between 19 and 25, both from urban and rural areas. The distribution of the subjects was also relatively homogenous with regard to gender. The questions focused more on the students' motivation and flow experiences when learning, as well as on their self-image and the reasons that fuel their academic activity, rather than asking them why they think procrastination tendencies appear.

Results. Results indicate a positive link between strong procrastination tendencies and a negative self-image, as well as fear of failure. Moreover, flow experiences and positive self-image are associated with a low occurrence of procrastination. However, from the results, we cannot accurately identify whether experiencing flow in academic activities is an accurate indicator of the lack of procrastinating tendencies. When it comes to the non-autonomous forms of motivation, out of three reported cases, two students also manifest procrastinating behaviour, so it is worth further investigating.

Conclusions. The results invalidate the null hypothesis, as although experiencing a flow state in academic pursuits does not assure a drop in procrastination tendencies, the results have shown that facilitating students' flow experiences might strengthen their interest in academic activities. Instead, vulnerable self-esteem appears to be the core cause of procrastination in college students, as it is translated to a fear of failure induced by negative visualization. From there, performance anxiety makes students rely on coping mechanisms such as procrastination to avoid evaluation and associate a possible failure with their lack of effort. High procrastination tendencies were not necessarily associated with a lack of autonomous forms of motivation.

Keywords: procrastination; academic performance; fear of failure; motivation; flow.

Anti-hate Speech Campaigns on Social Media: The Bulgarian Experience

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Objectives. Contemporary social media platforms can facilitate hate speech because of a few factors: anonymity, the polarization of people's attitudes, escalation on social topics, lack of regulations and proper accountability, and amplification of hateful and sensational messages. The combination of these factors can create an environment that fosters the spread of hate speech on social media platforms. This paper is summarising the main definitions and meanings of hate speech and its dissemination in social media in Bulgaria. The primary goal of the study is to highlight the major challenges regarding the dissemination of hate speech online and to analyze and showcase the principles of effective campaign attempts for tackling the phenomenon. Regarding social media usage in Bulgaria, the Facebook platform is the most used, hence the instances that were examined were focused on campaigns that aimed to combat stereotypical representations of vulnerable social groups.

Material and methods. In this paper we selected three case studies from Bulgaria, all of them are NGO's campaigns and they are communicated on Facebook platform: 1) "No Offense, but..."; 2) "Look at the refugees with different eyes"; 3) "Not Just Words". The analysis was focused on filtering the most common hate speech topics that are targeted in the above campaigns, and the specific visual and verbal approaches used for the copies. Also, attitudes among the people were registered by analysis of the feedback in the comment sections, which can be an indicative marker of the success of campaigns in altering attitudes, as well as a glimpse of Bulgarians' moods on those issues.

Results. The literature review examined definitions in academic research studies, professional journalistic guides, online dictionaries, etc. Hate speech is still a significant factor in the Bulgarian Facebook feed when it comes to certain socially vulnerable groups, with the most commonly met topics of racial, religious, ethnic, and gender discrimination. Social media is a platform for the dissemination of hate speech despite the efforts of their administrators to control it with different policies, algorithms, and peer control through reporting. The content analyzed shows 16 videos and 47 pictures. The most significant interaction with content and prompted discussions are registered in the "No Offence, but..." campaign.

Conclusions. The important and significant difference between hate speech and freedom of speech has been examined through a literature review as well as what are the policies regarding hate speech if they are perceived as censorship and where is the border between them. Regarding the specifics of social media and the feeling that's created there for freedom of speech, we identified the growing need for targeted campaigns addressing the discrimination attitudes and everyday practices in Bulgarian society. Those issues, unfortunately, are insights for communication campaigns, initiated primarily by NGO's. The results show that the online environment and people participating in online communications still need to evolve for the sake of a well-informed, tolerant, and democratic society.

Keywords: hate speech; freedom of speech; discrimination; bullying; social media.

The impact of family, friends and religion on the sexual debut of Cluj-Napoca's youth

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Objectives. Socialization begins right after birth; therefore, the main source of learning is the family. Later in life, in adolescence, the importance of friendships starts to have a greater influence. The influence of religion varies according to the life stage. The aim of this study was to explore the role of family, friends, and religion on the sexual onset among the adolescents of a big Romanian town.

Material and methods. Between 2019-2021, data were obtained from 1144 high school students, studying in 9 high schools from Cluj-Napoca, aged 15 to 21 years, and residing in urban and rural areas from Cluj County. A sociological survey was applied by a local NGO, through a questionnaire including variables related to: family context, religiosity, school, peer group, the context of sexual debut, knowledge and attitudes about sexuality, risky behaviours, and values related to marriage and family. Data analysis focused on the influence of parents (education of parents, whether they talked with their child about different topics regarding sexuality), friends (discussions about sex), and religion on the type of sexual debut (whether the respondents had a healthy or a risky sexual onset).

Results. Almost half of the respondents (44.8%) experienced the sexual debut at a median age of 15 years. Mother's education was significantly associated with respondents' knowledge about sexuality, and not related to the type of students' sexual debut. It seems that the best-informed high school students about sexual matters were those with mothers who acquired a medium level of education ($\chi^2=11.64$, $p=0.020$). Even though three-quarters of all respondents did not talk at all or talked a little with their parents about sexual matters after 11 years, they would prefer to rely on their help in case of experiencing sexual problems, like the occurrence of a pregnancy (72.2%). Almost 75% of students who discussed with parents about sexuality postponed the onset of sexual life compared with only 45% of those who discussed sexual matters with friends ($\chi^2=10.28$, $p=0.006$). In this study, a healthy sexual debut was defined as being in a long-term relationship (longer than 3 months), the use of a condom at first sexual intercourse, and having over 17 years old. Only 13% of sexually active high school students experienced a healthy sexual debut, and a higher level of religiosity was associated with a healthy sexual debut ($\chi^2=8.74$, $p<0.013$).

Conclusion. This study showed the importance of involving the family and the religious community (the parishes) in the design of educational programs dedicated to the sexual and reproductive health of adolescents.

Keywords: adolescents; sexual debut; sexual education programs; Romania.

The impact of burnout syndrome on the quality of surgical services

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Objectives. To study the impact of burnout syndrome in surgeons on the quality of surgical services to patients in Eastern European countries.

Material and methods. A secondary epidemiological study was conducted. Information from primary analytical studies was synthesized and analysed. Scientific articles (no. 17) were selected from international databases, applying the search by keywords: "surgeon", "working conditions", "burnout", and "quality of surgical care".

Results. Burnout syndrome among healthcare providers can have a negative impact on the quality of patient care, including surgical care. When healthcare providers experience burnout, they may be more likely to make errors, have difficulty communicating with colleagues and patients, and experience decreased job satisfaction and motivation. Several studies have investigated the association between burnout among surgical providers and the quality of surgical care. Burnout was associated with a higher risk of self-reported medical errors and suboptimal patient care. Also, it was associated with lower patient satisfaction scores and increased rates of postoperative complications. Overall, the quality of surgical care in burnout syndrome settings may be compromised, as healthcare providers experiencing burnout may have decreased cognitive function, communication skills, and motivation to perform their duties. It is essential for healthcare organizations to address burnout and promote wellness among their providers to ensure high-quality patient care. To improve patient safety, healthcare organizations can identify areas for improvement and implement strategies to enhance patient safety. Burnout is a significant problem in healthcare, with potentially negative consequences for providers' mental health, job satisfaction, and retention. Studying burnout in surgeons can help identify risk factors and protective factors, which can inform interventions to promote provider well-being. Burnout can have significant costs for healthcare organizations, including decreased productivity, increased turnover, and lower patient satisfaction. By studying the relationship between burnout and surgical quality, healthcare organizations can identify strategies to enhance organizational performance and improve patient outcomes.

Conclusions. Overall, studying the quality of surgical services and the burnout syndrome in surgeons is critical for ensuring high-quality patient care, promoting provider well-being, and enhancing organizational performance.

Keywords: surgeon; working conditions; burnout; quality of surgical care; patient.

Loneliness in the elderly

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Objectives. With a fairly frequent indication of loneliness as a universal phenomenon, which visits every human soul at some point, its theoretical and empirical studies are practically absent. The general objective of the work is to outline, through aggregation, a coherent image and as close as possible to reality on the experience of the feeling of loneliness that affects individuals at any age, regardless of the stage of their life, and has harmful consequences. Loneliness in the third age dramatically influences existence, being intercorrelated with the person's physical and mental health, and on which psychological research leans not only to describe the complexity of its manifestations but especially to discover intervention and therapeutic ways in order to improve the quality of life. In modern society, loneliness is a widespread and global problem, which contributes to human suffering and is actually generated by the loss of the meaning of human existence.

Material and methods. The paper proposes the realization of a psychosocial and phenomenological analysis of loneliness based on the specialized literature, to delimit the relevant theoretical aspects.

Results. Loneliness is a complex psychophysiological concept, a health risk factor, and a worrying trend across the globe. It is a pervasive and universal problem for all individuals. Based on the analysis of specialized literature, it can be concluded that loneliness is a multidimensional construct associated with several variables - objective (physical health, sociodemographic variables) and subjective (mental health), which, in turn, interact with each other, creating anomalous and two-way synergies.

Conclusions. Currently, there is no consensus on what loneliness is: trouble or happiness, norm or pathology. The multitude of factors that contribute to loneliness and potential strategies to reduce it suggest that a variety of approaches are relevant to reducing loneliness among older people. Loneliness is therefore a target that must be combated from several fronts if it is to be alleviated or reduced in frequency. The progressive increase of loneliness among the elderly makes it important to study it in depth.

Keywords: loneliness; elderly; mental health; process; physical health.

Meaning, satisfaction, and quality of life in the third age

VOICU Florin Marius

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Objectives. The study aims to compare the perspectives of old persons living in residential centers with those of people in the same age group who live in a different setting in terms of life's meaning, quality, satisfaction, and perception of social support.

Material and methods. The sample included two hundred people from Bucharest, of both genders, over sixty years old, who were divided into two equal groups. The first group consists of people institutionalized in Residential Centers run by the Municipality of Bucharest's General Directorate of Social Assistance. The second group includes people who live alone or with their families and have their own homes. The research uses regression analysis for the variables the presence of meaning subscale (Michael Steger's Meaning in Life Questionnaire) defined as independent variables in the study, with one mediator the perceived social support (The Multidimensional Scale of Perceived Social Support) and dependent variables satisfaction with life (The Satisfaction With Life Scale). The Kruskal Wallis test was applied to highlight the meaning in life with the level of studies, Pearson correlation test and descriptive statistics were used in the data processing with IBM S.P.S.S. Statistical software.

Results. The variables "presence of meaning" and "perception of social support" are predictive factors for the dependent variable "satisfaction in life" $F(2, 197) = 79.818, p < .001$, indicating a significant positive impact on life satisfaction. The coefficient of determination $R^2 = .448$ highlights that the model explains 44.8% of the variation in life satisfaction. Sobel's test for mediators was significant (6.17 and $p < .001$), highlighting that the "perception of social support" mediator significantly explains that the "satisfaction with life" was predicted by the predictor presence of meaning in life (presence of meaning) with the help of the mediator.

The Kruskal-Wallis test revealed a statistically significant difference in the presence of meaning of life across the four conditions, $\chi^2(3, N = 200) = 9.14, p < .001$. The meaning was lower for group 1 (primary school) $Md = 28.5$ in comparison to group 2 (high school) $Md = 29$, group 3 (bachelor's degree) $Md = 30$, and group 4 (master's degree and Ph.D.) $Md = 31$.

Conclusions. The meaning in life is able to predict life satisfaction with the mediating variable "perception of social support", supporting earlier studies on the significance of a personal purpose in life and interpersonal connections in a social setting. Also, statistically significant differences in the presence of meaning according to the level of education were highlighted with the Kruskal-Wallis test, showing an increase in the average level of meaning in life at the higher level of education. Further data analysis follows.

Keywords: meaning in life; quality of life; life satisfaction; perceived social support.

This study is part of the doctoral research project entitled "The meaning in life at third age", Ph.D. Student Florin-Marius Voicu, coordinated by habilitated doctor in psychology, the scientific supervisor Jana Racu, at the "Ion Creangă" State Pedagogical University of Chișinău.

Internet addiction within a group of Moroccan university students

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(1), (2), (3) Laboratory of Pharmacology, Neurobiology, Anthropobiology and Environment,
Faculty of Sciences Semlalia, "Cadi Ayyad" University, Marrakesh, Morocco;

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Objectives. The Internet is currently the largest computer network on our planet. The mobile Internet usage rate in Morocco is 56%, or about 20.3 million mobile Internet users. The aim of this study is to estimate the percentage of Internet addiction, excessive use of the Internet and determine the associated factors among a group of Moroccan university students.

Material and Methods. The data were gathered from a cross-sectional study conducted in Cadi Ayyad University in Marrakesh, Morocco among 372 students aged 17 to 28 years, with 183 males (49.2%) and 189 females (50.8%). Survey elements comprised of an informed consent sheet and a questionnaire containing socio-demographic variables on students and their parents (age, gender, parent's education and occupation...). Internet use profiles were evaluated by the Internet addiction test (IAT) and total time spent online per day.

Results. Based on total IAT scores, 2.2% of students were classified as excessively addicted. On average, the total time spent online per day is 4 hours per day. The most visited sites are Facebook and WhatsApp, with 36% and 35% of students, respectively. 40% of students used Internet for entertainment (music, movies, and games), 35% for communication, and only 25% for academic research and learning. Further, Internet addiction was significantly associated with the mother's education and the father's occupation.

Conclusions. In this study, the rate of risk of excessive use of the Internet among university students is very low. However, information and communication technology has become an inseparable part of human life. It is proposed that University authorities should provide guidelines about the dangers of the Internet in order to prevent the appearance of Internet addiction.

Keywords: Internet addiction; university students; Marrakesh; Morocco.

CONFERENCE SCHEDULE

FIRST DAY OF THE CONFERENCE	
WEDNESDAY, 4th OCTOBER, Conference Room 1 Session 1: 09:00-12:00 - Romania time zone: EEST; UTC+03:00 Co-hosts: RADA Cornelia (corneliarada@yahoo.com) and PÂNIȘOARĂ Georgeta (georgeta.panisoara@fpse.unibuc.ro) Moderators: RADA Cornelia, PÂNIȘOARĂ Georgeta, FIORILLI Caterina	
9:00	ANGELINI Giacomo, ROMANO Luciano, MARCHETTI Vanessa, <i>Teachers in health: the role of burnout on engagement and well-being</i> Corresponding author: g.angelini@lumsa.it
9:15	PAOLETTI Daniela, DE STASIO Simona, RAGNI Benedetta, ROSATI Nicoletta, <i>Outdoor Education: representations and dispositions of student teachers</i> Corresponding author: s.destasio@lumsa.it
9:30	BOLDRINI Francesca, RAGNI Benedetta, DE STASIO Simona, <i>“Con i Genitori”: an Italian web-delivered group intervention supporting parental sensitivity and self-efficacy</i> Corresponding author: s.destasio@lumsa.it
9:45	MARCHETTI Vanessa, ANGELINI Giacomo, <i>Personal values and pro-environmental behavior, a possible relationship? The role of trait emotional intelligence</i> Corresponding author: v.marchetti2@lumsa.it
10:00	BENEVE NE Paula, DE STASIO Simona, TOMBOLINI Elisabetta, BUONOMO Ilaria, <i>Goose game goes to school at the time of Covid-19: qualitative analysis of the drawings made after the game session</i> Corresponding author: s.destasio@lumsa.it
10:15	PANSINI Martina, BUONOMO Ilaria, BENEVE NE Paula, <i>The JD-R Model as a theoretical framework to understand the technostress phenomenon</i> Corresponding author: m.pansini@lumsa.it
10:30	RAGNI Benedetta, PAOLETTI Daniela, DE STASIO Simona, <i>Children's Temperament, Parental Anxiety, Father Involvement, and Sleep Quality during the Covid-19 Pandemic</i> Corresponding author: s.destasio@lumsa.it
10:45	ROMANO Luciano, PANNO Angelo, <i>Adolescents' climate anxiety and intention to spend time in nature: the mediating role of social media usage</i> Corresponding author: luciano.romano@unier.it
11:00	ROSATI Nicoletta, <i>Mindfulness Practice and Outdoor Education in Early Childhood Education</i> Corresponding author: n.rosati2@lumsa.it
11:15	RUSSO Claudia, CULCASI Irene, PANNO Angelo, <i>Personal values and civic efficacy in adolescence: The moderating role of sex</i> Corresponding author: c.russo@lumsa.it
11:30	SALE Carmen, <i>Visual sociology as a tool for territorial analysis in contexts of environmental and generational injustice</i> Corresponding author: c.sale@lumsa.it
11:45	THEODOROU Annalisa, RUSSO Claudia, ROMANO Luciano, PANNO Angelo, <i>Benefits of habitual use of cognitive reappraisal for subjective vitality in virtual nature fruition</i> Corresponding author: c.russo@lumsa.it
LUNCH BREAK from 12:00 to 13:00	

WEDNESDAY, 4th OCTOBER, Conference Room 2 Session 1: 09:00-12:00 - Romania time zone: EEST; UTC+03:00 Co-hosts: MARINESCU Valentina (valentina.marinescu@gmail.com), BRANEA Silvia (silvia.branea@fjsc.ro) and ALBU Andreea (andreea.liliana.albu@gmail.com) Moderators: MARINESCU Valentina, BRANEA Silvia, ALBU Andreea	
9:00	TASTSOGLU Michalis, KONTOGIANNI Sonia, POULAKIDAKOS Stamatis, PLEIOS George, <i>Agenda Setting and Framing in the Coronavirus Era: A Content Analysis of the Pandemic News in Greek Media</i> Corresponding author: tastsog@media.uoa.gr
9:15	ANGOVA Stella, <i>Micropayments for Financing Journalism: A Case Study of the Bulgarian Media Business Model</i> Corresponding author: sangova@unwe.bg
9:30	GORCHILOVA Denitsa, <i>Online communication competencies in pandemic times: preparedness of Bulgarian public servants</i> Corresponding author: denitsa.gorchilova@unwe.bg
9:45	NIKOLOVA Maryia, <i>Media Literacy of Public Relations Professionals in Crisis Communication</i> Corresponding author: mnikolova@unwe.bg
10:00	DONCHEVA YANKOV Gergana, <i>Effective communication forms of management in the health sector in Bulgaria</i> Corresponding author: geri_doncheva@unwe.bg
10:15	VALCHANOV Ivan, <i>Anti-hate Speech Campaigns on Social Media: The Bulgarian Experience</i> Corresponding author: valchanov@unwe.bg
10:30	PAVLOVA Antonia Kamenova, „The new normal“ – Main challenges and tendencies in teams' development in Bulgaria in the context of world trends between 2020 – 2023 Corresponding author: antonia.pavlova@gmail.com
10:45	KOYCHEVA Yordanka, <i>Leadership and leadership skills</i> Corresponding author: sewnid@abv.bg
11:00	TRENOVSKA Yordanka, STANCHEVA-POPKOSTADINOVA Vaska, <i>Supervision in social work</i> Corresponding authors: y.trenovska@swu.bg ; v_stancheva@swu.bg
11:15	DIMITROVA Elitsa K., <i>Attitudes towards work-life balance and paid work of European women during the COVID-19 pandemic. A snapshot from an international survey</i> Corresponding author: elitsa_kdimitrova@yahoo.com
11:30	NAKOVA Albena, MILENKOVA Valentina, <i>Bulgarian Citizens Today – Between National and European Identity</i> Corresponding author: albena_nakova.manolova@abv.bg
11:45	TODOROVA Teodorina, <i>Women in business and science – traditional and modern ideas, equality and challenges in different European countries</i> Corresponding author: ttodorrova@gmail.com
LUNCH BREAK from 12:00 to 13:00	

WEDNESDAY, 4th OCTOBER, Conference Room 3 Session 1: 09:00-12:00 - Romania time zone: EEST; UTC+03:00 Co-hosts: NEAGU Alexandra (alexandra10neagu@gmail.com) and DINA Maria-Miana (miana.grebenar@gmail.com) Moderators: NEAGU Alexandra, DINA Maria-Miana, BUONOMO Ilaria	
9:00	DAS Kaustav, <i>Somatotype, Nutritional Status, and Nutrient Intake among the Sabar males of Purulia, West Bengal, India</i> Corresponding author: kaustavanthro@gmail.com
9:15	MUKHERJEE Koel, <i>Body Mass Index and Mid Upper Arm Circumference as different screening tools of nutritional status among the adult Jaunsari: A tribal community of Uttarakhand, India</i> Corresponding author: koelanthro@gmail.com
9:30	LE Dung Thi Kim, NGUYEN Trang Thị Nha, NGUYEN Dao Thi Anh, <i>The impact of the covid-19 pandemic on parents and children's internet use and communication behavior in urban Vietnamese families</i> Corresponding author: kimdungkls@gmail.com
9:45	PHAM Tien Sy, LE Kim Dung Thi, NGUYEN Hoai Phuong Thi, <i>The Correlation Between Family Relationships and Mental Health Problems Among Adults During the Covid-19 Lockdown in Vietnam</i> Corresponding author: kimdungkls@gmail.com
10:00	VÎLCOVA Ana, DUMITRAȘ Cristina, FERDOHLEB Alexandru, CIOBANU Elena, <i>The impact of burnout syndrome on the quality of surgical services</i> Corresponding author: elena.ciobanu@usmf.md
10:15	BOLOGAN Victoria, CIOBANU Elena, <i>Reflections on the problem of osteoporosis</i> Corresponding author: viktoriahirjau@gmail.com
10:30	CURTEANU Maria, CIOBANU Elena, <i>Bottled drinking water consumption</i> Corresponding author: uglea.maria@gmail.com
10:45	IUNAC Dmitri, GALBEN Lucia, FERDOHLEB Alina, BĂLAN Greta, <i>Antimicrobial resistance phenotypes of Staphylococcus aureus strains in the Republic of Moldova</i> Corresponding author: dmitri.iunac@usmf.md
11:00	LAZĂR Cornelia, TAGADIUC Olga, <i>The phage therapy against antibiotic-resistant bacteria</i> Corresponding author: cornelia.lazar@usmf.md
11:15	FERDOHLEB Alina, CROITORU Cătălina, CIOBANU Elena, SPINEI Larisa, <i>Health-related quality of life and the impact of antimicrobial resistance</i> Corresponding author: alina.ferdohleb@usmf.md
11:30	IBRAHIMI Silvia, HABIL SAUKU Valbona, REXHA Labinot Msc., IBRAHIMI Ervin, MARINESCU Valentina, <i>Use of COVID-19 Experience Questionnaire for the Evaluation of Psychological Well-being and COVID-19 Recovery</i> Corresponding author: silva.ibrahimi@yahoo.it
11:45	DICU Adriana, <i>Emotional disturbances of the child with separated parents</i> Corresponding author: adrianadicupsy@gmail.com
LUNCH BREAK from 12:00 to 13:00	

WEDNESDAY, 4th OCTOBER, Conference Room 1 Session 2: 13:00-16:00 - Romania time zone: EEST; UTC+03:00 Co-hosts: RADA Cornelia (corneliarada@yahoo.com) and PÂNIȘOARĂ Georgeta (georgeta.panisoara@fpse.unibuc.ro) Moderators: RADA Cornelia, PÂNIȘOARĂ Georgeta, FIORILLI Caterina	
13:00	ADDY Daniel, SMOCZYNSKI Rafal, <i>Migrant businesspeople in Eastern Europe and their strategies</i> Corresponding author: rsmoczyn@ifispan.edu.pl
13:15	KAY-FLOWERS Susan, FLOWERS-CUMMINGS Laura, <i>'The right to an education' – the case of children separated from their parents in Nepal</i> Corresponding author: S.J.Kay-Flowers@ljmu.ac.uk
13:30	DERVISHI Eglantina, CANOLLARI-BAZE Albana, RAVOLLI Skënder, <i>Experiences of corporal punishment and anxiety among adolescents in Albania</i> Corresponding author: eglantina.dervishi@unitir.edu.al
13:45	ZAKARIA Raja, AMOR Hakima, BAALI Abdellatif, <i>Internet addiction within a group of Moroccan university students</i> Corresponding author: rajazakaria1@gmail.com
14:00	PEGULESCU Anca-Mariana, <i>Gender Stereotypes in Romanian Proverbs and Their English Versions (A Cross-Cultural Study from a Social-Cognition Perspective)</i> Corresponding author: a.pegulescu@yahoo.com
14:15	MOSOIA Cătălin, <i>Social axioms, basic psychological needs, and subjective well-being through the lens of a measure of linguistic performance in the Romanian language</i> Corresponding author: catalin.mosoia@gmail.com
14:30	CAMACHO-VEGA Diego-Oswaldo, <i>Mathematics self-efficacy is related to math anxiety during math facts fluency tasks in psychology students</i> Corresponding author: diego.camacho@uabc.edu.mx
14:45	AVILA-LARIOS Arely Alejandra, CAMACHO-VEGA Diego-Oswaldo, ISLAS-LIMON Julieta Yadira, <i>Audiovisual material consumption influence on college students' emotions and daily routines</i> Corresponding author: arely.avila@uabc.edu.mx
15:00	LUCIA-ARIAS Paula, CAMACHO-VEGA Diego-Oswaldo, MARTÍNEZ-SOTO Yessica, <i>Relationship between self-efficacy and computer-supported collaborative learning in higher education students in Mexico</i> Corresponding author: paula.arias@uabc.edu.mx
15:15	MENDOZA-COLIN Antonio, DELGADILLO-RAMOS María Guadalupe, <i>Work skills of formal caregivers and quality of life of seniors in geriatric care institutions</i> Corresponding author: antonio.mendoza@uabc.edu.mx
15:30	MORALES Marcela, CAMACHO-VEGA Diego-Oswaldo, <i>Diagnosis and intervention to improve the attitude towards mathematics in higher education students</i> Corresponding author: morales.marcela@uabc.edu.mx
15:45	CROITORU Cătălina, BALAN Greta, BURDUNIUC Olga, <i>Gram-negative microorganisms, infectious diseases, and the relationship to climate change</i> Corresponding author: catalina.croitoru@usmf.md

WEDNESDAY, 4th OCTOBER, Conference Room 2 Session 2: 13:00-16:00 - Romania time zone: EEST; UTC+03:00 Co-hosts: MARINESCU Valentina (valentina.marinescu@gmail.com), BRANEA Silvia (silvia.branea@fjsc.ro) and ALBU Andreea (andreea.liliana.albu@gmail.com) Moderators: MARINESCU Valentina, BRANEA Silvia, ALBU Andreea	
13:00	PETROVA Diana, <i>Shared education - the challenges for the family and the school</i> Corresponding author: tartaletka89@abv.bg
13:15	DIMITROVA Albena, <i>Bilateral Differences in Body Composition Components of Young Athletes</i> Corresponding author: albena_84@abv.bg
13:30	HURBO Tatyana, SKRYHAN Halina, <i>Physical development of modern youth of Belarus and some socio-demographic factors of their families</i> Corresponding author: hurbo@mail.ru
13:45	MARFINA Volha, HURBO Tatyana, SKRYHAN Halina, <i>Differences in the development of overweight and underweight in young Belarusians and their parents and the connection between anthropometric parameters of two generations</i> Corresponding author: hurbo@mail.ru
14:00	POLINA Natalya, <i>Dynamics of carpal dynamometry indicators among schoolchildren of a Belarusian city in the first decade of the 21st century</i> Corresponding author: natpolina@mail.ru
14:15	SKRYHAN Halina, HURBO Tatyana, <i>Self-assessment of physical development and its self-correction among adolescents in Belarus</i> Corresponding author: galanca@mail.ru
14:30	BONDAREVA Elvira, PARFENTEVA Olga, VASILEVA Aleksandra, MAZURINA Natalya, ERSHOVA Ekaterina, KOMSHILOVA Ksenia, KULEMIN Nikolai, <i>Agreement of bioimpedance analysis and ultrasound scanning for body composition evaluation in the group of adult females</i> Corresponding author: Bondareva.E@gmail.com
14:45	ALBU Adriana, CEBANU Serghei, ALBU Sonia Elena, GHICA Cătălin Dragoș, <i>Assessment of eating habits in the transition stage from adolescence to young adulthood</i> Corresponding author: dragos.ghica@yahoo.ro
15:00	HAVRLJENKO Jelena, KOPITOVIĆ Vesna, TRNINIĆ PJEVIĆ Aleksandra, MILATOVIĆ Stevan, PAVLICA Tatjana, <i>Age-related infertility in women</i> Corresponding author: tatjana.pavlica@dbe.uns.ac.rs
15:15	FALUDI Cristina, DAMȘA Crina, MOLDOVAN Iustina, <i>Tailoring sexual education programs for high school students – an exploratory study of adolescents' sexual knowledge, attitudes, and behaviours</i> Corresponding author: cristina.faludi@ubbcluj.ro
15:30	VICSAI Noemi-Ivette, MOLDOVAN Iustina, <i>The impact of family, friends, and religion on the sexual debut of Cluj-Napoca's youth</i> Corresponding author: noemi.vicsai@stud.ubbcluj.ro
15:45	CRISTEA Nina Florentina, <i>The Impact of the Pro-Natal Ceaușescu Policy on Family Relations in Romania (1970-2000)</i> Corresponding author: cristea.nina@gmail.com

SECOND DAY OF THE CONFERENCE	
THURSDAY, 5th OCTOBER, Conference Room 1	
Session 1: 09:00-12:00 - Romania time zone: EEST; UTC+03:00	
Co-hosts: RADA Cornelia (corneliarada@yahoo.com) and NEAGU Alexandra (alexandra10neagu@gmail.com)	
Moderators: RADA Cornelia, NEAGU Alexandra, DE STASIO Simona	
9:00	CENUȘĂ Maria, TURLIUC Maria Nicoleta, <i>Parents' emotional regulation as a mediator between parents' beliefs about children's emotions and children's social skills</i> Corresponding author: turliuc@uaic.ro
9:15	PETRICĂ Elena, PĂNIȘOARĂ Georgeta, <i>The influence of parental competence and stress on the level of parental self-efficacy in raising and educating children</i> Corresponding authors: elena.petrica@drd.unibuc.ro ; georgeta.panisoara@fpse.unibuc.ro
9:30	ROȘU Alexandra Maria, ȘIȚOIU Andreea, PĂNIȘOARĂ Georgeta, <i>Effects of parental support on youth and adult self-efficacy</i> Corresponding authors: andreea.sitoiu.20@drd.unibuc.ro ; georgeta.panisoara@fpse.unibuc.ro
9:45	ȘIȚOIU Andreea, PĂNIȘOARĂ Georgeta, <i>Perfectionism and intolerance of uncertainty in the context of parental support</i> Corresponding authors: andreea.sitoiu.20@drd.unibuc.ro ; georgeta.panisoara@fpse.unibuc.ro
10:00	JICMAN Andreea-Diana, <i>The drama trainer working with vulnerable groups. Challenges, limits and skills</i> Corresponding author: andreea.jicman@unatc.ro
10:15	JICMAN Andreea-Diana, DOBREA Georgiana-Adelina, LIXĂNDROAIA Ioana-Mădălina, VICOVAN Ana Maria Victoria, <i>Theatre workshop as a means of support for young people in situations of social risk</i> Corresponding author: andreea.jicman@unatc.ro
10:30	VOICU Florin Marius, <i>Meaning, satisfaction, and quality of life at the third age</i> Corresponding author: fvoicu78@yahoo.com
10:45	DUMITRIU Claudia Gabriela, <i>Grooming in child sexual abuse: Conceptual issues and characteristics of the process dynamics</i> Corresponding author: gabrielacdumitriu@gmail.com
11:00	TEODOR Sorina, <i>Personality profile and predisposition to adjustment disorders in psychology students</i> Corresponding author: teodorsorina@gmail.com
11:15	STERIE Maria Cristina, <i>Group psychotherapy versus individual psychotherapy for Cluster B clients</i> Corresponding author: csterie@yahoo.com
11:30	STERIE Maria Cristina, <i>Difficulties of parenthood in personality disorder individuals</i> Corresponding author: csterie@yahoo.com
11:45	TĂNASE George Radu, RADA Cornelia, <i>Challenges and obstacles in liver transplantation in Eastern Europe</i> Corresponding author: radu.tanase@ymail.com
LUNCH BREAK from 12:00 to 13:00	

THURSDAY, 5th OCTOBER, Conference Room 2 Session 1: 09:00-12:00 - Romania time zone: EEST; UTC+03:00 Co-hosts: MARINESCU Valentina (valentina.marinescu@gmail.com) and BRANEA Silvia (silvia.branea@fjsc.ro) Moderators: MARINESCU Valentina, BRANEA Silvia, CAMACHO-VEGA Diego-Oswaldo	
9:00	TALPĂ Alexandra-Ioana, <i>Program evaluation of the therapeutic Yuppi camps for chronically ill children in Romania</i> Corresponding author: alexaioana15@yahoo.com
9:15	ȘTEFAN Florin, NIJLOVEANU Dorina Maria, <i>Validation study of the questionnaire on the perception of the effects of prayer</i> Corresponding author: dorina.nijloveanu@unibuc.ro
9:30	BUMBARU Mihaela, FINIȘAN Argentina, VANCU Gabriela-Sorina, KOZMA Andrei, <i>Transgenerational Trauma - Psycho-Somatic Aspects</i> Corresponding author: argentina.finisan@gmail.com
9:45	GAVRILA-ARDELEAN Mihaela, <i>Competencies of the Peer Support Worker</i> Corresponding author: miha.gavrila@yahoo.com
10:00	GAVRILA-ARDELEAN Liviu, GAVRILA-ARDELEAN Mihaela, KOZMA Andrei, <i>Aesthetics of Dental Prosthetics in the Context of the Need for Social Functionality</i> Corresponding author: dr.ka.mailbox@gmail.com
10:15	LILE Ramona, GAVRILA-ARDELEAN Mihaela, <i>Improving the competencies of teachers in the field of entrepreneurship through the EDUBUSINESS project</i> Corresponding author: miha.gavrila@yahoo.com
10:30	ANDREI Dalina-Maria, <i>Balance or conflict in the work-family relationship, as a result of the COVID-19 pandemic</i> Corresponding author: dalinaandrei@yahoo.com
10:45	RAIU Sergiu, BEJENARU Anca, IOVU Mihai, <i>Adoption disruption among hard-to-place children in Romania: current situation and predisposing risk factors</i> Corresponding author: sergiu.raiu@atlas.usv.ro
11:00	NACU Florin, <i>The "Vietnam syndrome". Drugs, war and the issues of social reintegration of the veteran soldiers into civilian life. A study case on the American cinema</i> Corresponding author: florinnacu86@yahoo.ro
11:15	TURCU Diana Mihaela, <i>Factors determining procrastination in college students</i> Corresponding author: dianaturcu2003@yahoo.com
11:30	VLAICU Cristina, <i>Loneliness in the elderly</i> Corresponding author: cris.vlaicu@yahoo.com
11:45	CONSTANTIN Cristian-Nicolae, <i>Developing creativity of teenagers and young adults through art-therapeutic techniques</i> Corresponding author: cristian.constantin@crisact.ro
LUNCH BREAK from 12:00 to 13:00	

THURSDAY, 5th OCTOBER, Conference Room 1 Session 2: 13:00-15:45 - Romania time zone: EEST; UTC+03:00 Co-hosts: RADA Cornelia (corneliarada@yahoo.com) and NEAGU Alexandra (alexandra10neagu@gmail.com) Moderators: RADA Cornelia, NEAGU Alexandra, DE STASIO Simona	
13:00	ALBU Andreea-Liliana, <i>Perspectives on sex education</i> Corresponding author: andreea.liliana.albu@gmail.com
13:15	BUZDUGAN Cătălina, Anosmia - the connecting link between Alzheimer's disease and COVID-19. A case study Corresponding author: catalina.buzdugan@gmail.com
13:30	JIANU Maria-Magdalena, NIȚĂ Elisabeta, <i>About teacher burnout</i> Corresponding author: beti_iris@yahoo.com
13:45	BACTER Claudia, SĂVEANU Sorana, BUHAȘ Raluca, MARC Cristiana, <i>Quality of housing: the perception and satisfaction of children around the world</i> Corresponding author: ralubuhass@gmail.com
14:00	OLTEANU Cătălina Simona, BURTĂVERDE Vlad, <i>The well-being and health of the child as predictors of the father's investment, moderated by altruism level</i> Corresponding author: catalinasimona33@gmail.com
14:15	LUNGU Mihaela, RADA Cornelia, <i>Couple and group dancing as a psychotherapeutic tool for tackling anxiety, depression, and stress symptoms of young people</i> Corresponding author: maylla_lungu@yahoo.com
14:30	LUNGU Mihaela, RADA Cornelia, FALUDI Cristina, <i>Negative emotions associated with physical activity alteration due to COVID-19 Pandemic, for Romanian Students – a Qualitative Approach</i> Corresponding author: maylla_lungu@yahoo.com
14:45	MARINESCU Valentina, BRANEA Silvia, ROVENȚA-FRUMUȘANI Daniela, <i>Changes in teaching methods during Covid-19 pandemic in Romania</i> Corresponding author: valentina.marinescu@gmail.com
15:00	MARINESCU Valentina, RODIDEAL Anda Anca, MARINACHE Ramona, <i>Risks and opportunities for education in Romania during Covid-19 pandemic</i> Corresponding author: valentina.marinescu@gmail.com
15:15	CIURBEA Flavia-Elena, RADA Cornelia, <i>Emotional stability and affective distress in young people convicted of nonviolent crimes</i> Corresponding author: ciurbeaflavia@gmail.com
15:30	DINA Maria-Miana, RADA Cornelia, <i>Personality traits found in inmates who are former drug users</i> Corresponding author: miana.grebenar@gmail.com

NOTE. This schedule may be subject to change depending on the authors of abstracts as well as the dynamics of their particular time zone. This will **NOT** affect the content or duration of the activities. One of the co-authors can give two or more presentation if the main co-author cannot participate.

Thank you for your contribution to the Conference.
 Congratulations on your valuable work.
 We look forward to seeing you at the next conference in 2025.