

Social Psychology Days 2021

ABSTRACT BOOKLET



University of Helsinki

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Thursday, April 15, 2021

10.40-12.20 Simultaneous Online Working Groups 1:

1. Social contacts, parenthood and wellbeing (Days 1 and 2) (Tuija Seppälä, Reetta Riikonen, Paula Paajanen, Tampere University, UTA), Slots 1 and 3

In this working group, we look at intra- and intergroup contacts in the context of parenting. Becoming a parent has many effects on parents' social contacts. In this life stage, the importance of previous social relationships and contacts with those outside the family can hinder whereas often the relationships with both the childhood family and other families with children become central. Child affords parents new possibilities for contact through taking care of the child's needs, participating in recreational activities for families and children, and kindergarten and hobbies. The need for social support and company can motivate parents to seek services as well as encounters with other parents and children.

Social contacts, friendships, and group memberships related to parenthood can provide socio-psychological resources that support well-being, while the absence of social relationships can complicate access to social support and undermine well-being. Poor social relationships, such as negative contacts, exclusion, or intergroup conflicts can deepen the ill-being.

What kind of opportunities parenting offers for intra- and intergroup contacts, and how these opportunities occur in everyday life? Which factors support and which hinder parents' social contacts and support? How are contacts experienced by parents, whose local networks are intrinsically thinner, for instance because of regional or international migration? What kind of cultural understandings relate to parents' intra- and intergroup contacts?

1. Lada A. Aleksandrova, Victorija I. Marcova (Moscow State University of psychology and education): Parental burnout and psychological resources at Pandemic times

Background. study was based on Positive psychology approach to disability (Wehmeyer), on concepts of Hardiness (Maddi), psychological resilience concept self-determination theory (Deci&Ryan), Lazarus&Folkman theory of stress and cognitive appraisal, C.Maslach burnout concept modified for parenting analysis. Hypothesis: parents raising children with disabilities are more vulnerable to Pandemic-based concerns and threats than those raising children without disabilities. Sample Characteristics and Design: Parents raising children with disabilities of different age including grown-up ones, N=211, parents of big families N=230 participated in the study. We used Hardiness survey (Maddi,1981), Subjective Vitality scale (Ryan&Frederick,1997), Generalized Self-efficacy scale (Shwartz&Jerusalem, 1981), Short resilience scale (Smith et al,2008), Feelings of uncertainty&threat Questionnaire (Chen, et al., 2015). Parental burnout questionnaire, based on Maslach "burnout" inventory. Results We found no difference in parental burnout, psychological resources (hardy attitudes, resilience, Subjective vitality, Self-efficacy), feelings of uncertainty and threat depending on child's disability type, disability presence/absence. Only exposure to COVID-19 mattered, raising parental feelings of uncertainty and threat in different fields which, in turn, impacted all variables under study. Parental burnout becomes heavier in both groups as COVID-based concerns raised. It also may impact their children' wellbeing, academic achievement psychological resources needed to cope with their diseases, stresses and challenges Scientific

Contribution Parental responses to Pandemic depend on their personality resources and personal exposure to COVID-19 rather than on disability presence/absence in children they take care of. So initial hypothesis was not supported. But results of correlational analysis between pandemic concerns, psychological resources and parental burnout deserve to be shared

2. Tuija Seppälä (UTA), Reetta Riikonen (UTA), Paula Paajanen (UTA), Clifford Stevenson (Nottingham Trent University, UK) & Eerika Finell (UTA): Social integration, exclusion and isolation: First-time mothers' experiences of

In this presentation we explore first-time mothers' experiences of building social relationships with other mothers in their residential area. Becoming a mother affects women's social relations in many ways when their daily lives with young children are anchored close to home. Relationships with other mothers living nearby can afford various resources which support well-being of new mothers and their children. We followed the development of nine Finnish mothers' social relationships with other mothers in two multiethnic neighbourhoods of Helsinki over the course of one year. These first-time mothers were interviewed three times during this period. Using narrative analysis, we identified three story types depicting mothers' integration with other local mothers: social integration, social exclusion and social isolation stories. We found that mothers' active attendance in various local groups, clubs and events for mothers and children did not necessarily lead to meaningful integration with other mothers. Mothers who were open-minded about other local mothers and experienced similarity with them were the most strongly integrated with other mothers at the end of the study. In contrast, incompatibility between mothers' lived experiences or personal ideals of motherhood and their perceived normative expectations related to motherhood were associated with weaker integration and social isolation. It was notable in our study that mothers who needed support particularly felt like outsiders and experienced hardship in building meaningful and supportive relationships with other local mothers. The barriers to joining should be tackled by social and health services via health communication and education.

3. Reetta Riikonen (UTA), Eero Suoninen (UTA), Paula Paajanen (UTA), Clifford Stevenson (Nottingham Trent University, UK) & Eerika Finell (UTA): Mothers' interpretative repertoires about intergroup contact

In the present study, we examined how ethnic majority and minority mothers position themselves in relation to interpretative repertoires of contact in their accounts of intergroup encounters. Although benefits of intergroup contact are well-known, less is known about how it is understood and represented in accounts of everyday life. Therefore, it is important to analyze interpretative repertoires regarding everyday intergroup contact. The data consist of interviews of 22 mothers of small children representing both Finnish majority and ethnic minorities living in two multi-ethnic neighbourhoods in Helsinki, Finland. Critical Discursive Psychology (CDP) was used to analyze the data. The analysis identified six interpretative repertoires that both majority and minority mothers used to construct intergroup contact in terms of the agency and responsibilities of mothers. In addition, the repertoires differed on the level of categorization of mothers. For example, mothers were categorized as individuals to diminish the intergroup context. The results show that ethnic majority and minority mothers share an understanding about intergroup contact situations and the challenges they pose. Moreover, their accounts evidence shared constructions of who has control of the intergroup contact situation and the power to act in it.

4. Paula Paajanen, Tuija Seppälä, Clifford Stevenson & Eerika Finell: Ethnic minority mothers' experiences of everyday intergroup contacts in mixed

Studies on intergroup contact have shown how the real or imagined presence of fellow ingroup members affect the occurrence and experience of everyday encounters with outgroup members. Prior qualitative research in real-life settings has further illustrated how everyday contacts happen within a complex matrix of different actors and relations in the social context. In this study we explore how being a young child's mother shapes immigrant mothers' contact experiences in multi-ethnic neighborhoods. Ten immigrant mothers living in Helsinki, Finland, were interviewed twice over a six-month period about their everyday life and intergroup interactions in their locale. Using a thematic analysis, we identified four themes evidencing the diverse ways in which motherhood can augment and shape the intergroup contact experiences. Motherhood affords these women new needs as well as opportunities for encounters with outgroup members, but it can also complicate contact situations and engender emotional vulnerability. We recommend that local family services offer targeted support to scaffold these intergroup encounters among parents and their children.

5. Elina Turjanmaa (University of Oulu): Postmemory of forced migration: Family remembrance and psychological wellbeing

Intergenerational transmission of family memories takes place in family communication. In the context of forced migration, however, family remembrance may become physically and mentally difficult as families are often exposed to persecution, deportations, dispersal of the family members, and other potentially traumatic events. Marianne Hirsch has used the concept of postmemory to describe how powerful, often traumatic, experiences of the parents are transmitted to second generation so deeply as to seem to constitute memories in their own right. Consequently, also the descendants of "survivors" have to cope with the burdening memories. In this presentation, I will present a theoretical premise and possibly some preliminary findings of my on-going post-doc project. The study is part of a wider research project Postmemory of Family Separation: An Intergenerational Perspective (Academy of Finland, 2019-2023). In my study, I examine the occurrence of postmemory among Ingrian Finns, whose parents and/or grandparents were forced to leave their homes or were displaced after the Russian Revolution, in the Stalin era, and World War II in the Soviet Union. I combine the perspectives of memory studies with the research on intergenerational resilience, and ask, how forced migration and communication about the family's past influence the well-being and identities of the second and third generation. By collecting a survey data on second and third generation Ingrian Finns in Finland, Sweden, and Estonia, I study the long-term intergenerational effects of forced migration and the role of family remembrance in the process.

2. Perspectives on the construction of selves and social relationships (Satu Venäläinen, Paul Cottier, Miira Niska, University of Helsinki), Slot 1

1. Emmi Koskinen (University of Helsinki): Self, Social Interaction, and Asperger's: Analyzing Face-Work Practices

According to the classical ideas of G. H. Mead (1934), we are more or less consciously seeing ourselves the way that others see us, and we are perpetually putting ourselves in the role of others. This mechanism, according to Mead, is essential in the formation of (self-conscious) self. Studies have shown that individuals with autism can have challenges in seeing the world from others' perspectives. As the ability to "read minds" is intimately connected to the ability to reflect on one's own thoughts, there have been several theories that link autism to atypical development of self. In social interaction, the reciprocal protecting of selves and their worthiness, face-work (see Goffman 1955), has been considered an omni-present concern and thus a constant task of interactants. In the present study, we compare the face-work practices of neurotypical participants (NT) and participants diagnosed with Asperger syndrome (AS) by means of Conversation Analysis. The dataset consists of ten videotaped 45–60-minute dyadic conversations, where one participant has been diagnosed with AS and the other participant is neurotypical. In this study, we will focus on a collection of "face-threatening tellings", where participants describe situations where their selves are presented in unfavorable light. We found differences in the ways in which AS- and NT-participants orient to the face-threats, both as tellers and as story-recipients. We discuss our findings in relation to theories of self in interaction, with an aim to illuminate both typical and atypical interactional practices of face-work.

2. Miira Niska & Kari Vesala (University of Helsinki): Discursive social psychological perspective on agent-principal relations

Social scientists commonly understand agency as individual ability to act and make things happen. (Social) psychologists examine self-control and self-regulation, and sociologists mull over ways in which social structures constrain and enable individual action. The question, for whom do agents make things happen, has received far less attention. The relationship between agents and their principals has been a topic in economics more often than in social sciences and the most influential theoretical perspective on agent–principal relations has been the agency theory. The theory has been widely discussed but also reformulated. In this paper, we make two arguments: (a) besides agency over something (or someone), social scientists should focus on agent-principal relations and agency for someone (or something), and (b) discursive social psychology provides a beneficial theoretical perspective to complex and ambiguous agent-principal relations.

3. Sakari Ilomäki (Tampere University): Intersubjectivity in video-mediated interaction

The current COVID-19 pandemic has pushed us to carry out our relationships in different digital media. Contemporary social psychological research has mainly concentrated on studying identity formation, norms and social influence in different digital communities, and attitudes towards digital technologies. In this presentation, I approach digitalised social relationships from the perspective of intersubjectivity. The data for the presentation comprises video-recordings of video-mediated (VM) encounters in group health counselling, tele-homecare and tele-consultations, which I have analysed using Conversation Analysis. Drawing insights from symbolic interactionism, phenomenology, intercorporeality and ethnomethodology I analyse what kinds of challenges for

intersubjectivity emerge in these VM encounters, how they are recognised and how interactants treat these challenges. VM produces two fundamental challenges for maintaining a shared understanding. First, the transmission delay alters the timing of single action and thus the participants interact in non-mutual interactional realities. Second, the limited of video frames produce fractured ecologies which hinders the construction of shared understanding of body movement and use of artefacts. These dynamics produce different kinds of ruptures of intersubjectivity, ranging from those that are present but remain unnoticed, those that are noticed but not explicated and those that are explicated. How the interactants manage these ruptures is dependant on how they shape the possibility to act properly in a given situation, that is to produce a sequentially relevant next action. VM, and digitalisation of social relationships in general, calls for reconsidering the central features of building intersubjectivity, such as position exchange.

4. Satu Venäläinen (University of Helsinki): Selves without boundaries? On affect and violence

The separateness of individuals, which is the prerequisite for the notion of individualized selves, is a commonsense assumption on which much psychological as well as social-scientific theorizing inherently rests, and in the reproduction of which they participate. However, this notion has also been questioned for instance in theories on affect, and more broadly new materialist thinking, where the emphasis is on inherent relatedness, processual entwinements, and inseparability of all human and nonhuman actors, along with the assumption of the capacity to affect and be affected that crosses the boundaries between individuals and their social and natural environments. In light of such theorizing, the notion of individuals with clearly demarcated boundaries appears as a neoliberal fiction based on individualized normativity that severs the ties that bind us together and constitute us as inherently vulnerable to others' affect. In addition to enacting a critique of individualism, this perspective allows viewing violence, targeted at humans as well as nonhumans, as practices aimed at establishing social and individual boundaries and thus maintaining the illusion of separateness. More specifically, violence, including sexualized harassment, can be seen from such perspective as abuses of inherent vulnerability that trouble embracing the lack of boundaries, and force the uneven, and notably gendered, effects of such a lack on display. My presentation asks: what kinds of selves does affect theory allow us to conceive, and how do these selves become intelligible in relation to violence, conceived as practices whereby the permissibility of boundary-crossing becomes a mechanism of social distinction?

3. Into work life: organizational (social) psychology, Chair: Jie Li (The Finnish Institute of Occupational Health) Slot 1

1. Birgit Schyns (Neoma Business School, Campus Reims, France): What motivates narcissistic individuals to lead? Testing self-concept and identity levels

Organizations are looking to hire and promote employees who are motivated to lead. However, not all employees strive to lead for the same reasons. We address the question whether narcissism represents a possible dark-side antecedent that motivates individuals to lead, who are not necessarily best suited to do so. Using an identity theory framework, we test two mechanisms (self-theories and identity levels) to explain why this may be the case. We argue that narcissism aligns with self-concepts from the agentic domain (i.e., seeing oneself as high on agentic as opposed to communal traits). Further, we expand this explanation to the mechanism of identity levels (i.e., seeing oneself as different from others). Results from three studies, with data collected across two cultures, supported the relationship between narcissism and affective motivation to lead. In an individualistic culture (UK), agentic self-theories mediated this relationship in Study 1 (N=228 employees). However, adding individual level identity in Study 2 (N=241 employees) showed a stronger indirect effect. Replicating the results in a collectivistic culture (China; Study 3, N=150 employees), the effect of individual level identity disappeared after controlling for collective identity. Our findings add to the understanding of narcissism as a dark-side antecedent that drives individuals to lead because they seek to stand out from the crowd in individualistic but not in collectivistic contexts. Our research thereby contributes to the cross-cultural understanding of narcissism and leadership.

2. Isabel Correia, Andreia Almeida & Miriam Varela (ISCTE - Instituto Universitário de Lisboa): Professional Identification, Justice Perceptions, Empathy and Meaningful Work

Burnout has been recognized as a serious health problem and, particularly, the high incidence of burnout in human and animal health professionals has been recognized as a threat, not only to the professionals themselves but also to their patients and the organizations in which they work. The present paper aims 1) to identify the core psychosocial variables that might be protective factors for burnout; 2) and intends to compare their predictive and unique impact in the prediction of burnout (exhaustion and disengagement). The variables considered as predictors were professional identification, perceptions of justice, meaningful work and empathy. We also controlled for workload as a risk factor, and for other variables that can be confounds for burnout, such as socio-demographic variables, ideological variables, and variables related with the specific work context of each professional group. The sample of the present study was composed by 229 physicians, 268 nurses, 266 veterinarians and 96 veterinary nurses. An online survey was created using Qualtrics and participants were recruited via Facebook and LinkedIn. Multiple regression analyses were performed for each burnout dimension (exhaustion and disengagement) for each professional group. The most consistent protectors across samples were professional identification and justice perceptions. Workload and affective empathy (but not cognitive empathy) were risk factors for exhaustion in all samples. Meaningful work was a significant protector only for disengagement in nurses and veterinarians.

3. Silvia Filippi (University of Padua): Perceived work life balance: does economic inequality matter?

Work-life balance (WLB) is a long-debated topic in science and a new policy priority in the European Union, recognized as a fundamental part of people's well-being. Multiple factors at the individual, organizational and country level shape individuals' perceived WLB. Until recently, little attention was given to the role of economic inequality on people's perception of WLB, and, therefore, how

economic inequality is related to WLB remains a key empirical question. Based on the limited literature, it is clear that more unequal countries tend to have longer working hours, a relevant indicator of work life imbalance. Psychological research suggests economic inequality is linked to the tendency of people to be more concerned about their social status and strive to maintain it. Status anxiety and competition within the workplace influences individuals' allocation of time between labour and leisure, often resulting in longer working hours. In Study 1 we experimentally tested a) the effect of economic inequality on perceived work-life balance and b) the role of status anxiety in mediating this relationship. In Study 2, we provided a replication and advancement of Study 1 by manipulating economic class in addition to economic inequality. Results showed that in more unequal contexts people perceived less work-life balance through a partial mediation of status anxiety and competitiveness. We also found that class matters, with economic inequality mainly affecting low-class individuals.

4. Jie Li (The Finnish Institute of Occupational Health): Young adults in the waves of working life

In an ever-changing Finnish working life, emerges a rising concern towards young adults. There are indicators of a deteriorating situation in terms of mental health and well-being. Excluding the Finnish youth barometer, few national surveys delve exclusively into the state of mental health situation amongst young adults. Also, the public attention often tends to orient towards mental health issues, instead of promoting and maintaining positive mental health. This presentation aims to introduce "Young adults in the waves of working life (working title)" - a research project, funded by the Finnish Institute of Occupational Health. Nationally representative data will be collected from young adults (ages 23-34) and comparison data from older participants (ages 35-65) in 2021, and a follow up in 2022. The project includes both the positive (e.g. flourishing, work engagement) and negative (e.g. depression, anxiety disorder, burnout) perspective of mental health and well-being. Also, a variety of work and career-related themes are included (e.g. sustainable careers, job crafting, servant leadership). One of the first objectives is to develop well-being profiles by utilizing person-centered methods. We acknowledge that young generations such as millennials are not a homogeneous group, but are different and therefore form different profiles in terms of well-being. By determining profiles, we gain information on how antecedents are related to different profiles. Overall our project provides the potential to study young adults diversely by comparing different types of profiles and comparing them to older participants to identify phenomenons that are specific for young adults.

5. Federica Previtali (Tampere University): Entering the dark room of job interviews: the relevance of stage of life in negotiations of employability

Older workers face increasing challenges in re-entering the job market. The COVID-19 pandemic has hardened this difficulty and job offers for applicants in their late working life are decreasing. Work has a fundamental importance in personal life and workers may surrender to the idea that they are not eligible for jobs because of their age, even at relatively young age. Previous research has focused on investigating recruiter's implicit and explicit biases. My study approaches age as a social category and ageism as a relational and discursive phenomenon done in social interaction. This approach stems from the importance of understanding how age is done in institutional interactions by participants to study how they jointly construct meaning related to ageing and related social norms.

My study investigate how age is used as a discursive and argumentative resources in the interaction by job applicants and recruiters in structured job interviews. The data are video recordings of job interviews (20) from an Italian recruiting company. The analysis is based on membership categorization analysis to pinpoint how members orient to and make relevant age, ageing and stage of life categories in situ. In recruitment practice, speakers do not explicitly refer to chronological age, but use related category's descriptors to negotiate their employability. Age norms are discussed, and their shared understanding, produced by speakers, allow us to reveal the roots of age stereotypes in institutional interaction.

4. Miten sote-henkilöstö jaksaa muuttuvassa maailmassa: työolot, toimintatavat ja hyvinvointi (Timo Sinervo, THL; Laura Pekkarinen, KEVA), Slot 1

Työryhmässä paneudutaan erityisesti sosiaali- ja terveyspalvelujen, mutta myös esimerkiksi tukipalvelujen, henkilöstön työoloihin, toimintatapoihin ja työhyvinvointiin ennen sote-uudistusta. Työryhmään kutsutaan abstrakteja, joissa henkilöstön tilannetta tutkitaan esimerkiksi jäsentämällä nykyisiä olosuhteita, aiempien muutosten seurauksia, tai tarkastellaan tulevia muutoksia. Esimerkkejä muutoksista ovat koronapandemia, sote-uudistus, muut organisaatiomuutokset, tai henkilöstörakenteen, kuten ikääntymisen ja työvoimapulan aiheuttamat, muutokset.

1. Alix Helfer (A-klinikkasäätiö): Koronapandemian vaikutukset järjestöjen tavoittamien ihmisten arkeen: terveydent

Tausta: Suomessa on eletty poikkeusarkea maaliskuusta 2020 lähtien. Koronaviruksen leviämisen hillitsemiseksi asetetut rajoitukset ovat tuntuneet jokaisen arjessa ja vaikuttaneet erityisesti sote-järjestöjen toimintaan. Tavoitteet: Tutkimuksessa selvitettiin, miten terveydentila vaikutti sote-järjestöjen tavoittamien ihmisten kokemuksiin ja selviytymiseen poikkeustilan aikana. Menetelmät: Tutkimuksen aineisto koostui 531 vastauksesta verkkokyselyyn toukokuussa 2020. Aineistoa kerättiin 21 järjestön kautta. Kysely sisälsi strukturoituja ja avoimia kysymyksiä terveydestä, toimintakyvystä ja elämäntilanteesta sekä vastaajan näkemyksiä koronapandemian vaikutuksista omaan ja läheisten elämään. Kyselyyn vastanneista 16 % käytti mahdollisuutta jättää puhelinnumero puhelinhaastattelua varten ja 65 henkilöä haastateltiin kesä-heinäkuussa. Kyselyvastausten perusteella muodostettiin neljä ryhmää seuraavassa prioriteettijärjestyksessä: perussairauden takia COVID-19 riskiryhmään kuuluneet (n = 137), mielenterveys- tai päihdeongelmia kokeneet (n = 109), muun sairauden takia arjessa vaikeuksia kokeneet (n = 98) ja perusterveet (n = 187). Tulokset: Järjestöjen yhteistyössä toteuttamalla verkkokyselyllä tavoitettiin alueellisesti laaja-alainen joukko vastaajia. Omaan ilmoitukseen perustuva terveydentilan ryhmittely oli vahvasti yhteydessä koettuun toimintakykyyn, mikä vahvisti ryhmittelyn käyttökelpoisuutta. Joka kymmenes verkkokyselyyn vastannut oli kokenut elämänsä pääasiassa parantuneen ja toinen kymmenes elämänsä pysyneen entisenlaisena koronakevään aikana. Muissa vastauksissa korostui elämänpiirin kapeutuminen, yksinäisyyden syveneminen ja monien yhtäaikaisten kuormitustekijöiden kasaantuminen. Terveysryhmien välillä oli eroja siinä, millaisia

huolia oli koettu. Mielenterveys- ja päihdeongelmia kokeneilla korostuivat poikkeustilan negatiiviset vaikutukset toimintakykyyn ja psyykkiseen hyvinvointiin. Haastatteluissa nousi esille poikkeusolojen vaikeuksien monitahoisuus ja sosiaalisten suhteiden merkitys. Johtopäätökset: Itseraportoidulla terveydentilalla oli yhteyttä siihen, miten poikkeustilan vaikutukset koettiin ja millaisia tarpeita se aiheutti. Ongelmien kasautumisen riski oli suuri niillä, joilla oli ennestään vaikeaa. Vastaisuudessa on löydettävä parempia keinoja kohtaamisen, palveluiden ja tuen jatkuvuuden takaamiseen myös kriisi- ja poikkeustilanteissa.

2. Sami Jantunen (Kaakkois-Suomen ammattikorkeakoulu -Xamk): Mitkä asiat vaikuttavat kotihoidon työntekijöiden työhyvinvointiin?

Kotihoidon palvelujen tarve kasvaa ikääntyvän väestön myötä. Asiakkaat ovat yhä monisairaampia ja heidän palvelutarpeensa on yhä laajempi. Kotihoidon työn sisältö on muuttunut entistä moninaisemmaksi ja laaja-alaista osaamista vaativaksi. Lisäksi korona on tuonut lisäkuormitusta ja uusia vaatimuksia myös kotihoitoon. Kotihoito on uudistumishaasteen edessä. Meneillään olevassa Vetovoimainen Kotihoito-hankkeessa kehitetään kotihoidon vetovoimaisuutta niin, että kotihoidon työntekijöiden työurat jatkuvat ja kiinnostus alalle hakeutumiseen lisääntyy. Hanke pureutuu kotihoidon haasteisiin työntekijöiden näkökulmasta. Kotihoidon lähiesimiehet ja muu henkilöstö on avainasemassa hankkeen kehitystyössä. Toimenpiteet ja kokeilut lähtevät heidän käytännön kokemuksistaan ja tarpeistaan. Onnistuneita kokeiluja mallinnetaan laajemmin käytettäväksi. Tässä esityksessä kerromme hankkeessa järjestetyn kotihoidon työhyvinvointiin liittyvän työpajan tuloksista. Kysyimme sekä kotihoitajilta että heidän esimiehiltä arjen asioita, mitkä ovat tehneet heidät työssään tyytyväiseksi tai tyytymättömiksi. Hyödyntäen virtuaalista päätöksentekojärjestelmää, kotihoidon työntekijät kirjasivat työhyvinvointiin liittyviä asioita, sekä tunnistivat niiden pohjalta työhyvinvointiin liittyviä teemoja. Tarkastelemme esityksessä työhyvinvointiin vaikuttavia teemoja sekä kotihoitajien, että heidän esimiesten näkökulmista.

3. Mari Huhtala (JAMK; University of Jyväskylä): Intensified job demands in healthcare and their consequences for well-being

Intensified job demands (IJDs) and their effects on employee well-being and patient satisfaction were investigated across different work units and occupational groups in a healthcare setting. Altogether 1,024 healthcare employees responded to a survey in 2019 and rated their experiences of IJDs, burnout, and work engagement. 951 patients rated their satisfaction with care received from healthcare staff. We found that high time-pressure demands increase the shared risk of burnout – especially among nurses and healthcare staff working in emergency care. Furthermore, increased independence and self-determination in planning and executing work tasks also increase the shared risk of burnout – especially among those in leadership services – and this can lead to lower customer/care satisfaction among patients. Our findings help understand how IJDs are experienced among heterogeneous healthcare staff. Because different occupational groups and work units had different demands, this research shows that attempts to mitigate the negative effects of IJDs need to be planned and implemented in a context-specific way.

4. Timo Sinervo (THL): Itseohjautuvuus ratkaisu vanhuspalveluiden henkilöstön kuormitukseen?

Ikäihmisten palveluissa henkilöstön kuormitus ja siihen liittyvät stressi, sairauspoissaolot ja työpaikan vaihtohalukkuus ovat olleet huolestuttavalla tasolla pitkään. Siirryttäessä kotihoitopainotteiseen järjestelmään eivät resurssit ole vastaavasti kasvaneet. Henkilöstömäärä on tärkeä hyvinvointiin yhteydessä oleva tekijä, mutta työn organisoinnilla, johtamistavoilla sekä tiimin toimivuudella oli yllättävänkin suuri merkitys hyvinvoinnille ja laadulle. Hollantilaisessa Buurtzorg – mallissa itseohjautuvalla tiimityöllä on saavutettu hyviä tuloksia. Ei ole kuitenkaan selvää, että malli sopii toiseen järjestelmään ja tuottaa hyötyä. Tämän tutkimuksen tarkoituksena on selvittää, mitä vaikutuksia itseohjautuvalla tiimityöllä on henkilöstön hyvinvointiin. Tutkimuksessa vertaillaan kotihoidon ja palveluasumisen tiimejä, jotka osallistuivat itseohjautuvan tiimityön valmennukseen (koeryhmä 30 tiimiä) ja sellaisia, jotka eivät ole osallistuneet valmennukseen (kontrolliryhmä 33 tiimiä). Tutkimus on osa laajempaa hanketta, jossa myös kehitettiin itseohjautuvuutta ja kerättiin laadullista tietoa. Kaikille työntekijöille lähetettiin henkilöstökysely (N=600). Kyselyssä mitattiin tiimien itseohjautuvuuden tasoa (mihin asioihin tiimi voi vaikuttaa), tiimien toimintaa (turvallinen vuorovaikutus, yhteiset tavoitteet, ideointi), johtamisen oikeudenmukaisuutta sekä henkilöstön hyvinvointia ja henkilöstön kokemaa laatua. Tulokset osoittivat, että itseohjautuvissa tiimeissä (joissa oli toteutettu valmennus) työssä voitiin käyttää paremmin omia kykyjä, sosiaalinen tuki ja tiimin toimivuus koettiin paremmaksi, kuormitus oli vähäisempää ja niin koettu hoidon laatu, tyytyväisyys kuin työpaikanvaihtohalukkuuskin olivat paremmalla tasolla. Tulokset kuitenkin osoittivat, että eroja oli vain palveluasumisen koe- ja kontrolliyksiköiden välillä, ei kotihoidossa. Palveluasumisessa tiimien vaikutusmahdollisuudet olivat lisääntyneet selvästi, mutta kotihoidossa eivät. Toisaalta kotihoidossa tiimien kokemukset poikkesivat toisistaan ja joissakin tiimeissä kokemukset olivat erittäin hyviä. Itseohjautuvuudella voidaan saavuttaa hyviä tuloksia henkilöstön hyvinvoinnin suhteen. Itseohjautuvuuden kehittäminen on kuitenkin hankalaa perinteisissä hierarkkisissa organisaatioissa. Todennäköisesti kotihoidon heikommat tulokset ovat seurausta siitä, että johtaminen ei ole muuttunut, toiminnan ohjaus saattaa ohjata työtä voimakkaammin kuin tiimit tai että työn luonne kotihoidossa ja palveluasumisessa on niin erilainen.

5. Laura Pekkarinen (KEVA): Mikä tuki kuntien työyhteisöjen selviytymistä korona-aikana etä- ja lähityössä?

Koronaepidemian aiheuttamassa poikkeustilanteessa kunta-alan henkilöstöstä 47 % jatkoi työtään lähityönä, 36 % siirtyi etätöihin, ja 11 % toisiin työtehtäviin. Kuntien terveydenhuollon henkilöstöstä etätöihin siirtyi vain harva (9 %). Tässä tutkimuksessa tarkastellaan sitä, miten työyhteisöt selvisivät kunta-alalla yleensä ja erikseen terveydenhuollossa. Työyhteisöjen selviytymistä arvioidaan myös erikseen lähi- ja etätyöntekijöillä ja selvitetään, missä määrin yksilöön, työyhteisöön ja esihenkilöiden toimintaan liittyvät asiat selittävät työyhteisön selviytymistä.

Tutkimuksen aineisto perustuu Kevan Julkisen alan työhyvinvointi -tutkimukseen ja se kerättiin puhelinhaastatteluilta 1526 kuntatyöntekijältä syys-marraskuussa 2020. Vastaajilta kysyttiin myös koronan vaikutuksista heidän työjärjestelyihinsä ja työyhteisön selviytymiseen. 81 % arvioi työyhteisön selviytyneen hyvin korona-ajasta. Kuntien terveydenhuollossa osuus on alhaisin, 77 %. Työyhteisöjen selviytymisessä ei ollut merkittävää eroa lähi- ja etätyöntekijöillä. Sen sijaan yli 45-vuotiaat työntekijät arvioivat työyhteisön selviytyneen nuorempia useammin hyvin, mutta työsuhteen määräaikaaisuudella ei ollut merkitystä. Alustavassa faktorianalyysissä työyhteisön selviytymisen vaihtelua selitti kolme ulottuvuutta: yksilön voimavarat (vaikutusmahdollisuudet ja aikaresurssit), esihenkilön toiminta sekä työyhteisön ilmapiiri. Lähityössä esihenkilön toiminta selitti

voimakkaammin työyhteisön selviytymisen vaihtelua kuin etätyöntekijöillä, joilla näiden lisäksi yksilön voimavarat korostuivat. Esityksessä paneudutaan tarkemmin siihen, miten eri tavoin yksilön voimavarat, esihenkilön toiminta ja työyhteisön ilmapiiri ovat yhteydessä työyhteisön selviytymiseen etä- ja lähityöntekijöillä, ja onko terveydenhuollon työyhteisön selviytymisessä eroa muuhun kunta-alaan nähden.

5. Perspectives on populism and nationalist rhetoric (Eemeli Hakoköngäs & Inari Sakki, University of Eastern Finland, UEF), Slot 1

This working group presents some examples of recent research on social psychology of nationalism and populism carried out in the University of Eastern Finland (UEF). Central in our research is its focus on the persuasive and mobilizing power of political rhetoric. Our research, funded by the Academy of Finland and Kone Foundation, strongly leans on research on collective memory/social representation of history and discursive approaches on political rhetoric. In particular, our research aims to broaden analysis of political communication in the field of multimodality and in so doing develop novel tools for the analysis political social psychology.

The individual presentations of the WG approach populism and nationalist rhetoric from different empirical perspectives. The presentations discuss the recent and ongoing studies on multimodal analysis of the mobilization of populist rhetoric in Finns Party election video, the uses of social representation of national history in social media memes of far-right movements, the multimodal mobilization of intergroup relations and nationalist discourse through press representations of COVID-19, as well as the meaning-making of the Finnish populist voters.

1. Inari Sakki (UEF): Mobilizing collective hatred through humour: Affective–discursive production and reception of populist rhetoric

This research examines production and reception of populist rhetoric. By focusing on the Finns Party's 2019 election video (production) and Youtube users' comments (reception), we examined the constructions and uses of social categories and humour as well as responses to their rhetorical deployment among like-minded supporters and opponents. The multimodal analysis of the production of a populist campaign video demonstrated the construction of social categories and humour through the five steps of collective hate. These humorous messages are differently received by like-minded and opposing YouTube users. Two supportive affective–discursive practices – glorification and schadenfreude – both express shared joy and laughter, but while glorification emphasizes the positive self-understanding of the in-group, schadenfreude belittles the 'political Other'. Two opposing affective–discursive practices – irritation and scorn – place FP voters in subject positions of morally and intellectually inferior fascists, racists, and idiots. Our study shows how the populist message fosters expressions of social anger and polarization between FP supporters and opponents. Humour entangled with hatred encourages a sense of moral superiority in both groups.

2. Helena Rovamo (UEF): The appeals of populism

Despite the enormous interest in populism both in academic research and public debate, little is known so far about the ways populism appeals to people and mobilizes them to vote for the populist parties in national elections. By drawing on three social psychological concepts of social representations, affects and identities, we examine the sense-making of populist voters. In this presentation, we present some preliminary findings of Finnish populism by drawing on material based on letters and in-depth interviews with populist voters. In so doing we seek to explore how the voters of the Finns Party explain and justify what appeals to them in the populist message; what representations of the past, present and future do people refer to in their accounts; what emotions/affective-discursive reactions are constructed and employed in their accounts; and what kind of identity work is done in the accounts? The far-reaching endeavor of our project is to develop a social psychological approach in political persuasion and populist communication based on mobilising social representations, affects and identities.

3. Jari Martikainen (UEF): Boosting Nationalism through COVID-19 Images: Multimodal Construction of the Failure of the “Dear Enemy” with COVID-19 in the National Press

Using a multimodal discursive approach, this study explores how the COVID-19 pandemic is constructed and used in press reportage to mobilize intergroup relations and national identities. We examine how press reporting about the development of COVID-19 in Sweden is cast as a matter of nationalism and national stereotyping in the Finnish press. The data consist of 183 images with accompanying headlines and captions published in two Finnish national newspapers between January 1 and August 31, 2020. We found three multimodal strategies of stereotyping: moralizing, demonizing, and nationalizing. These strategies construct discourses of arrogant, immoral, and dangerous Swedes sourcing from national stereotypes. The study contributes to current knowledge about the work on national stereotypes by illustrating how they are used in media discourse to achieve certain rhetorical ends, such as to persuade, mitigate, or justify intergroup relations. Furthermore, the study offers insight into the multimodal constructions and functions of stereotypes.

4. Eemeli Hakoköngäs (UEF): The Social Representation of National History in Internet Memes of Two Far-Right Groups in Finland

This study focuses on the social representation of national history conveyed through Internet memes of two far-right groups in Finland. The material consists of memes posted by Finland First and the Soldiers of Odin between the years 2015 and 2017 on Facebook. Multimodal discourse analysis was applied to understand the contents, forms, and rhetorical functions of the memes depicting national history. By using Internet memes, the groups aim to construe a heroic imagined past, to lend legitimacy to the nationalist cause, to arouse moral anger and hate toward refugees, and to encourage the movements’ followers to fight. We argue that, for the extreme groups, Internet memes are tools to crystallize their arguments in an easily shareable and concise form,

which makes the memes useful tools in persuasion and mobilization, as well as attracting new audiences.

6. Swearing & good health: Rethinking social norms and well-being (Olly Robertson, Thomas Evans, Kristy Beers Fägersten, Richard Stephens, Karyn Stapleton), Slot 1

Uttering a satisfying four-letter word might feel great but the consequences are assumed to be controversial and negative. Despite these 'common sense' assumptions, empirical evidence suggests that swearing performs powerful expressive, social, and regulatory functions; functions which can promote adaptive social and emotional wellbeing, such as improvements to social cohesion or acute pain tolerance. The present working group invites delegates to reconsider the norms and realities which define wellbeing and to construct a more nuanced understanding of the role swearing plays in social and emotional life. In this session, leaders in profanity research will share and discuss their perspectives. Richard Stephens will discuss experimental research characterising swearing as a convenient means of self-help. Karyn Stapleton will talk on the interpersonal and social outcomes of swearing, inviting subtlety into our understandings. Thomas Evans will outline parallels between humour and swearing, and the associated functions for well-being. Kristy Beers Fägersten will build upon this talk with a discussion on the humorous framing of English-language swearwords in Swedish. Olly Robertson will conclude the session and talk on the hidden improvements to emotional wellbeing available through swearword use.

1. Olly Robertson (University of Oxford & Keele University, UK): The Hidden Benefits of Swearing: Going Beyond the Tip of The Iceberg

For a long time, swearing has had a bad reputation. Being supposedly aggressive and overtly proletarian, swearing is a behaviour relegated to the 'naughty step'. Despite the negative social connotations and consequences, swearing remains a popular behaviour in daily life. In this talk, I propose that swearing has previously been misconstrued and simplified. This talk takes, as its starting point, the concept of swearing as an emotional behaviour. Drawing on a thematic analysis on data from 17 semi-structured interviews and 3 focus groups, I will discuss the use of swearing to achieve positive intra- and interpersonal outcomes in a manner which challenges perceptions in the utility of swearing. From this analysis, a reoccurring theme for >94% of participants was the protection of one's own and significant other's wellbeing. Active swearing use yields change to emotions at an individual, dyadic, and group level. Swearing can allow us to contain overwhelming feelings, reduce or increase emotions at will, and express otherwise unknowable information about one's internal state. This evidence confirms and extends previous research by showing how swearing is understood to influence our subjective experiences. Further, preliminary findings from a study assessing the influence of swearing on psychophysiology suggests that, after socially painful experiences, swearing reduces heart rate variability (HRV) compared to not swearing. Reductions in HRV suggests that swearing moves our bodies away from the fight-or-flight response and into the rest-and-digest response, a phase in which the body relaxes and heals once stressful events have

passed. I will discuss implications of this work for theory, research, and life beyond the white walls of the academy.

2. Thomas Evans (University of Greenwich, UK): I Don't Know Whether to Laugh, Swear or Cry: The Parallels between Humour and Swearing for Well-being

There are a number of parallels between humour and swearing – they are often social and expressive acts, they have a range of potential functions and interpretations, and they are heavily interwoven with social and emotional norms. As an “ideologically positive” act humour often fails to receive serious academic attention, whilst the Consortium for Research About Profanity has concluded the same for swearing despite perceptions of its inherent negativity. Both humour and swearing likely contribute to changes in wellbeing through numerous complex and contradicting pathways, thus the current work highlights the need for more robust research. It will be argued that by learning from each discipline, a more nuanced understanding of how humour and swearing contribute to wellbeing is possible by exploring the many dimensions and forms they can take. Comparisons between fields also highlight the potential for development through consideration of various methods, approaches, and analysis strategies.

3. Richard Stephens (Keele University, UK): Swearing as performance enhancer: A cheap, readily available, calorieneutral, drug-free means of self-help

Known as swearing in the UK, and cursing in the US, offensive or obscene words feature in most languages (Van Lancker & Cummings, 1999). This talk describes research carried out over the last decade in my lab finding that swearing can help people to tolerate pain and boost performance of physical tasks that rely on strength and power. The beneficial effect of repeating a swear word on pain tolerance for ice cold water is now a well-replicated finding (Stephens, Atkins & Kingston, 2009; Stephens & Umland, 2011; Robertson, Robinson & Stephens, 2017) including in a pre-registered study (Stephens and Robertson, 2020). The effect has also been shown to extend to social pain (Philipp & Lombardo, 2017). On the other hand, no analogous finding was found for ice water pain tolerance of making an obscene hand gesture (Jacobs, van Beest & Stephens, 2018). In most but not all of the above studies changes in heart rate were observed consistent with stress-induced analgesia. Swearing has also been shown to boost performance of physical tasks that rely on strength and power (Stephens, Spierer & Katehis, 2018). My lab is currently running studies to assess whether the psychological mechanism of a generalised disinhibition brought about by swearing may confer the performance benefits observed.

4. Karyn Stapleton (Ulster University, UK): Some positive functions of swearing in the interpersonal context

Swearing is characterised by its potential to cause offence (Beers Fägersten, 2012), and has often been viewed as a form of verbal catharsis, or as indexing the release of strong emotions (LaPointe, 2006; Dewaele, 2016; Stephens et al. 2009; Robertson et al., 2017). When used in the interpersonal context, it has traditionally been seen as communicating aggression, frustration, or hostility (Winters and Duck, 2001; Stapleton, 2020) and, indeed, swearing is sanctioned in various ways at

both individual and societal levels. However, research in communication, psychology, and linguistics conducted over the last few decades has presented a more nuanced and diverse picture (Jay, 2009; Vingerhoets et al., 2013; Beers Fägersten and Stapleton, 2017). Swearing is now known to fulfil a range of interpersonal functions, encompassing both negative and positive affect, and ranging from workplace bonding (Daly et al. 2004) to expressing politeness and impoliteness in online interactions (Dyner, 2012), and to creating an online persona and community (Beers Fägersten, 2017). Indeed, it may be argued that because of its taboo and potentially offensive nature, swearing fulfils interpersonal and psycho-social functions that are not easily achieved by other linguistic means (Stapleton, 2010; Vingerhoets et al., 2013). Stapleton (2010) categorises these functions as: expressing emotion (positive and negative); creating humour and/or verbal emphasis; social and group bonding; and constructing/displaying identity. Norrick (2012) further demonstrates the role of swearing in conversational narratives, with functions including: obtaining the floor; justifying the tellability of a narrative; marking climaxes and closings; and evaluating narrative action. Moreover, while swearing is traditionally associated with aggression or hostility its use, as indicated above, can also signal politeness and an orientation towards face-saving (Daly et al. 2004; Dyner, 2012; Christie, 2013). In light of the above, I will discuss here the positive interpersonal effects of swearing, with reference to the role of context and social expectations in determining outcome; and with examples drawn from research in both face-to-face and online contexts.

5. Kristy Beers Fägersten (Södertörn University): Punchline swearing: The humorous framing of English-language swear words in Swedish

While different sociolinguistic and pragmatic variables can prompt swear word usage or be conducive to a communicative exchange involving swearing, one desired goal or even unintentional outcome of swearing can be humor. Swear word usage has also been shown to have humorous effects even when swearing utterances are not delivered in a humorous tone or joking context (Beers Fägersten 2012). The relationship between swearing and humor has been further established in studies that show that people use swear words to elicit humor and mask aggression (Jay 1999), that swearing in stories and narratives, as well as swearing in reactions to stories, modulates humor (Norrick 2012), and that jokes are experienced as funnier when they include swearing (Abbott and Jay 1978; McGhee and Pistoletti 1979). In particular, comic strips including swear words are also considered funnier than those without (Sewell 1984). The combination of comic strips and swear words may thus create a mutual feedback loop, such that comic strip context primes the reader for humor, while the swearing elicits a humorous reaction, thus enhancing the humor of the comic strip. In other words, the association with humor of the one reinforces the humor of the other. Examples will illustrate how English swearing expressions often are relied upon to deliver the humor in Swedish comic strips by virtue of being invoked in the final speaker turn, i.e., the crucial punchline position. The placement of swearing-switches in punchline position encourages an understanding of the comic strips as deliberately promoting English-language swearing as humorous. Even in examples with non-swearing punchlines, the preceding swearing-switches serve to set up the punchline and are thus equally integral to this conventional signaling of humor. The result is that swear words and swearing expressions that in native Anglophone cultures are first and foremost associated with offensiveness, are subject to censure, and are rare occurrences in public discourses, undergo a transformative process in Sweden via language contact and borrowing. The result is that a "hostile and aggressive" (Andersen 2014: 25) swearing expression such as "fuck you", "fuck off", or "(mother)fucker" can be repurposed as humorous.

Thursday, April 15, 2021

13.20-15.00 Simultaneous Online Working Groups 2:

7. Fostering wellbeing through learning and belonging, Chair: Marguerite Beattie (University of Helsinki), Slot 2

1. Theresa Niemann & Lysann Zander (Leibniz University Hannover): Facets of social and academic integration among male and female first year STEM students and pre-service STEM teachers

First year students face a number of academic and social challenges. Navigating a new social microcosm, their experiences can be profoundly shaped by their belonging to social categories. In STEM domains, studies have consistently documented the impact of the gender category: Facing a negative performance-related stereotype, females frequently question their academic and social fit to the new academic environment. A recent study points to another competence related social category: Prospective STEM teachers are expected to perform less well than students majoring in one STEM subject. To better understand how these competence-related status dynamics play out in students' social experiences, we analyzed perceived discrimination, social and competence-related validation and perceived exclusion from social and academic exchanges by peers, and belonging uncertainty, i.e., doubts regarding their belonging to the study program) among 282 first year STEM students. Consistent with previous findings, female students reported significantly higher belonging uncertainty than male students. Male students, however, reported significant higher levels of exclusion by their peers than female students. These gender differences were unrelated to students' major. We also found evidence for the relevance of the social category 'major'. Reflecting the impact of negative stereotype, prospective teachers reported more discrimination and significantly less academic validation by their peers compared to STEM majors, who reported less social validation by their peers – irrespective of their gender. Belonging to different categories appears to come with distinct challenges revolving around two main themes: students' competence-related fit in the academic environment and their social validation and exclusion by fellow students.

2. Juuso Henrik Nieminen (University of Eastern Finland) & Henri Pesonen (University of Helsinki): Politicising inclusive learning environments in STEM higher education

Inclusive and accessible learning environments have been named as an important factor to foster disabled students' sense of belonging and thus well-being in higher education, yet few empirical studies have elaborated on how exactly this could be done in practice. Research on the psychological aspects of belonging indicates that people who experience a sense of belonging have better mental and physical well-being. Conversely, a poor sense of belonging can cause serious ill effects in well-being, such as contributing to depression. In this presentation, we take a socio-political approach on the issue by widening the theoretical understanding of 'belonging' as conceptualised in earlier higher education literature. We analysed three Finnish students' interviews concerning their experiences of learning environments in higher education utilising narrative approaches. Our

findings highlight the complex interplay of learning environments and belonging in the context of natural sciences and large class sizes. We discuss the role of active learning environments for supporting disabled students' learning and well-being. However, the students' narratives also show how not belonging might be more productive for these students, as the learning environments often build on ableism. Thus, in our presentation, we aim to redefine inclusive learning environment design and research as political endeavors, noting that if learning environments truly wish to promote belonging; they need to disrupt the broader exclusionary discourses of higher education.

3. Marguerite Beattie (University of Helsinki): Why would adolescents adopt mental health-fortifying practices?

School-based mindfulness interventions have introduced mindfulness techniques, but many adolescents have not adopted them. This lack of use impedes both assessments of their effectiveness and realization of any benefits. To examine why adolescents have not adopted these techniques, I investigate (1) whether the Reasoned Action Approach or initial mental health explain practice, (2) what subgroups can be found in social cognition and practice, (3) whether there are significant differences by gender, linguocultural group, or type of practice, and (4) whether mindfulness practice predictors can be targeted to increase mindfulness practice. I investigated these aims using data from two arms from The Healthy Learning Mind cluster-randomized controlled trial (N=3519): mindfulness (n=1646) and relaxation (n=1488). Data were from baseline and post-intervention at 10 weeks and 26 weeks. The mental health factors included were: depressive symptoms, socioemotional functioning, and resilience. The linguocultural groups were Finnish, Swedish, and other. Statistical analyses included structural equation models, latent profile and chi-square analyses, and t-tests. The main results were: (1) Outcome expectations and perceived norms predicted intention, which predicted mindfulness practice. Perceived behavioral control predicted neither intention nor practice. Descriptive norms were the strongest predictor. Initial mental health did not predict mindfulness practice. (2) Five subgroups were found for patterns in both social cognition and practice. (3) Not many significant differences were found between genders or types of practice. Some linguocultural differences were found. (4) Increases in practice were not detected after the booster intervention, which may have been too small a dose.

4. Aigerim Yerken (Faculty of Education and Psychology, Eötvös Loránd University): Academic Adaptation of International Students from the Post-Soviet Countries

In this paper, we investigated the academic adaptation experiences of international students from the post-Soviet countries in Hungary. Semi-structured interviews were conducted with 42 international students from Kazakhstan, Azerbaijan, Georgia, and Moldova, studying in one of the Hungarian higher institutions. We used a reflexive thematic analysis approach to explore the adaptation experiences of international students and analyse a relatively large data set. Three initial themes were generated: (1) From East to West (2) Comparison and contrast, (3) The reality of studying abroad. The results show that there are some push and pull factors affecting international students' decision to study abroad. Studying in Hungary, international students had to deal with perceived differences and similarities in the educational systems of the host and home countries. Participants reported the positive and negative feelings they had throughout their adaptation process to a new academic environment.

5. Justina Slavinskienė (Vytautas Magnus University): How difficulties in emotion regulation relate to success in driving exams?

An individual's ability to deal with emotions is important for psychological well-being in general and more specific areas. It might be related to goal – directed behavior, like trying to acquire driving license, becoming mobile and independent. Studies indicated that an males and females have different emotions regulation strategies. So, the influence of emotion regulation difficulties for driving learning process should be analyzed taking into account gender. Thus, the aim of this study – to explore the relation between difficulties in emotion regulation and driving exams success taking into account pre-licensed drivers' gender differences. A sample of 2764 pre-licensed drivers (1208 males, 1556 females, mean age $M = 26.02$, $SD = 8.02$) participated in the study on voluntary basis. A Lithuanian version of 36-item self-report Difficulties in Emotion Regulation Scale (Gratz, Roemer, 2004) was used to measure difficulties in 6 regulatory abilities: lack of emotional awareness, lack of emotional clarity, non-acceptance of emotional responses, difficulties engaging in goal-directed behavior, impulse control difficulties, and limited access to emotion regulation strategies. Information about success in driving exams was collected with participants' consent from SE "Regitra" (responsible for drivers' licensing in Lithuania). Results showed no significant gender differences in emotion regulation difficulties. Success in theoretical and practical driving exams were not related to any emotion regulation difficulties in males' group. However, females' limited access to emotion regulation strategies were significantly related to more failures in passing theoretical driving exam. No significant relations between practical driving exams and emotion regulation difficulties were found in females' group.

8. Present and future challenges in research on intergroup relations, Chair: Viivi Eskelinen (University of Helsinki), Slot 2

1. Matilde Tassinari (University of Helsinki): Direct and secondary transfer effect of intergroup contact in virtual reality

While there is early evidence that intergroup contact in virtual reality decreases intergroup bias, it is still to be investigated whether this is due solely to intergroup contact or to processes relative to virtual reality as a medium. We hypothesize that the similarity borne by avatars creates a common cyber identity between participants, despite them belonging to different social groups, moderated by the illusion of body ownership. Furthermore, we anticipate that common cyber identity mediates the improvement of attitudes towards the contacted outgroup. Our participants will be asked to play ball toss in VR with a black avatar, which they will believe to be embodied by another participant, while it will be controlled by a confederate. Subsequently, we will test whether intergroup contact in virtual reality has the potential for Secondary Transfer Effect (STE), namely the extension of improved attitudes also towards a non-contacted outgroup that is perceived as similar to the contacted one. As virtual reality represents a powerful medium to enact prejudice-reducing intervention, investigating whether its positive effects would reach different outgroups would have

several benefits. The social VR app AltSpace will be used as a platform. Self-report surveys and IAT will be administered pre- and post- test to measure attitudes towards the outgroup, while the distance kept from the secondary outgroup member will serve as a behavioural measure. We hereby introduce our line of research and discuss its implications.

2. Matthias Aulbach (University of Helsinki): The use of virtual reality in studying prejudice and its reduction: a systematic review

Intergroup contact is an important field for the study of prejudice as it allows observing and intervening in discriminatory behavior in situ. When structured and executed properly, positive intergroup contact can improve relations between social groups. However, it is difficult to implement at a large scale as it requires engagement of different social groups that might not be easily available or naturally interacting. Virtual reality (VR) offers a partial remedy for this issue as it allows individual creation of virtual agents and avatars representing different outgroups specifically for the required experimental setting. VR also offers the opportunity to create direct contact between groups that are unlikely to be in real-life contact with one another, such as in hardened conflicts or because of geographical and social segregation. In addition, it allows participants to embody avatars representing a social group other than their own and practice perspective-taking. Accordingly, VR has been used increasingly to study prejudice and develop interventions for prejudice reduction. To summarize this literature, we first screened 11 728 unique titles revealed by our search of relevant keywords on Scopus, Web of Science, and Psycinfo and then conducted a comprehensive overview of the state of the field with its various theoretical and methodological approaches. As a result, we discuss the potential of VR for studying and reducing prejudice, and hint to limitations of current approaches and challenges for the future.

3. Viivi Eskelinen (University of Helsinki): (Non)religious worldview and attitudes towards religious out-groups among Protestants

This study investigates the religious outgroup attitudes of believers and non-believers and whether their reciprocal attitudes differ from attitudes towards religious minorities such as Muslims. We argue that (non)religious worldview as such does not play a role in outgroup attitudes. Rather, the previously neglected concepts of group-based feeling of moral superiority and personal-based feeling of morality are better explanatory factors of attitudes towards religious out-groups. With data from Australia, Germany, Finland, and Norway (N=1534), in separate multi-group structural equation models analysed for believers and non-believers, we found that the importance of (non)religious worldview as such was not associated with out-group attitudes. Nevertheless, stronger (non)religious worldview was associated with higher levels of personal-based feeling of morality but also group-based feeling of moral superiority among both believers and non-believers. In turn, only group-based feeling of moral superiority was associated with more negative attitudes towards religious out-groups among both believers and non-believers. These findings are discussed in the light of the changing religious landscape of the Western world and its importance for the study of interreligious relations.

4. Elena Piccinelli (ISCTE-IUL, Lisbon University Institute, CIS-IUL, Lisboa, Portugal): Discrimination towards immigrants in the context of acculturation: a scoping review

Discrimination has been found to have a detrimental effect on individuals' mental and physical health. Furthermore, experiences of discrimination have been found to be a common acculturative stressor among migrants. Even though many studies have been conducted to understand how these experiences are related to migrants' psychological acculturation, a comprehensive review of the findings is still missing. In particular, it is still unclear how blatant vs. subtle forms of discrimination may affect immigrants in their psychological acculturation process. Following the guidelines proposed by the Joanna Briggs Institute (2015, 2020), the present scoping review aims to map and systematize the literature regarding discrimination towards migrants in a psychological acculturation context. The review focuses on the experiences of first-generation, adult immigrants, defined as individuals who voluntarily migrated and permanently settled in their host country. A comprehensive search is executed in three different databases (EBSCO, Scopus and Web of Science). A systematic coding scheme is applied to the included papers which allows for content and thematic analyses. The results are presented according to the PRISMA-ScR checklist. The presentation of the results will focus on the preliminary findings related to immigrants' wellbeing and the differential contribution of subtle and/or blatant discrimination. Identified research gaps in this area will also be highlighted. The scoping review protocol is available on OSF [<https://doi.org/10.17605/OSF.IO/AGY9P>].

5. Julia Granderath (University of Bonn): The Effect of Participation in Adult Education on Life Satisfaction of Immigrants and Natives – a Longitudinal Analysis

Beyond formal education, politics and academia consider continuing adult learning and education (ALE, e.g., language and integration courses) as a measure to support integration. While the importance of subjective indicators (e.g., life satisfaction) for integration has recently become increasingly evident, studies on the impact of education throughout the lifespan on these subjective integration parameters is still rare. To address this research gap, the present study investigated the impact of ALE participation on life satisfaction in a longitudinal design. For this, the study compares the effects for the group of immigrants with the group of natives in order to estimate whether the potential education effect on life satisfaction is equally strong for both groups or stronger for the group of immigrants (interaction effect). The study uses data from the adult starting cohort of the German National Educational Panel Study (NEPS). In seven annual waves (2011/12 – 2017/18), $N = 6,386$ individuals, of which $n = 1,002$ individuals have a migration background, were asked about their ALE activities and life satisfaction. Random Intercepts Cross-Lagged Panel Models were applied, which allowed to distinguish within-person fluctuations from trait-like between-person differences. On the between-person level, a significant link between ALE participation and life satisfaction for both immigrants and natives was found. However, on the within-person level, no significant cross-lagged effects were observed. Moreover, the study found no support for an immigrant-native gap in life satisfaction.

9. Life during a pandemic: wellbeing under Covid-19, Chair: Michael Laakasuo (University of Helsinki), Slot 2

1. Vladimir Yanchuk (Belarusian State University): A synergistic like look on the well-being problem

COVID-19 pandemic consequences have necessitated a rethinking of the phenomenology of well-being. The static, fragmentary nature of the existing approaches to the mental health and well-being problems cannot grasp the dynamic, nonlinear, and heterogeneous nature of changes in the external natural, technic, cyber, and social environment. An attempt to extend this problem's problem field vision horizons offers cultural-dialogic interdeterminist metatheory of psychological knowledge integration (Yanchuk, 2018). Proceeding from the limitations of deterministic and indeterministic approaches to the psychological phenomenology analysis is proposed as an interdeterminist alternative. As an epistemological basis was introduced epistemological construct "cultural-dialogic interdeterminism" allowed to analyze well-being phenomenology in the context of quality, acquired by the whole and not reducible to the simple sum of its constituent parts. It articulated the necessity of mental health and well-being phenomenology multidimensional consideration in the spaces of heteroqualitative natures (biological-psychic-symbolic), psychic spheres (conscious-unconscious-existential), and behavioral interdeterdeterminants (personality-environment-activity) in their cultural conditionality and qualitative specificity, functioning in the natural, technogenic, cyber, and social environment. The main idea is to substantiate the need to consider the phenomenology of well-being due to the interaction of heteroqualitative natures, psychic spheres, and the behavior interdeterminants leading to their acquisition of a new quality that cannot be reduced to a simple sum of its constituent parts. This phenomenology is viewed from the heterogeneous nonlinear dynamic systems approach standpoint. Theoretical and empirical explanations and evidence of cultural-dialogical interdeterminist metatheoretical approach innovativeness for the analyzed phenomenology understanding deepening is presented.

2. Michael Laakasuo (University of Helsinki): Do Existential Meaning and Hope Protect Against Covid Stress?

Everybody has the need to feel that the world makes sense to them. People who find meaning in their lives and feel that their existence matters have a more clear view of themselves, are more willing to self-sacrifice, and take better care of their bodies. Here, we investigate if an individual's feeling that the world is fundamentally a meaningful place protects against COVID-19-related stress. We present results of a longitudinal study which recorded responses to Multidimensional Existential Meaning Scale (MEMS), a year before and during the outbreak of the COVID-19 pandemic. In our follow-up, we also recorded the negative emotional effects associated with the COVID-19 pandemic and collected responses to the Adult Hope Scale (Snyder, 2001), which is also a known predictor of positive health and well-being. We examine whether existential meaning measured before the pandemic predicts hopefulness and pandemic-related stress, as well as existential meaning itself during the pandemic. Previous research has shown that the Comprehension sub-facet of MEMS buffers people against stress, depression, anxiety and negative affect. We predict that individuals who feel most meaning in their lives at time 1 (i.e. high Comprehension) will also feel most Meaning and Hope at time 2. We also predict that Hopeful individuals feel less anxious, fearful, and stressed about COVID. We are expecting direct and Hope-mediated effects of Existential Meaning on COVID-19-related stress. We hope to elucidate the individual psychological factors that shield people from the negative mental health effects of the pandemic

3. Esra Güven (Baskent University): Collective motivations in the context of well being during COVID-19 pandemic

Collective motivations in the context of well being during COVID 19 pandemic Guven, E. & Toroslu, B. The aim of the study is to examine how COVID 19 related collective coping and attributions motivations affect stress experiences in the existence of a real stressor like pandemic. In this context the correlations between wearing mask motivations, caution related attributions and stress symptom type and severity in addition to various coping style frequency of 205 participants from Turkey was analysed. These measurements were collected via Socio-demographic Form, Stress Symptom Scale, Coping with Stress Scale and Collective motivations related COVID 19 Pandemic Question Form developed by authors. It was found that participants with high collective motivation regarding COVID-19, compared to low motivation, displayed a self-confident approach to coping with stress more. In addition, the participants with high collective motivation experienced the emotional symptoms of stress more intensely than the participants with low collective motivation. These findings indicate that while collective coping tendencies might increase the self-confident approach in dealing with stress; with the attribution of trust to collective resources and not being alone; it also suggests that being able to deal with a threat only collectively might decrease the sense of individual control and causes more emotional strain.

4. Monica Paradisi (University of Florence): The threat of social distancing during COVID-19 pandemic: the protective role of perceived mattering to family and friends on wellbeing

With the outbreak of COVID-19, social distancing and lockdown were imposed to prevent the contagion, with several consequences on individuals' well-being. Much research in social psychology has shown that nurturing the social in people's mind, which imbue them with a sense of meaning, can reduce feelings of isolation and improve individuals' psychological functioning. In this context we aimed to explore the protective role of perceived mattering to family and friends on well-being, via the partial mediation of emotion regulation. Data were collected during the period of lockdown (April 2020) in Italy. Participants, 457 adults (age 41-85 years), completed an online questionnaire measuring perceived mattering, emotion regulation strategies and psychological well-being (autonomy, personal growth, self-acceptance, purpose in life, positive relations, and environmental mastery). Regression analyses confirmed the protective role of mattering for well-being: mattering to family was a significant predictor of self-acceptance, environmental mastery, positive relations, and purpose in life. Mattering to friends predicted positive relations, self-acceptance, and personal growth. Difficulties in emotion regulation were negatively associated with all well-being dimensions. Bootstrapping confirmed the mediating role of emotion regulation for both mattering to family (.140; .250) and friends (.076; .174), as zero wasn't included in the 95% CI. Our results suggest that in a difficult context, such as the lockdown, characterized by social isolation, the perception of being important for significant others is associated with people's ability to regulate their emotions, which contribute to preserve these relationships, bringing to higher levels of well-being.

5. Jannika Haase, Sören Traulsen & Lysann Zander (Leibniz University Hannover): Thriving in times of the pandemic: Individual and social predictors

The rapid transition to online learning formats due to the COVID-19 pandemic came with unfamiliar and challenging, and even adverse learning conditions for students. Previous research has identified several reactions to adversity: While some persons show detrimental responses, others show resilience or even thrive in that they experience feelings of individual development, vitality and growth. The present study examined the individual (e.g., self-efficacy) and social enablers (e.g., perceived support by others) of thriving from a gendered perspective. Building on earlier findings, we expected experiences of thriving to be positively predicted by students' self-efficacy beliefs. Considering the particular characteristics of the digital learning situation, we focused on domain-specific and online self-efficacy beliefs. Given the documented focus on social goals by female students, we expected social predictors, such as perceived academic exchange between peers, belonging, and teachers' engagement to be more relevant for female than for male students' thriving. Data collection took place in the summer 2020, the first online semester. Analyzing the data of 832 bachelor and master students (n = 658 female) in a large German university we found that general online self-efficacy (i.e., related to mastering online class content) and social self-efficacy in online environments (i.e., establishing contacts with peers) predicted both female and male students' thriving. As expected, social factors (i.e., perceived engagement by lecturers and experienced belonging to the study program) were significant predictors of female but not male students' thriving. Implications for online learning environments will be discussed.

10. Toimiva monialainen yhteinen työ: hyvinvointia, tuloksellisuutta, yhteiskehittelyä
(Jaakko Helander, Taru Lilja, Päivi Pukkila, Hämeen ammattikorkeakoulu, HAMK Edu -
tutkimusyksikkö), Slot 2

Perinteisen työn aika on murroksessa. Yhteiskunnan haasteet ovat yhä kompleksisempia ja hallinnonalat ylittäviä. Tässä ajassa monialaiset verkostomaiset rakenteet täydentävät perinteisiä organisoitumistapoja, sillä ne toimivat muuttuvassa ja ennakoimattomassa toimintaympäristössä perinteisiä rakenteita joustavammin. Ne tarjoavat ketterän tavan ratkaista kompleksisia ja hallinnonalat ylittäviä haasteita. Monialaisen yhteisen työn hyödyt saattavat jäädä myös saavuttamatta, mikäli monialaisen organisaation aineettoman pääoman rakentumista ei tutkita ja kehitetä kestäväen työn näkökulmasta.

Monialaista yhteistä työtä on tutkittu laadullisesti muun muassa työyhteisötaitojen, yhteisten arvojen, luottamuksen ja ilmapiirin näkökulmista. Monialaisesta yhteisestä työstä on tunnistettu sitä edistäviä ja estäviä tekijöitä sekä kotimaisessa että kansainvälisessä tutkimuskirjallisuudessa. Monialaista yhteistä työtä ei opita perinteisen koulutuksen keinoin, vaan tekemällä ja tutkimalla sitä arjen käytännön työssä.

1. Terhi Susanna Nissinen (Helsingin yliopisto): Tulevaisuuden työelämätaito

Työelämän moninaisessa murroksessa on tärkeä tiedostaa ja kyetä ennustamaan, mitä tapahtuu julkisen sektorin työntekijöiden hyvinvoinnille ja miten he pystyvät vaikuttamaan työhönsä. Työn tuunaus, työn imu ja työholismi ovat ilmiöitä, jotka esiintyvät työelämässä. Tässä tutkimuksessa

selvitettiin, miten ne ovat yhteydessä toisiinsa julkisen sektorin työntekijöillä. Aineisto (N=213) kerättiin kolmesta erilaisesta julkisen sektorin organisaatiosta. Kaksi näistä organisaatioista kuuluu sivistyksen toimialaan ja yksi tekniseen toimialaan. Operationalisoimme työn tuunauksen, työn imun ja työholismin aiemmin validoitujen kyselypatteristojen kautta (JCS/ Tims et al., 2012; UWES-9/ Schaufeli et al., 2006; Work Addiction Risk test/ Robinson, 1999). Aineistoa tarkasteltiin konfirmatorisen faktorianalyysin kautta, koska alkuperäinen työn tuunauksen mittaristo suomennettiin sekä kustomoitiin kieliasulta kullekin organisaatiolle sopivaksi. Rakenneyhtälömallinnuksen kautta työn tuunausta tutkittiin riippumattomana muuttujana ja työn imua sekä työholismia riippuvina muuttujina. Analyysien perusteella selvitimme, miten nämä työelämässä ilmenevät ilmiöt ja niiden osatekijät ovat yhteydessä toisiinsa. Työn tuunauksen osatekijöitä ovat: increasing structural job resources "kasvu ja oppiminen", decreasing hindering job demands "vetäytyminen", increasing social job resources "kollegiaalinen verkostoituminen" sekä increasing challenging job demands "innostunut seikkailu". Saamiemme tulosten mukaan "kasvu ja oppiminen" on positiivisessa yhteydessä työn imuun ja "vetäytyminen" oli negatiivisesti yhteydessä työholismiin. Merkittäviä korrelaatioita oli löydettävissä myös "kasvun ja oppimisen" sekä "kollegiaalisen verkostoitumisen" välillä, "kasvun ja oppimisen" sekä "innostuneen seikkailun" välillä sekä "kollegiaalisen verkostoitumisen" ja "innostuneen seikkailun" välillä. Aiemmat tutkimukset sekä saamamme tulokset antavat viitteitä siitä, miten julkisen sektorin työntekijöiden ja organisaatioiden olisi mahdollista vahvistaa hyvinvointia ja työtuloksia työn murroksessa.

2. Iina Tolonen (Oulun yliopisto): Myötätunnon ja työn piirteiden yhteys 11 vuoden seuranta-ajalla

Tausta ja tarkoitus: Korkeasta myötätunnosta on hyötyä myötätuntoisen henkilön omalle hyvinvoinnille (esim. Brito-Pons et al., 2018; Saarinen et al., 2019). Tämän tutkimuksen tarkoituksena on tarkastella myötätunnon ja työstressin ajallista yhteyttä sekä tutkia ennustaako korkea myötätunto vähäisempää työstressiä 11 vuoden seuranta-ajalla. Menetelmät: Aineisto tulee pitkittäisestä LASERI-tutkimuksesta, joka on seurannut kuutta ikäkohorttia vuodesta 1980 alkaen. Työstressiä mitattiin vuosina 2001, 2007 ja 2012 ja mittareina käytettiin kahta työstressin indikaattoria sekä niiden komponentteja: työn vaatimus-hallinta/työn kuormitus (ts. job demand-control) (Karasek, 1979) ja ponnistelu-palkitsevuus epätasapaino (ts. effort-reward imbalance) (Siegrist, 1996). Myötätuntoa mitattiin Cloninger's Temperament and Character Inventory -kyselyn myötätuntoa mittaavalla dimensiolla vuosina 2001 ja 2012. Rakenneyhtälömalleja käytettiin ajallisten yhteyksien tutkimiseen ja kasvukäyrämalleja tarkastelemaan myötätunnon pitkittäistä vaikutusta työstressiin. Keskeiset tulokset: Rakenneyhtälömallit osoittivat, että korkea myötätunto ennusti vähäisempää työstressiä (ts. ponnistelu-palkitsevuus epätasapaino) sekä korkeampaa työn palkitsevuutta todennäköisemmin kuin työstressin indikaattorit myötätuntoa. Ajallisia yhteyksiä ei ollut myötätunnon ja työn kuormittavuuden, työn vaatimusten tai ponnistelun välillä. Lisäksi kasvukäyrämallit osoittivat, että korkea myötätunto ennusti vähäisempää työstressiä (ts. työn kuormitus ja ponnistelu-palkitsevuus epätasapaino) 11 vuoden jälkeen. Korkea myötätunto ennusti myös korkeampia työn hallinnan mahdollisuuksia ja palkitsevuutta 11 vuoden seuranta-ajalla. Myötätunto ei ennustanut työn vaatimuksia tai ponnistelua. Ikä, sukupuoli ja sosioekonominen asema lapsuudessa ja aikuisuudessa eivät selittäneet tuloksia. Johtopäätökset: Myötätunto näyttäisi ennustavan vähäisempää työstressiä sekä erityisesti korkeampaa työn palkitsevuutta. Tutkimustulokset antavat uutta tietoa myötätunnon merkityksestä työelämässä ja sitä voivat hyödyntää esimerkiksi työyhteisöt ja työhyvinvoinnin asiantuntijat.

3. Taru Lilja, Päivi Pukkila & Jaakko Helander (Hämeen ammattikorkeakoulu, HAMK Edu - tutkimusyksikkö): Monialaisen ohjauspalvelun kehittäminen aineettoman pääoman näkökulmasta

Monialaisen organisaation kehittämisessä on pitkälti kyse aineettomien resurssien hyödyntämisestä ja niiden käytön rakenteellisesta mahdollistamisesta. Kuitenkaan monialaisen organisaation kehittämistä ei ole aiemmin lähestytty aineettoman pääoman näkökulmasta. Tarkastelemme monialaisen organisaation kehittämistä suhteessa aineettomaan pääomaan monialaisessa ohjauspalvelussa ja kysymme, mitkä aineettoman pääoman osa-alueet ilmenevät monialaisen organisaation kehittämisen kuvauksissa. Tutkimusaineistomme muodostuu määrämuotoisista raporteista (N=13), joissa kuvataan kehittämisprosessien sisältöjä ja tavoitteita. Lähestymme organisaation kehittämistä kehittävän työntutkimuksen näkökulmasta yhteiskehittelyä ja aineetonta pääomaa inhimillisen, psykologisen, sosiaalisen ja rakennepääoman näkökulmasta. Tarkastelemme myös aineistosta nousevia monialaisen organisaation kehittämisen kannalta keskeisiä tekijöitä, jotka näyttävät jäävän aineettoman pääoman teoreettisten jäsenysten ulkopuolelle. Tuloksia voidaan hyödyntää monialaisen ohjauspalvelun ja muiden monialaisesti rakentuvien organisaatioiden kehittämisessä.

4. Päivi Kauppila & Seija Mäkinen (Jyväskylän ammattikorkeakoulu): Miten johtaa olematta johtaja? - Havaintoja Ohjaamon koordinaattorin työstä

Monialaisessa ohjauspalvelussa on läsnä useita erilaisia toimintakulttuureita sekä henkilöstö- ja hallintokäytäntöjä. Yksi henkilöstöjohtamisen dilemma monialaisessa ohjauspalvelussa on, että samassa työyhteisössä toimii eri työnantajien alaisuudessa olevia henkilöitä. Esityksessämme tarkastelemme haasteita monialaisen työyhteisön koordinoinnissa ja johtamisessa Ohjaamoissa. Aiempien tutkimusten mukaan Ohjaamoiden monialaisen työskentelytavan kehittymiseen ovat vaikuttaneet sisäisen johtamisjärjestelmän ja toiminnan organisoinnin ongelmat. Kysymme, millaisia haasteita ja voimaannuttavia tekijöitä ilmenee Ohjaamon koordinaattoreiden työssä. Aineistomme muodostuu TESSU2-projektissa toteutetuista valmennusprosesseista, joissa Ohjaamon koordinaattorit kuvaavat monialaisen työyhteisön koordinoimista ja johtamista. Nostamme esiin alustavia havaintoja koordinaattorin kokemuksista vastualueiltaan: koordinaattori vastaa siitä, että monialaista työtä tekevä tiimi toimii, kehittää osaamistaan ja voi hyvin. Lisäksi koordinaattorin vastuulla on yhteistyö erilaisilla rajapinnoilla ja verkostoissa, Ohjaamon palveluiden kehittäminen, tiedon jakaminen päättäjien ja toimijoiden välillä ja että toimijoilla on resurssia ja mahdollisuus kehittää omaa osaamistaan. Ohjaamon koordinaattorin työtä haastaa tilanne, jossa hänen tulisi olla toimijoiden lähiesihenkilö kuitenkin olematta hallinnollisesti esihenkilöasemassa.

5. Hanna-Leena Ristimäki (Tampereen yliopisto): Vallan, oikeuksien ja velvollisuuksien hajauttaminen työterveysneuvotteluissa

Esityksessäni tarkastelen meneillään olevan väitöstutkimukseni kokonaisuutta ja sen tuloksien sosiaalipsykologista merkitystä, etenkin kulttuuristen olettamuksien, normien, tasavertaisuuden ja hyvinvoinnin näkökulmista. Tutkimukseni koskee työterveysneuvotteluja, jotka ovat yksi keino tukea työssä jatkamista ja työhön paluuta tilanteessa, jossa työntekijän terveydentila on

heikentynyt ja tarvitaan yhteisiä ratkaisuja työssä jatkamisen mahdollistamiseksi. Osatyökykyisten asemaa työmarkkinoilla voidaan niin edistää kuin hankaloittaa niissä vuorovaikutustilanteissa, joissa heidän osallistumisestaan työhön neuvotellaan ja päätetään. Erityisenä tutkimuskohteena ovat neuvottelun osapuolten eli työterveyslääkäriin, työntekijän ja esihenkilön vuorovaikutuskeinot yhteisesti hyväksyttävissä olevan päätöksen saavuttamiseksi esimerkiksi sairausloman jatkamisesta, osasairaspäivärahan käyttämisestä tai työn muokkauksesta. Tutkimusaineistoni muodostuu 14 videoidusta ja litteroidusta työterveysneuvottelusta, joita analysoin etnometodologisella keskusteluanalyysilla ja kategoria-analyysilla. Mikrotason analyysilla osoitan puheenvuoro vuorolta, miten sosiaalisen vallan syntymisen, hajauttamisen ja tasapuolisten päätösoikeuksien tuottamisen keinot rakentuvat päätöksenteon aikana. Väitöskirjatutkimukseni koostuu kolmesta vertaisarvioidusta tieteellisestä artikkelista ja niitä kokoavasta yhteenvetoluvusta. Ensimmäisen artikkelini tulokset näyttävät, miten neuvottelun puheenjohtajina toimivat työterveyslääkärit aloittavat yhteisen päätöksenteon kysymällä työntekijän ja esihenkilön kantaa päätösehdotuksiin siten, että he pyytävät neuvottelun osapuolia kertomaan selkeästi oman näkemyksensä päätösehdotuksesta ja kohtelevat heitä molempia oikeutettuina ottamaan kantaa myös katseen suuntaamisella. Toisen ja kolmannen artikkelini analyysit näyttävät, kuinka institutionaaliset rooliodotukset ja moraaliset orientaatiot voivat vaikuttaa päätöksenteon kulkuun sekä neuvottelijoiden vaikutusmahdollisuuksiin. Kuvaamalla vuorovaikutuksen käytäntöjä yksityiskohtaisesti väitöskirjatutkimukseni tuottaa myös yleisemmin tietoa, joka auttaa ymmärtämään monenkeskisten, arkaluontoisia asioita käsittelevien päätöksentekotilanteiden vuorovaikutusdynamikkaa.

11. Technologically mediated interactions, Chair: Carla Anne Roos (University of Groningen, The Netherlands), Slot 2

1. Julia Sebastien (York University): My Heart Will Go On(line): "Social Distancing" Couples' ICT Use and Satisfaction

Social presence--co-presence, or being physically 'there' with someone (Oh et al., 2018)--influences couples satisfaction (Sigman, 1991; Gilbertson et al., 1998). On March 13, 2020, Toronto initiated a lockdown or "quarantine" due to COVID-19, turning many non-co-habiting couples into de facto long distance relationships (LDRs). This study investigates the impact of social distancing on the relationship maintenance behaviours (RMBs) and couples satisfaction of geographically close couples quarantining apart (QAGCRs). Prior research indicates traditional LDRs mitigate the effects of diminished physical presence on couples satisfaction using information and communication technologies (ICTs) that convey social presence (SP) (Belus et al., 2018; Janning et al., 2018). Accordingly, QAGCRs were expected to increase their ICTs' conveyance of SP during lockdowns to maintain couples satisfaction (Sigman, 1991). Both groups were expected to use ICTs similarly to convey SP during lockdown; however, results suggest that while QAGCRs significantly increased their ICTs' conveyance of SP, and while both groups had comparable couples satisfaction, QAGCRs conveyed more SP during lockdown than did LDRs. Increased use of SP-conveying ICTs may buffer against physical co-presence deprivations, but it seems that QAGCRs' unique geographical and

involuntary situation created a divergent group who needs more SP to maintain couples satisfaction, and is at greater risk for poor couples satisfaction and poor mental health. As COVID-19 continues driving interactions to virtual platforms, media psychologists must evaluate and increase ICTs' ability to promote relationship satisfaction, which is critical to individual functioning and well-being (Belus et al., 2018; Janning et al., 2018; Whisman, 2007).

2. Carla Anne Roos (University of Groningen): Diplomacy in online and face-to-face discussions

Online discussions seem to be more prone escalating conflict and disagreement than discussions held face-to-face. In face-to-face discussions, people try to prevent conflict by adapting their conversational style: they provide instant relational feedback and express their disagreements vaguely. In text-based online chats, however, this is harder to accomplish due to lacking synchronicity and subtle social cues. This might make it more difficult to maintain social relationships in the face of disagreement online. In four studies, we investigate the micro-dynamics of these processes. In Studies 1 and 2, small groups of unacquainted students (N = 108 and N = 96; repeated measures) discussed controversial issues via text-based chat and FtF. Results show that online expression is relatively unresponsive and clear. While this is caused by behavioral restrictions posed by the medium, receivers tend to misattribute it to the sender's lack of social concerns. They think the sender is not listening and preoccupied with venting his/her own opinion. As a result, participants perceive more disagreement and feel less solidarity towards each other. In Studies 3 and 4, we presented observers (N = 103 and N = 120; repeated measures) with enacted online chat and transcribed FtF discussions. We find that responsiveness is generally considered indicative of agreement and good social relationships but the interpretation of clarity depends on the medium format. This suggests that what counts as diplomacy is not the same for each medium.

3. Angelika Penner & Friederike Eyssel (Bielefeld University, Center for Cognitive Interaction Technology): Loneliness enhances the willingness to engage in interactions with robots

The COVID-19 pandemic has introduced challenges on a vast array of dimensions into our lives. One of the psychological challenges concerns the experience of loneliness during lockdown and quarantine. The present research focused on the effect of individuals' inclusionary status and loneliness on their perceptions of and behavioural intentions towards social robots. Prior research has shown that situational loneliness makes humans keen to anthropomorphize nonhuman agents. Humanizing robots makes us view them as seemingly adequate surrogates for human social interaction partners. In an online experiment with N = 143 participants, we therefore investigated whether exclusion (vs. inclusion vs. control condition) would enhance participants' willingness to self-disclose towards a social robot and whether it would increase the attribution of warmth and mind towards a robot. Contrary to our predictions, experimentally induced exclusion had no effect on the dependent variables. However, correlational analyses provided important insights: The more COVID-19-induced loneliness participants reported, the more they were willing to self-disclose and the more they looked forward to a conversation with the robot. The results imply that those participants who were most strongly psychologically affected by the pandemic, would also be most willing to engage in a social interaction with a robot. Thus, making social robots available to people who are at risk of suffering from loneliness could be a way to ease the detrimental psychological consequences associated with the ongoing pandemic.

4. Julia G. Stapels & Friederike Eysel (Bielefeld University): VIVA – Ambivalence towards and potential use of a newly developed social robot

Social robots bear the potential to increase wellbeing by enabling social interaction. However, ambivalent attitudes toward robots may be among the reasons why to date, social robots are not yet widely accepted. Ambivalence, the simultaneous experience of strong positive and negative evaluations, is an unpleasant state that yields detrimental consequences on the affective, cognitive, and behavioural level. To gain insights into these dynamics, we conducted a preregistered experiment comparing two robots: Pepper and VIVA. 40 participants initially rated the design of both robots. Subsequently, they evaluated the newly developed robot VIVA based on a video featuring use cases for the robot. Moreover, ambivalence towards VIVA, VIVA's perceived contributions to people's wellbeing, perceived desirability of VIVA's alleged functions were assessed. Finally, potential user groups were identified. Results showed that, VIVA's design was perceived as adorable, high-quality, friendly, and sympathetic. However, comparing VIVA and Pepper, we found that Pepper was evaluated as more trustworthy, responsible, and intelligent than VIVA. VIVA was perceived as trustworthy but was deemed neither likeable nor accepted. As hypothesized, attitudes towards VIVA were ambivalent, implying that participants were torn between strong positive and strong negative evaluations of the robot. Participants did not expect VIVA to increase their wellbeing. Memory-based functions, such as reminder services or learning support and security functions, such as home surveillance or emergency call placement were evaluated as desirable. Our findings imply that a user-centred approach which addresses robot-related ambivalence may increase robot acceptance.

12. Biculturalism and psycho-social wellbeing (Elena Trifiletti, University of Verona, Italy & Rosa Rosnati, Università Cattolica del Sacro Cuore, Milan, Italy), Slot 2

Biculturalism has become a widely studied topic given the growing number of individuals who are exposed to more than one culture throughout their life, for different reasons. Bicultural individuals face the burden of having to deal with their multiple - and at times conflictual - cultural backgrounds and identifications which is linked to individuals' general well-being. These contributions will discuss recent advances on the interplay between biculturalism and different facets of psychological adjustment within peculiar social and cultural contexts, thus allowing the audience to better comprehend how different aspects of biculturalism are related to psychosocial well-being.

1. Laura Ferrari (Università Cattolica del Sacro Cuore, Milan, Italy), Sonia Ranieri (Università Cattolica del Sacro Cuore, Piacenza, Italy), Elena Canzi, Francesca Danioni (Università Cattolica del Sacro Cuore, Milan, Italy) & Rosa Rosnati (Università Cattolica del Sacro Cuore, Milan, Italy): Bicultural adopted adolescents facing ethnic discrimination: the role of intergroup processes

Internationally adopted adolescents face the additional developmental task of shaping their identity by balancing their dual belongingness to the current cultural background and to the birth country ethnic background. This process is embedded within the social context, but research on adoption

has little investigated the contextual factors that are likely to influence how adopted adolescents shape their identity. The present study aimed at exploring whether and the extent to which the experience of discrimination influences the process of ethnic and national identity construction and healthy development in a specific minority group of bicultural respondents, that is the group of adoptees. Based on the Social Identity Theory, we hypothesized that adoptees' ethnic and national identifications play a protective role against negative effects of perceived racial discrimination on psychosocial well-being. A self-report questionnaire was administered to 180 Italian internationally adopted adolescents. Preliminary results showed that bicultural adoptees who are ethnically discriminated choose to deidentify from their ethnic group and tend to react by enhancing their identification with the adoptive family's national background; this, in turn, was associated with higher level of psychosocial adjustment. Findings will be discussed in light of post-adoption intervention for adoptees and their family and social context.

2. Soraya E. Shamloo, Martina Faccini, Paola Dusi, & Elena Trifiletti (University of Verona): Facing the unpredictable: how Bicultural Identity Integration affects biculturals' response to the Covid-19 pandemic

Research on biculturalism has recently focused on the concept of bicultural identity integration (BII), namely the degree to which bicultural individuals perceive their cultural identities as compatible and overlapping. BII has been found to be positively associated with psychological adjustment. Based on this evidence, the present study aimed at investigating whether BII could also be related to how bicultural individuals cope with emergency situations (specifically, Covid-19 emergency). Four hundred and fourteen bicultural individuals residing in Italy participated in an online study. Participants completed a questionnaire including measures of BII, psychological adjustment and Covid-19-related distress. Results found that while blendedness was only weakly negatively related to Covid-19-related distress, perceived harmony was strongly and negatively associated to stress linked to the Covid-19 pandemic. Furthermore, the relation between perceived harmony and Covid-19-related distress was fully mediated by psychological adjustment. Implications of results will be discussed.

3. Judith Lorente, Carles Pérez-Testor, Inés Aramburu & Josep Mercadal (Universitat Ramon Llull, Spain): Ethnic identity and bicultural integration in internationally adopted adolescents: protection factors against the impact of discrimination?

The impact of discrimination on psychosocial adjustment of internationally adopted adolescents has been widely described, increasing the prevalence of depression, anxiety and psychological suffering, in addition to its negative effect on self-concept. Conversely, there have been several investigations that have demonstrated the protective role of ethnic identity on the adverse effects of discrimination in transracially adopted adolescents. The present study evaluated the predictive relationship between ethnic identity and bicultural identity integration on adolescents who suffered from discrimination, as well as its relationship with psychosocial adjustment and self-concept. Fifty Spanish international adoptees aged 12 to 16 took part in the study. Data was gathered with Multigroup Ethnic Identity Measure Revised (MEIM-R), Bicultural Identity Integration Scale – Version 2 (BIIS-2), Behaviour Assessment System for Children (BASC) and Autoconcepto Forma5 (AF-5). Ethnic identity was not found to mitigate the negative effects of discrimination on self-concept.

However, bicultural identity integration was found to do so on its negative effects on psychosocial adjustment.

4. Martina Faccini, Soraya E. Shamloo, Daniela Raccanello, Paola Dusi, & Elena Trifiletti (University of Verona, Italy): Bicultural Identity Integration and well-being among bicultural children: a longitudinal study

While research on bicultural identity integration (BII) in adults, namely the degree to which bicultural adults perceive their cultural identities as compatible and overlapping is well-established, studies on BII in children are scant. We used the BIIS-C scale (Bicultural Identity Integration Scale for Children) to test, for the first time, its longitudinal associations with well-being among a sample of children aged 11-14. One hundred and thirty-five participants completed a questionnaire tapping measures of BII, general well-being and academic well-being. Results found that BII (both harmony and blendedness dimensions) did not longitudinally predict general and academic well-being, yet general well-being longitudinally predicted harmony in this sample. Implications of results will be discussed.

Friday , April 16, 2021

10.40-12.20 Simultaneous Online Working Groups 3 and Affect Café:

13. Social contacts, parenthood and wellbeing (Days 1 and 2) (Tuija Seppälä, Reetta Riikonen, Paula Paajanen, Tampere University, UTA), Slots 1 and 3

In this working group, we look at intra- and intergroup contacts in the context of parenting. Becoming a parent has many effects on parents' social contacts. In this life stage, the importance of previous social relationships and contacts with those outside the family can hinder whereas often the relationships with both the childhood family and other families with children become central. Child affords parents new possibilities for contact through taking care of the child's needs, participating in recreational activities for families and children, and kindergarten and hobbies. The need for social support and company can motivate parents to seek services as well as encounters with other parents and children.

Social contacts, friendships, and group memberships related to engli can provide socio-psychological resources that support well-being, while the absence of social relationships can complicate access to social support and undermine well-being. Poor social relationships, such as negative contacts, exclusion, or intergroup conflicts can deepen the ill-being.

What kind of opportunities parenting offers for intra- and intergroup contacts, and how these opportunities occur in everyday life? Which factors support and which hinder parents' social contacts and support? How are contacts experienced by parents, whose local networks are intrinsically thinner, for instance because of regional or international migration? What kind of cultural understandings relate to parents' intra- and intergroup contacts?

1. Lucia Hargašová (Institute for Research in Social Communication, Slovak Academy of Sciences): Representations of love in constructions the foster carers' professional role

The alternative care for children has undergone scrutiny and transformation in Western as well as in Central/Eastern European countries. Nurturing and developing healthy relationships with looked after children is one of the expectations of the newly defined carer's role. The issue of close loving relationships has been recently debated in terms of children's needs and wellbeing, expected outcomes of care, or as a part of the care process. We analysed representations of loving relationships within the construction of substitute parents' role of professional parents (Study 1, N=20, questionnaire), residential care workers (Study 2, N=44, questionnaire) in Slovakia and of foster carers in Scotland (Study 3, N=157, questionnaire, interview, and focus groups combined). Thematic analysis showed Slovak carers described love in the context of job motivation, as the condition for a successful practice, as well as a source of conflicts and struggles. Actors of foster care in Scotland highlighted the need to incorporate love into care practice, however, representations of love covered a wide spectrum of positive and negative connotations - unconditional bond versus love as a threat. Participants from both countries stated examples of acts of love. The perceived importance of incorporating love into practice derived from participants' representation of its form (infatuation versus commitment). Results contribute to the recent discourse on loving relationships as part of the wellbeing of looked after children and point to the dilemma of professionalism and intimacy within the practice of alternative care for children.

2. Camila Arnal (Université Libre de Bruxelles): Relation between divorce, parental conflicts and adult's romantic relationships

Long term consequences of divorce on grown up children's ability to handle romantic relationships (RR) are under-investigated. Particularly the respective roles of parental separation per se and the level of perceived parental detrimental conflict (PPDC) are still controversial. This paper considers a mediation model between divorce and RR during adulthood of children of divorced parents through the PPDC. A sample of 121 adults (Age Mean = 26.14, SD = 1.74, 91 women), 55 children of divorced parents, 66 children of parents that are still living together, fulfilled a questionnaire assessing RR, PPDC and family cohesion. Although results do not provide evidence of differences between the two groups, the level of PPDC significantly predicts RR during adulthood in both groups. This could imply that it is not the separation per se that predicts long term consequences of divorce but rather the exposition to detrimental parental conflicts. Moreover, participants' PPDC in the family is not a significant predictor of divorce between the parents. Limitations of the study and its clinical implications are discussed.

3. Rita Latikka (Tampere University), Rosana Rubio, Elena Simona Lohan, Juho Rantala, Fernando Nieto, Arto Laitinen & Atte Oksanen: Older adults' loneliness, social isolation and physical ICT: a literature review

Loneliness and social isolation are circumstances that can permeate all ages of life. With the increasing number of old people, partial solutions to assess loneliness and social isolation in demographically ageing societies have been sought from the field of information and communication technology (ICT). This systematic literature review investigates the research conducted on older adults' loneliness and social isolation and physical ICTs, namely robots, wearables, and smart homes in the era of ambient assisted living. The aim is to gain insight of how technologies can help overcome loneliness and social isolation other than by fostering social communication with people, and what are the main open-ended challenges according to the studies. The data were collected from seven bibliographic databases. A preliminary search resulted in 1,001 entries which were screened based on pre-defined inclusion criteria. The final dataset consisted of 17 empirical studies. According to results, physical ICTs are used for detecting and predicting, as well as alleviating loneliness and social isolation among older adults. The main open-ended challenges across studies relate to the need of more robust study samples and study designs. Further, studies report technology and topic specific open-ended challenges. We conclude that technology can help to assess and alleviate older adults' loneliness and social isolation without a direct relation with other people. The study contributes to the ongoing discussion on combating the loneliness and social isolation of seniors from a multidisciplinary perspective.

4. Christina Lorth (Massey University, New Zealand): Understanding wellbeing in the context of a living wage

Wellbeing is a virtue that is much desired, debated and promoted. Wellbeing is important to everyone, yet research predominantly focuses on the experiences and needs of people from the

middle and upper classes. This presentation addresses the lack of research into low income workers' experiences and understandings of everyday wellbeing in Aotearoa New Zealand. Reflecting on five case studies drawn from photo-elicitation interviews, we explore the experiences and practices of wellbeing as these relate to the living wage. Findings reveal that workers' living wage has implications for wellbeing, that are contextual, dynamic, and relative. Key considerations include work-related factors; relationships; social and material living conditions; and opportunities to participate in various wellbeing-enhancing practices. The findings highlight that relationality and context-specificity of wellbeing and a living wage offer important insights into links between income and wellness.

14. Sukupuoleen ja seksuaalisuuteen liittyvien ryhmärajojen tekeminen ja purkaminen nykyajassa/Doing and undoing group divisions based on gender and sexuality in contemporary contexts (Päivi Berg, Finnish Youth Research Society; Marko Salonen, Tampere University, UTA & Satu Venäläinen, University of Helsinki), Slot 3

Työryhmässä tarkastellaan, miten sukupuoleen ja seksuaalisuuteen liittyviä ryhmärajoja vahvistetaan tai haastetaan nykypäivän polarisoituneessa kontekstissa, johon liittyy yhtäältä vahvoja pyrkimyksiä yhdenvertaisuuteen ja tasa-arvoon sekä toisaalta voimakasta vastustusta näitä pyrkimyksiä kohtaan. Tämä dynamiikka tulee ehkä näkyvimmin esiin internetin ja sosiaalisen median konteksteissa, mutta liittyy moniin muihinkin arjen kohtaamiin. Työryhmään ovat tervetulleita esitykset, jotka hyödyntävät sosiaalipsykologisia näkökulmia ja metodologioita sukupuoleen ja seksuaalisuuteen liittyvien ryhmärajojen dynamiikan tarkastelussa. Kuinka erilaisia sukupuoleen ja seksuaalisuuteen liittyviä positioita omaksutaan ja eletään? Kuinka näihin positioihin tapaistutaan tai kuinka niitä muokataan? Millaiset kielelliset tai muut arkiset käytännöt ylläpitävät tai haastavat sukupuoleen, seksuaalisuuteen ja muihin toisiaan läpileikkaaviin sosiaalisiin erontekoihin liittyviä jakolinjoja? Kuinka identiteettejä neuvotellaan ja rakennetaan suhteessa näihin "rajoihin"? Miten nykyajassa tehdään ymmärrettäväksi sukupuolittuneita ja seksualisoituneita elämän osa-alueita? Millaisia edellytyksiä esimerkiksi sosiaalinen media tai erimaiden kontekstit tarjoavat sukupuolen ja seksuaalisuuden haastamiselle tai ylläpitämiselle sosiaalisina erontekoina ja millaisia eriarvoisuuksia niihin liittyy?

The working group focuses on how group divisions based on gender and sexuality are enforced and challenged at the current contradictory moment, characterised by significant developments toward increased equality and undermining the legitimacy of such divisions on the one hand, and polarised or aggressive resistance toward such changes on the other. These dynamics are perhaps most vividly at play in the contexts of the internet and social media, but are perceptible also in other areas of everyday life and social encounters. The working group welcomes presentations that explore and illustrate various ways in which social-psychological perspectives or methodologies can be employed in examining these dynamics. The presentations may address questions such as: How are different social positions in relation to sexuality and/or gender adopted, lived, habitualised or customised in different contexts of everyday life? What kinds of discursive or other routinised practices work to sustain or challenge divisions based on gender, sexuality or other intersecting social distinctions? How are identities negotiated and constructed in relation to these divisions? What forms of intelligibility are available in contemporary contexts for making sense of gendered and sexualized

aspects of people's lives? What kinds of affordances do different contexts, such as the social media or different country contexts, provide for challenging or maintaining these social divisions and the various inequalities they are bound up with?

1. Miriam Wickham (Utrecht University): Gender identification beyond the binary and consequences for well-being

Throughout the developed world, there has been an increase in legal recognition of a "third" gender/sex category, which is separate from male or female (e.g., in Australia: Bennett, 2014; in Germany: Dunne & Mulder, 2018). The legal recognition of more than two genders (e.g., "man", "woman" and "non-binary") is an example of the current shift away from the "gender binary", where there are only two gender categories, and toward a "gender spectrum", to acknowledge that there are multiple ways for people to define their gender. It is unclear whether people's identifications fit a binary model of gender, or what the social consequences of non-conforming gender identification (GI) might be. We asked participants how much they identify with men and with women (S1 and S2), as well as how much they identify with a third gender (S3). We also measured their social well-being, namely, societal belonging, general life satisfaction and self-esteem. We hypothesized that having a non-conforming GI in a society with a binary narrative would have negative consequences for one's social well-being. We found that a binary model of GI was not the best fit and that non-conforming GI is likely much more common than previously assessed. Participants who indicated a non-conforming GI reported lower feelings of social well-being, across all measures. We conclude that the shift in societal gender narrative seems to be justified in that it addresses a real issue that is affecting a significant proportion of the general population.

2. Deniz Akdeniz (presenter), Yağmur Temiz, and Burcu Tekeş (Başkent University Department of Psychology): Caring for self and others: Well-being, self-compassion and antigay prejudice

Psychological well-being is known to have an impact on human behavior including positive relationships with others which is believed to be the junction point of prejudice. In the present study, it is suggested that people who differ in the level of well-being (high vs. low) would differ in self-compassion and attitudes towards lesbians and gay men. Based on this, 245 participants (Nfemale = 176, Nmale = 63, Nother = 1 and Nnot indicated = 5) have completed The Flourishing Scale (FS), Self-Compassion Scale (SCS) and Attitudes Towards Lesbian and Gay Men Scale (ATLGM). Independent samples t-test was conducted to compare extreme values from scores of well-being. The results indicated that participants who had higher levels of well-being, also showed higher levels of all three dimensions of self-compassion: Self-kindness, common-humanity and mindfulness. Self-compassion influence individuals' mindset by approaching negative events with a more mindful, aware and self-kind way which in return affect individuals' sense of well-being. However, the results showed no significant difference between high and low levels of well-being and attitudes towards homosexuals. Also, additional group comparisons were conducted. According to that, men had higher level of negative attitudes toward gay men compared to lesbians. On the contrary, females didn't show such significant differences. The non-significant relationship between well-being and ATLGM can be related to the structure of the ATLGM scale. It was criticized to measure only

tolerance and condemnation dimension of prejudice. Also, explicit measures of negative attitudes and prejudice have been criticized in terms of social desirability.

3. Nita Taivaloja (University of Helsinki): Questions of categorization under the umbrella of consensual non-monogamy

International research on consensual non-monogamy (CNM) i.e., practices in which individuals openly agree to engage in sexual, romantic and/or emotional relationships with multiple partners, tends to categorize the subtypes of CNM to swinging, open relationships and polyamory. While swinging and open relationships are often defined as recreational sexual activity conducted by an emotionally monogamous couple, polyamory denotes to multiple simultaneous loving relationships where sex may or may not have a role in. A number of studies have pointed out that individuals in the sub-categories of CNM often define their relationships styles against each other, and that actually the distinctions commonly used in distinguishing between types of CNM relationships ultimately rely on mononormative assumptions about sex and love.

The seminar presentation explores the possibilities of studying the meanings individuals engaging in CNM relationships give to love, sex, and emotional intimacy in the different relationship practices they take part in. By approaching the topic with an intersectional understanding, three questions are posed. First, is it possible to tap into the ways in which individuals in CNM relationships negotiate their identities and social positions, without further enforcing group divisions? Second, how meaningful are categories in the naming of CNM, if or when they cannot reach the diversity of definitions that people engaging in CNM practices give to their relationship arrangements or their identities? And third, to what extent does placing sub-categories of CNM as polar opposites on a sex-love continuum serve in contributing more equality though research?

4. Saga Lydén (University of Helsinki): Fixing or Affirming Homosexuality? A discursive study of identity negotiations of same sex attracted persons within heteronormative Christian faith communities

“Fixing or Affirming Homosexuality? A discursive study of identity negotiations of same sex attracted persons within heteronormative Christian faith communities” is a master’s thesis focused on how same sex attracted persons negotiate their identities within or against heteronormative Christian faith communities in Finland. The aim of the study was to shed more light on the ways in which sexual orientation is preformed and negotiated within a specific cultural and religious context. Seven participants were interviewed about their sexual orientation, religious conviction, affiliation with faith communities, as well as norms, ethics, and theology regarding sexuality. To understand aspects of identity, a critical discursive approach was applied to the analysis of the interview material. Interpretative repertoires relevant to the topic were discerned, after which positioning within these repertoires was examined. The participants are found to construct interpretative repertoires specifically regarding homosexuality. These relate to sexual and religious ethics, to various social repercussions, and to the idea of either changing or affirming non-heterosexual orientation. Different positioning occurs within the interpretative repertoires, of which some are problematic from a standpoint of wellbeing and social stigmatization. My hope was that this study could contribute to expanding and furthering the discussion on how persons experiencing same sex

attraction could be helped within heteronormative faith communities, without being stigmatized within or outside these communities and without having their wellbeing compromised.

5. Essi Holopainen (Tampere University): Under-aged girls in a dating-bubble of adults: Girlhood, agency, and Tinder

Dating-app Tinder has become a widely accepted match-maker among single adults and it is popular especially among users aged 18–24. Despite the age limit of Tinder, many curious young people find ways to sign in before their 18th birthday. In my Master's thesis, I interviewed 9 young women aged 18–21, who have been using Tinder as a minor. My goal was to clarify, what has motivated them to sign in, how they reflect their past activity, and how their position as an under-aged female user in a "forbidden app" has affected their actions. Under-aged girls in Tinder form a heterogeneous user group, which is usually a topic of public concerned debates, instead of being heard. While an anonymous and privately used virtual dating environment creates new kinds of risks and hazards especially for young and inexperienced users, the app is also a relatively safe place to explore one's desires, interests, sexual orientation, or boundaries behind the distance. Tinder allows its young users to practice skills, perform their gender and sexuality, and also challenge certain social norms, which usually encourage girls to act responsibly and avoid sexual contexts outside of normatively accepted relationships.

15. Voices and images from social media arenas, Chair: Jennifer de Paola (University of Helsinki), Slot 3

1. Octavia Calder-Dawe and Cherie Lacey (Victoria University of Wellington): How to Think Positive: The Affective Pedagogy of Positivity

Why does positivity so often appear as something that must be taught? From Gretchen Rubin's (The Happiness Project; Better than Before) '21 strategies for happiness' to Sonja Lyubomirsky's (The How of Happiness) 'the 12 'hows' to being happy', advice and injunctions on positivity saturate global structures of feeling. Nowhere is this more pronounced than on Instagram, where wellness influencers offer expertly curated advice, tips, messages and insights about wellbeing—what we call the 'affective pedagogy' of positivity. Against dominant constructions of Instagram influencers as shallow, the deployment of pedagogy in these posts might be read as a 'modest' method that side-steps cultural sanctions against narcissism, enabling activities and products to be presented as having a positive impact, educating and inspiring others, seeding transformative change, or eliciting action. In this paper, we explore the affective pedagogy of positivity on Instagram. Specifically, we analyse posts in which influencers share their down days, and how these experiences become 'teaching moments' for followers. Our analyses highlight two salient features of positivity discourse on Instagram. First, we suggest that positivity has a high transactional value in the attention economy. Second, we argue that this phenomenon indicates a modification of wellbeing repertoires from the management of time towards the management of energy. In so doing, we hope to offer insights into the heavy affective load that positivity discourse is carrying in today's media ecology.

2. Zea Szebeni (University of Helsinki): I believe, but do they believe? – The role of trust and conspiracy mindset in predicting belief in (fake) news

While disinformation has been a central topic in the 2010s, attention has only been growing because of the COVID-19 pandemic and the relating “infodemic”. The reason why people believe certain (fake) content online remains a central question both for theoretical and practical reasons. In the current study, participants from Hungary (N=295) assessed (fake) news items online. We not only asked them to rate the items based on their own opinion, but the percentage of believers in certain groups: those who support the government, those who don’t and the general population. We further assessed their trust in the government, politicians and media, plus their conspiracy mentality, besides demographic variables (such as level of education). The context of the research is Hungary, which can be classified as a hybrid-regime with weakening democracy, and increasingly centralized media sphere. In our research we explore (1) how people see other groups (pro/anti-government, population) in terms of (fake) news belief, and how that relates to their own beliefs and (2) whether we can predict belief in (fake) news through measuring trust dimensions and conspiracy mentality. Through this we can gain an insight into how people construct society around themselves in terms of (fake) news belief, and whether see the public opinion congruent with their own. The study also assesses whether trust in institutions or education can act as “protective” factors against fake news in such a political climate.

3. Magdalena Celuch (Tampere University): Individual factors predicting responses to cyberhate among Finnish professionals

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Cyberhate is a personally and societally harmful phenomenon experienced by many social media users every day. Although cyberhate among adolescents and young adults has been recently researched, studies on adult population are scarce. This study investigated how professionals who use the internet in their work react to cyberhate. The participants of this study were Finnish university employees (N = 2491) and local politicians (N = 510). Both samples were collected using identical surveys, which also included a survey experiment investigating reactions to cyberhate. Frequent social media use predicted active responses to cyberhate in both samples. Among politicians, concerns over becoming a cyberhate victim in the future consistently predicted both standing up against the offenders and recommending it to others. Moreover, higher scores for experiment-induced anxiety and belonging to social media identity bubbles were found to predict recommendations for active response in both samples. Several further sample-specific factors were also identified. The results demonstrate that psychological and behavioral factors, as well as individual differences play a meaningful role in reactions to cyberhate among adults. The importance of including diverse professional groups as well as various measurement methods in cyberhate studies is also highlighted.

4. Jennifer de Paola and Anna-Maija Pirttilä-Backman (University of Helsinki): ‘Are we bad winners?’ Public understanding of the United Nations’ World Happiness Report

In the present study, we investigate the public understanding of the WHR, an international ranking measuring 'happiness' within the context of the highest ranking country in the report – Finland. Our first research question looked at how the Finnish public received, discussed and understood the report, the second research question dealt with investigating how the Finnish public understood and defined the object of the specific ranking– happiness. Overall, our analysis showed digital media adopted an ambivalent stance towards both the WHR (celebratory prose vs concerns regarding the report) and the concept of happiness (reticence to define happiness vs participation in the discourse around the secret of Finnish happiness). The discourse around WHR and the concept of happiness appears more polarized (positive/negative) among the readers. In support of the WHR, readers define Finland as an 'almost utopia'. Readers adopting a negative stance, in addition to presenting a reversed image of an almost utopia ('almost dystopia') farther justify the distrust towards the WHR by discrediting the validity of the methodology behind the study and accusing the government of manipulating the results. Both positive and negative stances carefully construct their understanding of happiness to fit within their arguments aimed at the glorification (positive stance) and scandalization (negative stance) of the WHR results.

16. Terveys ja hyvinvointi elämänkulussa kohorttitutkimuksen tulosten valossa (Olli Kiviruusu, THL & Hanna Konttinen, Helsingin yliopisto), Slot 3

1. Olli Kiviruusu (THL): Itsetunnon kehitys nuoruudesta keski-ikään sekä koulukiusaamisen ja oppimisvaikeuksien yhteys kehitykseen

Koulukiusaamisen, oppimisvaikeuksien ja koulumenestyksen yhteys itsetunnon kehityskulkuun nuoruudesta keski-ikään. Tausta: Koulukiusaamisella ja opintoihin liittyvillä vaikeuksilla on yhteys huonompaan itsetuntoon. Näiden tekijöiden yhteydestä itsetunnon myöhempään kehitykseen aina keski-ikään saakka tiedetään vähemmän. Tutkimuksen tarkoituksena oli selvittää itsetunnon kehityskulkua nuoruudesta keski-ikään sekä koulukiusaamisen, oppimisvaikeuksien ja koulumenestyksen yhteyttä siihen. Aineisto ja menetelmät: Aineisto perustui tamperelaisnuorten kohorttiin (N=2194), jonka tutkiminen alkoi vuonna 1983, jolloin tutkittavat olivat 16-vuotiaita. Kohorttia on seurattu postikyselyin 22 (N=1656), 32 (N=1471), 42 (N=1334) ja 52 (N=1160) vuoden iässä. Itsetunto mitattiin kaikissa vaiheissa samalla seitsemäsoisella kysymyssarjalla. Koulukiusaaminen ja oppimisvaikeudet kysyttiin retrospektiivisesti 42 vuoden iässä. Heikko koulumenestys määriteltiin 16-vuotiaana raportoidun todistuksen keskiarvon perusteella (alin kvartiili). Itsetunnon kehitys mallinnettiin latenttina kasvukäyränä ja koulunkäyntiin liittyvien tekijöiden yhteyttä siihen analysoitiin moniryhmäanalyysien avulla. Tulokset: Itsetunto kehittyi positiivisesti nuoruudesta aikuisuuteen, mutta kehitys pysähtyi ja kääntyi laskusuuntaan 42 ikävuoden jälkeen. Naisten itsetunto pysyi koko 36-vuotisen tarkasteluperiodin ajan miehiä selvästi alhaisemmalla tasolla. Sekä koulukiusaaminen, oppimisvaikeudet että heikko koulumenestys olivat yhteydessä itsetunnon kehityskulun alhaisempaan tasoon ($p < 0.001$). Koulukiusaaminen oli yhteydessä myös itsetunnon hitaampaan kehitykseen ($p < 0.01$). Yhteyksissä ei havaittu eroja sukupuolten välillä. Johtopäätökset: Itsetunnon positiivinen kehitys nuoruudesta aikuisuuteen näyttää pysähtyvän ja jopa kääntyvän laskuun keski-ikässä. Tutkitut koulunkäyntiin liittyvät huono-osaisuustekijät ovat yhteydessä itsetunnon kehitykseen ja yhteydet heikompaan itsetuntoon havaitaan vielä pitkälle keski-ikään ulottuvassa seurannassa. Tulokset viittaavat siihen, että koulukiusaamisen ehkäisemisellä ja torjunnalla sekä oppimisvaikeuksien tunnistamisella ja

tarvittavan tuen järjestämisellä voidaan paitsi tukea riskissä olevien nuorten itsetuntoa myös ehkäistä pitkäaikaista itsetunnossa havaittavaa eriarvoisuutta.

2. Noora Berg (THL): Alkoholinkäytön pitkittäiset kehityskulut nuoruudesta keski-ikään ja niiden yhteys mielenterveyteen. Vertailu muihin suomalaisiin ja ruotsalaisiin kohortteihin

Tausta: Alkoholinkäyttö on yleisempää henkilöillä, joilla on mielenterveyden oireita tai häiriöitä. Kuitenkaan ei tiedetä, kuinka näiden asioiden pitkittäiset yhteydet muuttuvat ajassa. Tutkimuksen tavoitteena on tarkastella, miten muutokset alkoholinkäytön kehityspoluissa ovat yhteydessä mielenterveyden kehityspolkuihin nuoruudesta keski-ikään. Menetelmät: Keväällä 1983 oppitunneilla toteutettuun kyselyyn vastasi 2194 (96,7 %) suomenkielistä Tampereella peruskoulun yhdeksättä luokkaa käynyttä 16-vuotiasta oppilasta. Heitä on seurattu postikyselyin 22 (n=1656, 75,5 %), 32 (n=1471, 67,0 %), 42 (n=1334, 60,7 %) ja 52 (n=1160, 52,9 %) vuoden iässä. Humalajuomista mitattiin kysymyksillä, kuinka usein on humalassa (16 ja 22v) ja juoko vähintään 6 annosta kerralla (32, 42 ja 52v). Mielenterveyttä mitattiin oiremittarilla, joka kattoi 7 masennus- ja ahdistuneisuusoiretta (16-52v esim. haluttomuus tai tarmottomuus ja jännittyneisyys tai hermostuneisuus). Latenttia luokka-analyysia käyttäen vastaajat ryhmitellään humalajuomisen ja mielenterveyden kehityksen mukaan ryhmiin ja lopuksi tarkastellaan alkoholi- ja mielenterveystrajektoriryhmien yhteyttä toisiinsa. Tulokset: Tulosten mukaan humalajuominen lisääntyy 16-vuotiaasta 32-vuotiaaksi, jonka jälkeen se tasaantuu. Psykkinen oireilu oli tasaista nuoruudesta varhaisaikuisuuteen, jonka jälkeen oireilu kasvoi ollen korkeimmillaan 32-vuotiaana tasaantuen keski-ikässä. Ikävaiheittain ja sukupuolittain tarkasteltuna humalajuominen oli yhteydessä runsaampaan psykkinen oireiluun kaikissa vaiheissa, paitsi miehillä 52v. Kaikissa ikävaiheissa humalajuominen oli yleisempää miehillä ja psykkinen oireilu vastaavasti naisilla. Latenttiin luokka-analyysin perustuvat tulokset esitellään myöhemmin. Johtopäätökset: Humalajuominen ja mielenterveysoireilu yleistyvät nuoruudesta aikuisuuteen siirryttäessä ja kehitys tasaantuu 30 ikävuoden jälkeen. Humalajuomisen ja psykkinen oireilun yhteydet sekä sukupuolten väliset erot ovat melko pysyviä, ainakin tällä 1960-luvulla syntyneellä kohortilla.

3. Elena Reinistö (THL): Alkoholi ja syöminen selviytymisstrategioina eri ikävaiheissa ja niiden yhteys painoon miehillä ja naisilla – unen moderoinen vaikutus

Stressiin liittyvä syöminen ja alkoholinkäyttö sekä niiden yhteydet painoaindeksiin naisilla ja miehillä 30 vuoden seurannassa. Stressi on yhteydessä ylipainoon useiden mekanismien, kuten stressinhallinnassa käytettyjen coping-keinojen, kautta. Stressiin liittyvän syöminen yhteys korkeampaan painoaindeksiin on todennettu aiemmissä tutkimuksissa, mutta stressiin liittyvän alkoholinkäytön vaikutuksista painoaindeksiin tiedetään vähemmän, eikä näitä kahta stressinhallintakeinoja ole aiemmin tarkasteltu rinnakkain. Tässä tutkimuksessa tarkastelemme stressiin liittyvän syöminen ja alkoholinkäytön yleisyyttä naisilla ja miehillä 30 vuoden seurannan aikana, sekä niiden yhteyksiä painoaindeksiin ja painoaindeksin kasvukäyriin varhaisaikuisuudesta keski-ikään. Suomalaisen kohorttitutkimuksen osanottajia seurattiin kyselylomakkeilla 22-vuotiaana (N=1656), 32-vuotiaana (N=1471), 42-vuotiaana (N=1334) sekä 52-vuotiaana (N=1160). Coping-keinoja arvioitiin kysymällä, kuinka usein osallistujat päätyivät syömään herkuja tai juomaan alkoholia kohdatessaan stressaavia tilanteita. Painoaindeksi laskettiin itseraportoitujen painon ja pituuden perusteella. Coping-keinojen yhteyksiä painoaindeksiin tarkasteltiin käyttämällä lineaarista

regressioanalyysia. Painoindeksin kehityskulkuja tarkasteltiin latentin kasvukäyrämallin avulla. Koulutus ja siviilisäätty vakioitiin analyyseissa. Naisilla oli koko seurannan ajan enemmän stressiin liittyvää syömistä kuin miehillä. Miehillä stressiin liittyvä alkoholinkäyttö oli naisia yleisempää 22- ja 32-vuotiaina. Stressiin liittyvä syöminen oli naisilla yhteydessä korkeampaan painoindeksiin kaikissa ikävaiheissa, ja miehillä 32-vuotiaasta lähtien. Stressiin liittyvä alkoholinkäyttö oli yhteydessä korkeampaan painoindeksiin 22- ja 42-vuotiailla naisilla, sekä 52-vuotiailla miehillä. Kasvukäyräanalyysien mukaan painoindeksin kasvukäyrän taso oli naisilla ja miehillä sitä korkeampi ja kasvu sitä nopeampaa, mitä useammassa ikävaiheessa stressiin liittyvää syömistä esiintyi. Stressiin liittyvän alkoholinkäytön esiintyminen useammassa ikävaiheessa oli yhteydessä painoindeksin nopeampaan kasvuun miehillä, mutta ei naisilla. Syöminen stressinhallinnan keinona on yhteydessä korkeampaan painoindeksiin, ja pitkäaikaisena stressinhallintakeinona se yhdistyy painoindeksin nopeampaan kasvuun. Stressiin liittyvä alkoholinkäyttö on yhteydessä korkeampaan painoindeksiin joissakin ikävaiheissa, sekä painoindeksin nopeampaan kasvuun miehillä. Nämä tutkimustulokset ovat tärkeitä suunniteltaessa ylipainon ehkäisyyn tähtääviä terveysinterventioita.

4. Jenna Grundström (THL): Parisuhteen yhteys masennusoireiluun ja itsetuntoon neljässä eri ikävaiheessa nuoresta aikuisuudesta keski-ikään

Tausta: Siviilisäätty ja parisuhde ovat tärkeitä mielen hyvinvoinnin kannalta. Avioliitto on yhdistetty parempaan mielen hyvinvointiin lukuisissa aikaisemmissa tutkimuksissa, ja viime aikoina on saatu samankaltaisia tuloksia myös avoliitosta ja seurustelusta. Se, miten yhteydet vaihtelevat eri elämänvaiheissa on kuitenkin jäänyt epäselväksi. Tavoitteet: Tavoitteena oli selvittää parisuhdestatuksen ja mielen hyvinvoinnin välisiä yhteyksiä neljässä eri elämänvaiheessa. Lisäksi tutkimme moderoiko parisuhteen laatu näitä yhteyksiä. Tutkimuksessa käytettiin laajempaa parisuhdestatuksen käsitettä perinteisen siviilisäätty jaottelun sijaan, ja mielenterveyden negatiivisen näkökulman lisäksi sisällytimme mielenterveyden positiivisen ulottuvuuden tutkimukseen. Menetelmät: Aineistona käytettiin suomalaista Stressi, kehitys ja mielenterveys -kohorttitutkimusta, jossa tutkittavia on seurattu 22-, 32-, 42- ja 52-vuotiaana (N=1955). Kussakin ikävaiheessa mitattiin parisuhdestatusta (avioliitto, avoliitto, seurustelu, sinkku ja eronnut/leski), masennusoireita, itsetuntoa ja parisuhteen laatua. Analyysit tehtiin käyttäen lineaarista regressiota. Tutkimustulokset: Naimisissa oleviin verrattuna sinkut ja eronneet kokivat enemmän masennusoireita kaikissa ikävaiheissa miehillä. Myös naisilla sinkkuus oli yhteydessä masennusoireisiin. Miehillä sinkkuus ja ero olivat yhteydessä myös alhaisempaan itsetuntoon 32-, 42- ja 52-vuotiaana, mutta naisilla ainoa yhteys löydettiin alhaisemman itsetunnon ja sinkkuuden välillä 32-vuotiaana. Miehillä yhteyksiä heikompaan mielen hyvinvointiin löydettiin myös seurustelevalta 32-vuotiaana, sekä avoliitossa olevilta 32- ja 52-vuotiaana. Naisilla yhteyksiä oli vähemmän. Parisuhteen laadun moderoivasta roolista saatiin vain vähän viitteitä. Johtopäätökset: Miehillä avioliitto oli vahvemmin yhteydessä parempaan mielen hyvinvointiin kuin muut parisuhdestatukset, mikä voi viitata siihen, että avioliitto tuo miehille jotain, mitä muissa parisuhdestatuksissa ei voida saavuttaa. Naisilla puolestaan avoliitossa olevien ja seurustelevien mielenterveys näyttäytyi samanlaisena kuin avioliitossa olevien. Tämä on tärkeä havainto, sillä nämä parisuhdestatukset ovat jatkuvasti yleistyneet nyky-yhteiskunnassa.

Friday , April 16, 2021

13.20-15.00 Simultaneous Online Working Groups 2:

17. Moral psychological perspectives on well-being, Chair: Anton Kunnari (University of Helsinki), Slot 4

1. Anton Kunnari (University of Helsinki): Real-life utilitarianism? How utilitarian thinking predicts COVID-19 compliance

Utilitarian thinking – maximizing well-being and minimizing suffering – in moral judgments is widely studied in moral psychology. Indeed, multiple measures of utilitarian preferences have been developed. Adhering to the restrictions for reducing the spread of COVID-19 can be seen as an exercise of real-life utilitarianism in which the greater good of the public is put before one's own personal freedom. By imposing restrictions or additional costs on one's actions, the risk of spreading the virus can be mitigated. This would benefit our collective well-being, as it would reduce the impact of the pandemic. Should utilitarianism measures have ecological validity, we should expect higher utilitarian tendencies to predict both the moralizing attitudes towards spread-increasing behaviors and personal adherence to spread-minimizing ones. In a pre-registered longitudinal study (follow-up N = 600) conducted before and during the COVID-19 pandemic, using two different measures of utilitarian reasoning style, we examine whether prior utilitarian preferences predict compliance with the restrictions and moralization of spread-increasing behaviours during the pandemic. We also examine whether pandemic-related stress, independent of utilitarian preferences, may compromise actual real-life utilitarian behaviour: people may have moral views that normally dictate their behaviour, but highly stressful environments may make people more lax in following their convictions. The results will inform us if measures of utilitarian preferences are indicative of real-world utilitarian/pro-social behaviors.

2. Jukka Sundvall (University of Helsinki): Robot Suffering? Views of Moral Patiency as a Tool for Understanding Wellbeing

"Moral patiency" refers to the status of an entity as a valid target of moral transgressions. That is, most people think you can violate the rights of another human, but cannot do so to a rock: humans have patiency whereas rocks do not. Here we study what properties make up perceived moral patiency, by asking our participants "what would be needed for a robot to have rights?". Robots are a growing new ontological category on our planet. Their capacities for different tasks are growing day-by-day, but to date they are not considered as beings that would have internal feelings or sensations, which people often demand moral patients have. In the future, we might be facing the possibility that social robots are considered as deserving some forms of rights. We show data which clarifies our understanding regarding the properties that agents need to have for them to have moral patiency. Using robots rather than humans to pose the question about requirements for moral rights avoids the issue of having people think of a "generic human being" onto which they may project properties of their own social identity. Understanding what is required for people to

perceive moral patiency in other entities also informs us more widely of how people perceive well-being more generally.

3. Mika Koverola (University of Helsinki): Moral psychology of brain implants

The theme of making oneself more intelligent or perceptive is recurring throughout different cultures, from ancient Greek religion and Indian yogic tradition to Western mysticism. Perhaps the most famous example of fictional cognitive enhancement in the West is the story of Dr. Faust, who uses black magic to call upon the Devil and trade his soul for knowledge and pleasure. In modern times, neurocognitive enhancement has become a fixture of the modern science fiction genre, owing in part to movies like *The Matrix*. In this paper, we examine a suite of moral attitudes in relation to neurocognitive enhancement, including judgments of ethical approval and dehumanization, drawing on experimental methods and individual differences approaches. Through five vignette-based experiments, we assessed people's moral reactions toward various cognition-enhancing brain implants, including their overall approval and perceived fairness, as well as dehumanization of brain-implanted agents. Across diverse forms of enhancement, memory, general intelligence and emotional stability, people generally approved of curing ailments, and even of attaining optimal human performance, but expressed greater opposition toward superhuman levels of enhancement. Further analyses of individual differences indicated that the tendency to condemn 'transhumanist' technologies was linked to sexual disgust sensitivity and moralization of the binding foundations—two characteristic correlates of a conservative worldview. In turn, science fiction hobbyism was tied to greater approval of brain implants. Collectively, our studies reveal certain moral boundaries to neurotechnological enhancement, which are rooted in bioconservative affective and moral dispositions, but are relaxed among science fiction hobbyists.

4. Michael Laakasuo (University of Helsinki): Euthanasia and AIs

Human well-being is more than just a long life well-lived. In our current value-matrix, the medical establishment and general ethos puts a high value on the length of the human life. However, quality of one's life's totality also includes the freedom and the right to die peacefully. The current technological developments seem to redefine not only the concept of well-being but also what good life is and how it is to be experienced. Indeed, ethical and philosophical discussions around euthanasia have been on-going for centuries and recently in some European countries, the legislation is beginning to change allowing doctors to engage in euthanasia decisions. There are also parallel developments happening in the technological realm, where serious discussions are being held whether AI technology should be integrated in the euthanasia decisions. We are experiencing a cultural shift, where there are suggestions to externalize the decision to end human life to machines in cases of brain death and terminal illness. Even if the arguments for externalization of these decisions to machines would be sound and rational, it would not mean that human emotions and moral feelings are aligned with such arguments. This might create tensions in the future with respect to health-care processes and the hopes, wants, and needs of individuals. Here we present data from three different moral psychological experiments, where we investigate the different aspects of human moral intuitions with respect to AI-assisted euthanasia decisions. Results show that people are averse to machine's making euthanasia decisions as compared to humans making the same decision.

18. How good does life feel? Subjective wellbeing and its components, Chair: Sofia Silva-Ribeiro (Centro de Investigação e Intervenção Social (CIS-IUL), ISCTE-IUL, Lisboa, Portugal), Slot 4

1. Luciano Sewaybricker & Gustavo Massola (University of Sao Paulo, Brazil): What is Subjective Well-Being? A critical analysis of Ed Diener's article

Ed Diener's seminal article, Subjective Well-Being, published in 1984 and central to the consolidation of this object for Positive Psychology, is analyzed in its internal consistency and its influence on recent research. Each fragment of text was analyzed in its fragility for one of these three categories: theoretical-philosophical consideration, concept's definition and its parts, and bibliography. As a result, we can point out that Subjective Well-Being and Happiness are loosely defined in Diener's paper, giving rise to ambiguous interpretations that persist until the present day; important questions, such as the difference between the best life and the good life, are ignored; the history of the expression Well-Being and its meaning are not explored; important bibliographical references are used inconsistently or not presented during central argumentation. However, we must recognize that the indicated weaknesses are consistent with Diener's proposal, emphasizing measurability at cost of theoretical rigor. Nevertheless, it is important for Subjective Well-Being researchers to invest more attention on the history of its central concepts so that the field can recognize its own limitations (such as the transposition for indigenous groups) and solve the problem of the proliferation of Subjective Well-Being variants.

2. Zuhre Neslihan Icin & Gizem Baki (Istanbul Ayvansaray University): Do loneliness, personality traits and affect predict life satisfaction?

Well-being consists an individual's evaluation about his/her life, it's an indicator of the overall life satisfaction. This research aims to investigate the associated factors and predictors of life satisfaction. UCLA Loneliness Scale, Ten-Item Personality Inventory, Positive and Negative Affect Schedule and The Satisfaction with Life Scale (SWL) were used in this research. The data was collected from 75 participants aged between 18 and 42 (average 28 + 3.6), correlation and regression analysis were conducted via SPSS. As a result, a positive significant relationship was found between SWL and positive affect ($r = .46, p < .01$), extroversion ($r = .37, p < .01$), self-control ($r = .33, p < .01$) and openness to experience ($r = .24, p < .05$). Also, a significant negative relationship was found between SWL and negative affect ($r = -.32, p < .01$), agreeableness ($r = -.26, p < .05$), neuroticism ($r = .25, p < .05$) and loneliness ($r = -.26, p < .05$). Stepwise regression was completed in two phases in an effort to detect the predictors of SWL. Positive affect ($\beta = .234; t = 4,261; p < 0,001$) and extraversion ($\beta = .532; t = 2,100; p < 0,05$) were found as the predictors; positive affect explains %21 and extraversion explains %5 of the variance. Overall, the variables explain %26 of the variance. Results revealed that meaningful relationship between SWL and all other variables which are loneliness, extroversion, self-control, openness to experience, agreeableness, neuroticism, positive affect and negative affect. Also, the results showed that positive affect and extraversion played predictor roles on life satisfaction.

3. Salvatore di Martino: Happiness as Fairness: Macro-level Empirical Evidence of the Effect of Social Justice

The mainstream wellbeing scholarship has often treated happiness as a personal matter, that is an individual state of mind that comes more from within than from without. Some scholars, for instance, attach an extremely low weight to external circumstances in determining life satisfaction, believing that what it counts most is people's right predisposition towards life. This attitude has resulted in a strong focus on the individual determinants of life satisfaction and an overlook of the macro physical, social, and political factors that play a significant role in either fostering or hindering national happiness through the availability of resources and life-fulfilling opportunities. In this contribution we argue that it is time to acknowledge the existence of a macro-level link between social justice and people's satisfaction with life. To demonstrate our thesis, we will present results from two studies that compared the EU and OECD Index of Social Justice developed by the Bertelsmann Stiftung with measures of life satisfaction, whilst controlling for some relevant predictors of national happiness including GDP, social capital, level of individualism versus collectivism, and being or not a post-communist country. Our findings provide evidence that social justice has both a significant direct effect on country-level happiness as well as an indirect effect through social capital and individualism. GDP results the weakest predictor of national happiness. These findings are relevant to raise awareness within the wellbeing scholarship and beyond towards national policies to promote conditions of social justice for the betterment of societies and the happiness of their people.

4. Biljana Jokić (Center for Study in Cultural Development, Republic of Serbia): Benefits from visiting museums and subjective happiness

Empirical findings on the relationship between cultural consumption and well-being are not consistent, mostly due to the complexity of both phenomena and many moderating variables. In this study, well-being – operationalized as subjective happiness – was explored in a random sample of visitors of the free-entry museums' festival in Serbia (N = 2400; Mage = 38.6; 59.6% females). Participants completed the Subjective Happiness Scale (SHS, Lyubomirsky & Lepper, 1999) and the questionnaire on benefits from visiting museums specifically designed for this research in line with past studies on experiential consumption, as well as a utility from and motivation to visiting museums (20 items expected to capture 7 dimensions: avoiding daily routine, aesthetics experience, socialization, knowledge, emotional balance and stress reduction, personal identity, nothing special/coming by accident or keeping a company to someone). EFA (Oblimin rotation with Kaiser Normalization) extracted 3 components: 1. The general benefits; 2. Avoiding daily routine, and 3. No special benefits. The first component was positively correlated to SHS ($r = .21, p < .01$), slightly higher than the second one ($r = .12, p < .01$), while the third component had zero correlation to SHS. Results showed that people who experience positive benefits from visiting museums do not differentiate between specific benefits but rather experience all of them. Moreover, the higher they value these benefits, the happier they feel.

5. Sofia Silva-Ribeiro (Centro de Investigação e Intervenção Social (CIS-IUL), ISCTE-IUL, Lisboa, Portugal): Systematic review of predictors of adjustment to lupus and disease activity

Potentially modifiable factors, such as social factors, have been associated with lower disease activity and increased positive illness adjustment in Systemic Lupus Erythematosus (SLE) patients, but no systematic review on their impact is available. The aim of this study was to conduct a systematic review on the modifiable predictors (psychological, social and behavioral) of adjustment to SLE and disease activity. Search was conducted in eight databases (e.g., PsycArticles, PubMed), with over 40 keywords' combinations (e.g., adjustment, predictor, social). Two phases of screening, according to pre-specified inclusion criteria, were performed independently by two authors for the first 35% of references (91.4% agreement), and by one author for the remaining, with disagreements resolved by a third author. A standardized form was used for data extraction, including predictors, outcome measures and effect sizes. A qualitative data synthesis is taking place using the Framework of Adjustment to Chronic Disease, and the National Institute of Health (UK) tools for study quality assessment. A total of 2007 references were initially identified, with 80 retained for synthesis. Preliminary findings stress the most relevant categories of psychological (n=8; self-perception, catastrophizing, knowledge/literacy, coping, perceived stress, illness/treatment cognitions, control perception and dispositional factors), social (n= 3; stigma, interaction with others/groups, relation with healthcare system and professionals) and behavioral factors (n=4; physical activity, diet, additive behaviors and miscellaneous) that are related with lupus adjustment and disease activity. These results highlight the potential for multidisciplinary components, as social interactions, to be integrated in interventions to improve adjustment in SLE patients.

19. The role of Social Identity in a changing society, Chair: Saija Benjamin (University of Helsinki), Slot 4

1. Jovan Ivanović & Iris Žeželj (University of Belgrade): Role of Social Identity in Building Solidarity and Well-Being amid the COVID-19 Pandemic

Sense of shared group membership can be a powerful socio-psychological tool in mobilising large numbers of people and buffering against uncertainty during a societal crisis. We investigated if ethnic identity can prove as such a resource in preserving emotional well-being and building solidarity to tackle the COVID-19 pandemic. Using correlational design in Study 1 (N=465), we confirmed that higher ethnic identification predicted less emotional distress and more willingness to help compatriots suffering from the pandemic via higher collective efficacy. Although the same indirect effect was absent in the case of adherence to COVID-19 health guidelines, there was an unexpected direct negative relationship between ethnic identification and adherence to health measures. Aiming to anchor COVID-19 response in a collective narrative, in Study 2 (N=107), we introduced the control and experimental group in which we primed the participants with a widespread historical narrative of Serbian resilience facing an external threat. As expected, the ethnic identity framing manipulation predicted more willingness to help and adherence to health guidelines via collective efficacy, except among low-identifying individuals. The same indirect path

predicted lower emotional distress, but unexpectedly not in the group of high-identifying participants. Our results demonstrate that shared identity can be an asset in responding to an epidemiological crisis, yet it can also manifest as an obstacle hindering health behaviour. We discuss the implications of social identity framing in public communication to curb the pandemic without worsening intergroup relations.

2. Catriona Shelly (University of Limerick): A Social Identity Approach to Appraising Brexit in Northern Ireland

In 2016, the UK voted to leave the European Union (EU). Brexit is now a reality. The Irish Sea border, and the new procedures placed on the movement of goods to and from Great Britain, exemplify some of the implications of this political change. Like the rest of the UK, Brexit represents a division in Northern Ireland (NI) as people think about winners and losers, 'leavers' and 'remainers'. However, the extant identity issues in NI, adds another layer of complexity to the Brexit debate. For people in NI, Brexit represents a symbolic threat to identity, namely for the Irish-Catholic and British-Protestant identities who wish to remain distinct from one another. In contrast to threat, Brexit also offers opportunities for these distinct national and ethno-religious identity groups to pursue action that enhances their group's ideological agenda. For example, Brexit may be viewed as an opportunity for the British to strengthen the union with the UK, or for the Irish to push for a united Ireland. However, without closer inspection it remains unclear when and how these identities in NI came to view and respond to Brexit as a potential threat and/or opportunity. Using the Integrated Social Identity Model of Stress (ISIS; Haslam et al, 2005), this paper aims to examine how people's social identities in NI are framing their experience of Brexit. Through application of the ISIS model, the paper will assess its utility in explaining the Irish-Catholic and British-Protestant perception and adaption to Brexit in NI.

3. Aleksandr Zamiatin (University of Helsinki): Meanings of Finno-Ugric identity in the political discourse in Finland

Finno-Ugricity, originally a concept of the discipline of historical linguistics, has quickly transcended its original meaning and been used in identity and nation building projects. My study explores how Finno-Ugric identity is used in the (transnational) identity politics of Finland to make claims regarding "kindred" minorities in Russia. Particularly, I examine the meanings attached to Finno-Ugric identity in the political discourse in Finland and discuss possible implications of these meanings for the "kindred" peoples' policy. I focus on how Finno-Ugric identity is constructed in the contemporary political discourse in Finland and what positions the constructions assign to kindred minorities. The data for this study consists of verbatim records of parliamentary debates and public speeches by recent Finnish presidents. This study employs a critical discourse analysis that is understood as a theoretical and analytical perspective to critically describe and interpret constructions of social phenomena. The findings of this study show that in their speeches, Finnish officials construct a transnational "imagined community" encompassing all speakers of Finno-Ugric languages. However, the aim of this construction does not seem to be a pan-nationalist movement or ideology. Finnish politicians, especially recent presidents, capitalize on Finno-Ugric identity within the transnational dimension of the EU cooperation. At the same time, the transnational dimension

of the identity politics regarding Finno-Ugric minorities of Russia seems to be relevant only inasmuch as it concerns the construction of Finnish national identity.

4. Saija Benjamin (University of Helsinki): Investigation into the resources supporting youths' resilience against radicalization

Resilience has been highlighted as one of the key factors that protect youth from negative developmental trajectories, such as radicalization. This paper presents the findings of our study on the resilience resources of Finnish youth (n=2837) and the connections they have with the youth's self-reported levels of wellbeing and intentions for violent/non-violent action. The findings of the latent profile analysis show five distinct profiles and suggest that high resilience resources are related to higher levels of wellbeing, while the opposite is true for low resilience resources. However, the findings do not indicate any significant connection between low resilience resources and an increased intent for activism or radicalism. In the light of our findings and the current knowledge of the social psychological aspects related to radicalization, we suggest that in the context of prevention of radicalization, resilience should be viewed and fostered as a two-dimensional construct. The first dimension, what we call the primary resilience resources, consist of the core elements that create the groundings for the wellbeing of young people. The second dimension, the secondary resilience resources, consist of (meta)cognitive skills that cultivate the flexibility of the mind and enable the youth to better deal with the complexities of life. While both are essential for the wellbeing of the youth, we suggest that development of the latter should be the focus of the school-based efforts to prevent youth radicalisation.

20. Sosiaalipsykologia yhteiskunnallisen hyvinvoinnin ja kriisinkestävyiden kehittämisessä (Nelli Hankonen, Matti Heino, Minttu Palsola, Helsingin yliopisto, HY), Slot 4

Asenteiden ja käyttäytymisen muutoksen tutkimus on ollut sosiaalipsykologian synnystä lähtien sen klassinen ydintutkimusalue. Monien yhteiskunnallisten ongelmien ratkaisun avaimet piilevät käyttäytymisen muutoksessa. Esimerkiksi ilmastonmuutokseen, kroonisiin sairauksiin, etniseen syrjintään sekä työ- ja kouluhyvinvointiin voidaan vaikuttaa muuttamalla toiminta- ja elintapoja. Monet tieteenalat tuottavat tietoa vaikuttavista keinoista, mutta tutkimus on ollut hajanaista ja verkostoitumaton, eikä tieto aina tavoita yhteiskunnallisia päättäjiä. Viime vuosina eri maiden julkishallinnossa on perustettu yksiköitä tai verkostoja tukemaan käyttäytymistieteellisen (mukaan lukien sosiaalipsykologisen) ymmärryksen kytkemiseen osaksijulkishallinnon toimenpiteitä. Nämä keinot eivät rajoitu tuuppaukseen, vaan kattavat monipuolisen valikoiman käyttäytymiseen vaikuttamisen strategioita. Suomalaisena tuoreena esimerkkinä Valtioneuvoston kanslia kutsui joukon sosiaalipsykologeja tukemaan käyttäytymistieteellisen koronaneuvonanto - kokeiluhankkeessa. Käyttäytymiseen vaikuttamista tutkiva, ratkaisuja etsivä ja kenttäkokeita hyödyntävä sosiaalipsykologia on Suomessa hajautunut moneen eri lohkoon. Tämän työpajan tarkoitus on luoda kokonaiskuvaa siitä, miten sosiaalipsykologia – osana käyttäytymis- ja yhteiskuntatieteiden verkostoa – voi antaa vaikuttavamman panoksen

käyttäytymisen ymmärtämiseen ja vaikuttamisratkaisujen luomiseen tutkijoiden ja päätöksentekijöiden kesken.

Tämän työpajan tavoitteena on pohtia ja keskustella:

- *Miten sosiaalipsykologiaa voitaisiin kehittää Suomessa siten, että tuottaisimme käyttäytymisen muutokseen vaikuttamisen laadukasta akateemista tutkimusta sekä teorian että metodologian osalta?*
- *Miten sosiaalipsykologian teorialähtöisyydestä voitaisiin siirtyä ratkaisuhakuisuuteen?*
- *Millaisilla aloilla me sosiaalipsykologit voimme parhaiten toimia niin, että tutkijat, valtionhallinto ja vaikuttamistyötä tekevät järjestöt löytävät uusia yhteistyön muotoja ja synergiaetuja?*
- *Miten voimme parantaa suomalaisen sosiaalipsykologian edellytyksiä tehdä korkeatasoista tutkimusta interventioista?*
- *Miten voimme tehostaa sosiaalipsykologisen tutkimuksen hyödyntämistä politiikkatoimien suunnittelussa sekä parantaa valtionhallinnon ja järjestöjen edellytyksiä kohentaa hyvinvointia edistävien toimenpiteiden tarkoituksenmukaisuutta ja vaikuttavuutta?*
- *Millaisia asioita on huomioitava, kun tieteellistä tietoa hyödynnetään vaativissa käytännön sovellustilanteissa – haittavaikutusten minimoimiseksi ja vaikuttavuuden maksimoimiseksi?*

1. Nelli Hankonen (HY): alkusanat / johdanto

2. Kaisa Saurio (HY): Näyttöön perustuva yhteiskunnallinen päätöksenteko toistettavuuskriisissä

Käyttäytymistieteellinen tutkimus voi parhaimmillaan olla avainasemassa yhteiskunnallisten ongelmien ja kriisien ratkaisussa. Psykologian ja sosiaalipsykologian toistettavuuskriisi sekä käyttäytymistieteen epäonnistumiset koronakriisissä ovat kuitenkin osoittaneet, että tutkimusten metodologiset puutteet voivat paitsi estää tämän tavoitteen saavuttamisen, myös aiheuttaa yhteiskunnallista haittaa. Toistotutkimuksissa kokonaisiksi tutkimusaloiksi ja tunnetuiksi faktoiksi muodostuneet tulokset ovatkin osoittautuneet vääriksi. Pandemian alkuvaiheessa sen riskejä vähäteltiin vedoten käyttäytymistieteelliseen tutkimukseen. Käyttäytymistieteellisen tutkimuksen tulosten perusteella ei tulisi tehdä esimerkiksi politiikkasuosituksia, jos tulokset eivät ole toistettavissa tai yleistettävissä käsillä olevaan tilanteeseen. Toisaalta esimerkiksi pandemiassa ihmisten käyttäytyminen on huomioitava päätöksenteossa, eikä sitä voida jättää muiden alojen asiantuntijoiden, intuition tai anekdoottien varaan. Käyttäytymistieteiden tulee kehittyä sekä tutkimusmenetelmien käytössä että myös siinä, miten tutkimustietoon liittyvää epävarmuutta käsitellään ja miten siitä viestitään. Usein poliittisia ja muita päätöksiä tehdään tilanteessa, jossa eri vaihtoehtojen seurauksia ei voida tietää tarkasti. Tutkijat ovat parhaassa mahdollisessa asemassa arvioimaan epävarmuutta, sillä sen kanssa kamppailu kuuluu päivittäiseen työnkuvaan.

3. Matti Heino (HY): Epävarmuustekijät sosiaalipsykologisen tutkimuksen soveltamisessa politiikkatoimiin

Perinteinen kvantitatiivinen tutkimus käyttäytymis- ja sosiaalitieteissä pyrkii tekemään päätelmiä keskiarvojen pohjalta, ja rajaa poikkeavat havainnot tarkastelun ulkopuolelle. Keskinäisriippuvaisissa järjestelmissä tapahtuvat ilmiöt kuitenkin eroavat sellaisista, joita tavanomaiset tapahtumat kuvaavat hyvin: yksitoikkoisia jaksoja jolloin mitään ei tapahdu, puhkoo

turbulentit ajat, jolloin kaikki tapahtuu kerralla. Yhteenkietoutuneisuutemme tuottaa emergenttejä (ääri-)ilmiöitä, joita on vaikea ennustaa tai ymmärtää parhaankaan kokeellisen näytön perusteella, sillä sama interventio tai politiikkatoimi täsmälleen toistettuna saattaa tuottaa erilaisen tuloksen muuttuneista tilannetekijöistä riippuen. Tämä tekee valmiudesta ja joustavuudesta epävarmuuden keskellä paitsi yhteiskunnallisen resilienssin kulmakiviä, myös käyttäytymistieteellisen neuvonannon hedelmällisintä maaperää. Kyky sopeutua muuttuviin tilanteisiin voidaan tukea riskinhallintamenetelmillä, joilla arvioidaan epävarmuutta, uhkaa ja resurssien kohdennusta kaikkein merkityksellisimpiin yhteiskunnallisiin haasteisiin.

4. Minttu Palsola (HY): Mahdollisuuksia sosiaalipsykologisen tiedon hyödyntämiseen politiikkatoimien suunnittelussa

Suomessa tietopohjaiselle päätöksenteolle on rakennettu vahvoja perustuksia, mutta meillä ei ole juurikaan vakiintuneita käytäntöjä sosiaalipsykologisen tiedon käyttöön ja politiikkatoimien muotoiluun käyttäytymisen ymmärtämisen lähtökohdista. Tutkimuksen ja hallinnon välinen vuorovaikutus on kuitenkin arvokasta, sillä sosiaalipsykologisen tiedon avulla voimme hahmottaa paitsi yhteiskuntamme ongelmia, myös ratkaisuvaihtoehtoja - unohtamatta epävarmuustekijöitä tai kompleksisuusnäkökulmaa. Meillä on sosiaalipsykologeina mahdollisuus tarjota tukea siihen, että päätöksenteossa ymmärretään isoja kokonaisuuksia ja pystytään tekemään valintoja parhaista toimintatavoista. Voimme parantaa valtionhallinnon ja järjestöjen edellytyksiä kohentaa hyvinvointia edistävien toimenpiteiden tarkoituksenmukaisuutta ja vaikuttavuutta tarjoamalla erilaisia helposti käyttöönotettavia työkaluja. Tässä puheenvuorossa pohditaan yleisluontoisia keinoja siihen, miten voimme tehostaa sosiaalipsykologisen tutkimuksen hyödyntämistä politiikkatoimien suunnittelussa.

21. Interaction in the institutions of well-being (Melisa Stefanovic, Tampere University), Slot 4

Human well-being is a key target of much institutional interventions. On the one hand, such interventions may involve advice-giving, by which the professionals may encourage the clients and socializing them into new ways of thinking, and concrete help for the clients in their search for better conditions for well-being, such as employment. On the other hand, there are institutional interventions where the main purpose of interaction is to provide the clients with an arena of fostering their own well-being through experiences of social inclusion, empowerment, and participation in communal activities. In addition, there are practices that may be seen to serve both above-mentioned wider aims. For example, increasing client involvement in the development of social and health care services has given rise to a new group of experts, who are invited to bring forward their experiential knowledge as client representatives in the service co-development groups. The explicit goal of such groups is to develop those institutional interventions that seek to foster human well-being, but in offering a locus of participation these groups can be seen to constitute an institutional intervention into well-being already in themselves.

All these different types of institutional interventions into well-being are essentially based on face-to-face social interaction between professionals and clients. A deeper understanding of these

interactional processes is thus elementary in understanding how human well-being could be generally fostered and where the obstacles standing in the way of such attempts lie. To increase such understanding is the aim of the presentations in this working group.

1. Elina Weiste (Finnish Institute of Occupational Health), Melisa Stevanovic and Lise-Lotte Uusitalo (Tampere University): Self-promotion and self-dismissal as interactional strategies by experts of experience in co-development of social and health care services

Contemporary social and healthcare services exhibit a major cultural change toward increasing client involvement in the development of services. This trend has given rise for a new group of experts who are invited to bring forward their experiential knowledge as client representatives in ministerial committees and service co-development groups, where they are expected to work side-by-side with clinical professionals. In the co-development processes, the client representatives are given the role to bring experiential knowledge into the joint discussion. Still, despite their equal right to participate in the service development with professionals, the possibilities of the client representatives to contribute to the actual decision-making has been noted to be restricted. Our presentation investigates the initiating turns-at-talk that the client representatives make in the context of decision-making in co-development workshops. Our interest lies in how the client representatives design these turns-at-talk, how they express their experiential knowledge, and how these turns-at-talk are responded to by the professionals. Our data consist of four audio and video-recorded co-development workshops (16 hours of interaction) held in two large governmental social and healthcare organizations in Finland as a part of the project Social and healthcare professionals as experts on client involvement. The aim of these workshops was to promote work practices that would enhance clients' involvement in their own care, as well as in the planning and development of the social and healthcare services. In each workshop, there were approximately 15 participants involving professionals, managers, clients, experts-by-experience, and facilitators. The workshop interaction was analysed by means of conversation analysis. Our data exhibits a systematic pattern linking the self-promoting and self-dismissing turns-at-talk by the client representatives to specific types of responses by the professionals. When the client representatives promote their expertise in experiential knowledge as relevant for making decisions, their contributions are disregarded by the professionals. If, however, the client representatives dismiss their experiential knowledge to be irrelevant for the decision-making activity at hand, that knowledge is subsequently treated as important and even applaudable by the professionals. Thus, paradoxically, in order to gain deontic relevance for their views, the client representatives need to retreat from their position as experts of experience.

2. Lise-Lotte Uusitalo, Melisa Stevanovic and Elina Weiste: Expertise by experience and the management of interactional agenda

equipment. Especially from people leading the conversation (Arvedsen & Hassert, 2020). Research has shown that the person who masters technology and can utilize it in an interaction, can play an active role building the conversation, despite their external status (Anderson et al., 2007). Online interaction may balance power relations between participants, which can, however, deteriorate group performance (Driskell et al., 2003). It can be difficult to express solidarity, like-mindedness, and affective empathy in mediated interaction, which can create unpredictable challenges in decision making (Andersson et al., 1997). We examined two online workshops in one social and

health care organization, where its professionals and clients were meant to develop client participation together. Considering these workshop subjects, it is obvious that even the workshops itself are meant to improve clients' participation concerning their own services. Therefore, it is important to enable clients' full participation in these workshops. We are investigating the outcomes of these online workshops, looking specifically at situations where client participants end up in the role of a clerk, due to their technological capability. Indirectly, this clerk also becomes an agenda manager. With conversation analysis we are investigating "agenda turns" (N=61) and their interactional outcomes. Professionals' agenda turns were typically announcements (let's put X here), while clients' turns were statements (it could be X) or questions (should we decide X). In both cases agenda turns were usually left unanswered, which may be related to specific features of online interaction (cf. Stivers & Rossano, 2010). However, announcement-like agenda turns did lead into decision making, unlike the statement or question turns. Although, giving the administrator role to a client may appear optimal for client participation, it might be socially unanticipated for a client to formulate agenda turns in order that the group could function properly.

3. Melisa Stevanovic (Tampere University), Miira Niska (University of Helsinki), Henri Nevalainen (University of Helsinki), Elina Weiste, Camilla Lindholm (Tampere University) and Taina Valkeapää (University of Helsinki): Socializing client into new discourses of work in community-based mental health rehabilitation

Discourses of work continue to construct problematic social realities for individuals with mental illness. Work is discussed as a means of supporting individual well-being, but paid employment is factually out of reach for many of these individuals. The Clubhouse model is thus a community-based intervention program that offers people with mental illness the possibility to enjoy some social advantages of work. However, the status of the day-to-day Clubhouse activities as "work" is a matter of discursive contestation. In this study, we ask (1) how the relationship between Clubhouse activities and "work" is constructed in the talk of the Clubhouse clients and support workers and (2) how the support workers promote the unpaid Clubhouse activities as a viable option for the clients to support their well-being. Drawing on 29 weekly meetings of a Clubhouse mental rehabilitation group as data, and conversation analysis and discourse analysis as methods, we describe two competing interpretive repertoires that are systematically manifested in our data: the capitalist "paid work" repertoire and the more flexible "general activism" repertoire. Orientations to these two repertoires are most evident in two contexts. The first context involves the clients invoking a binary distinction between employment and non-employment, while the support workers present employment as a step-by-step process, which can be supported by the Clubhouse. The second context involves discussion about the nature of the skills that the clients can learn by engaging in the Clubhouse activities, the support workers casting what the clients refer to as basic skills of all healthy humans (e.g., tolerating the physical presence of others) as trainable "working life skills". The discursive contestation at the Clubhouse is thus about defining the scope of mental health rehabilitation and the ideal role of the client as an agent in his or her own rehabilitation process. From this perspective, the support workers' central institutional task is essentially of discursive and ideological nature—socializing the clients into new ways of talking about their lives with reference to work.

4. Miira Niska et al.: Dilemmas of stigma in the organization of transitional work

Mental disorders are the most common reason for disability pension in Finland. Since inability to enter or stay active in the labour market inflicts economic burden on society, rehabilitators' employment promotion has become an important societal objective. The Clubhouse is an international concept of non-profit community centres, which promote mental disorder rehabilitation and rehabilitators', or Clubhouse members', employment. The members have both right and responsibility to take part in Clubhouse activities organised to steer the members away from the passive patient position and towards active agency. Employment promotion takes place, for example, through the transitional employment programme, which engenders supported, fixed-term employment for the Clubhouse members. In this study, we ask how staff members promote Clubhouse members' agency in the context of transitional employment programme. The theoretical framework we adopt is discursive psychology. Agency is conceptualised as a legitimate determination of future action. Since agency is an interactional attainment, agency promotion equals encouragement and approval of such agentic claims. The data consist of 26 video-recorded transitional employment meetings from one Finnish Clubhouse. Staff and members gather regularly to these meetings to discuss potential employers and further contacts between them and the Clubhouse. The analysis focuses on interactional practices that precede or follow members' agentic claims (e.g., to contact a potential employer). The study demonstrates how staff members not only promote but also impede Clubhouse members' agency, and exercise power over whose agency is enabled or hindered. This is surprising considering that equality is a key principle of the Clubhouse model.

5. Jenny Paananen (University of Turku) et al.: Expressing thinking as an institutional resource: Stance taking in mental health rehabilitation group discussions

In this paper, we focus on stancetaking formats used to express personal thoughts, namely Finnish *mä aattelen/aattelin* 'I think/thought', *mä mietin* 'I think/wonder', and *mun mielestä/musta* 'I think/in my opinion'. We study how these first-person formats are used in mental health rehabilitation group meetings which aim to promote joint decision making. In particular, we analyze whether the institutional asymmetry between the support workers and the clients reflects on the use of these thought expressions. Our data consist of 20 video-recorded rehabilitation meetings, and the methods of our study are conversation analysis and interactional linguistics. The support workers produced most of the stancetaking formats in our data (105/129). The sequential analysis shows that the support workers' thought expressions are embedded in their institutional actions, which are beyond the clients' authority. Moreover, our data suggest that the support workers' and rehabilitants' thought expressions generate different participation dynamics. Although previous research has considered I think -formats typically as hedges, in institutional settings such as ours, these formats may also be interpreted as highlighting the institutional agent's controlling position. Acknowledging the existence of such differences in stance-taking practices can advance the design of new protocols to facilitate client participation.

22. In the face of adversity: conflicts, suffering and resilience, Chair: Dorottya Lantos (UCL, University College London), Slot 4

1. Vladimir Yanchuk Yanchuk (Belarusian State University): Belarus protest movement as a heterogeneous, nonlinear, dynamic, selforganising, and self-developing system

Social-psychological analysis of Belarus's current political situation has shown the limited possibilities of using classical empirical-centered person-centric approaches. It seems more promising to use the synergetic approach's possibilities in its author's sociocultural-dialogical interdeterminist modification (Yanchuk, 2018). From this approach's standpoint, the opposition between pro-government-oriented and protest forces in the most general form can be characterized as a confrontation between the closed, conservative, rigidly structured system with a heterogeneous, nonlinear, dynamic, self-organizing, and self-developing system. The classic strategy of suppressing protests through horrification, special forces, arrests of opposition leaders, propaganda influence of a discreditory nature through controlled media led to the search for fundamentally new forms, strategies, and tactics of counteraction on the part of the protesters. The blocking of communication channels led to a sharp increase in the use of the possibilities of social networks, telegram channels, and VPN, the crackdown of mass demonstrations - to the activation of courtyard associations and local protest rallies, the arrests of leaders - to the emergence of replaceable multi leadership. Among the social-psychological features of the protest movement dynamics, one can single out an increase in the social polarization of society, a loss of trust in the authorities and state media, a decrease in fear of reprisals, an increase in interest in the formation of civil society and legal protection, a reassessment of leaders and their role, consolidation of mutual support and increased volunteering

2. Inessa Savenkova (Moscow State of Psychology and Education): Psychological traumatisation, resilience and subjective well-being of women

The beginning of the third millennium started with the surge of terrorism in modern civilization. Terrorism has an extreme impact on the human psyche. The emotion of fear itself causes fear, and the experience of fear further increases it, bringing it to the extreme stage of horror. The stressor is a traumatic event which is an extreme crisis situation with a powerful negative consequence. The fact of experiencing traumatic stress becomes the reason for the appearance of post-traumatic stress disorder in the future (PTSD). The primary and most profound causes of fear are fear of physical injury and fear of death. And the more vulnerable a person is, the more this instinct manifests itself. They are directly related to the instinct of self-preservation which is inherent in all living beings. It is women, children and elderly people who are the most vulnerable part of the population. In an Israeli study that examined responses to ongoing terrorism, states of depression and moderate effects of post-traumatic stress disorder were noted. A potential path of "rebirth from stress" is individual therapy, supporting each other, and discovering the meaning and closeness of the other's shoulder. The family is one of the most important resources in dealing with adversity, and the most stable set of relationships associated with the sense of well-being of immigrant women. Having strong family ties is an important power that plays a central role in the positive adaptation of immigrant women to their new homeland. It is surprising that people easily go to cafés, cinemas and have fun in the city which is occasionally exposed to projectiles. Perhaps this is "life on the edge", when you realise the finiteness of being and, therefore, every day is joyful!

You can also get insight into the history of the Jewish people. Sitting in a cafe, you can hear "Osim Haim!») Enjoy your life!) The power of hope allows people to rethink complicated life events in a more positive light, raising expectations of positive change and a better future.

3. Heidi Morrison (Tampere University): Beyond Symptomology: Listening to How Palestinians Conceive of their own Suffering

How do Palestinian children experience, live with, and remember the trauma of war? The fields of psychology and psychiatry conventionally approach this question through behavioral and medical experiments and assessments (Sagi-Schwartz 2008; Ziad Abdeen, Rawdan Qasrawi, Shibli Nabil and Mohammad Shaheen 2008; Muhammad M. Haj-Yahia, 2008). The widely-used Trauma History Questionnaire (THQ), for example, uses a yes/no checklist to assess the types of trauma a person has been exposed to, as well as the severity. Charts of mental health symptoms based on the DSM do not do justice to the lived experience of trauma. When we listen to Palestinians, we learn that trauma is embedded in their history, memory, and daily lives. Childhood trauma functions at a deeply intimate level and it cannot always be captured by conventional medical terminology and classification. The trauma is multi-pronged, stemming from local and global structures of violence that seek to unchild, maim, and debilitate (Shalhoub-Kevorkian 2019, Puar 2017, Razack 2015). Lack of good functioning is not the fault of the individual but is the result of exposure to perpetual danger over long periods of time. This creates frailties that must not be pathologized, bio-medicalized and/or attributed to PTSD, but seen in their context. My paper seeks to use Sarah Lawrence-Lightfoot's method of Portraiture to capture the experience of Palestinian childhood war trauma in the recent past. This paper looks specifically at the experience of Palestinian children who grew up during the second intifada, 2000-2006. The paper includes a sample portrait, as well as analysis of that portrait. The portrait is based on oral histories, and to a lesser extent on photos, journals, facebook posts, and observations I have collected in Palestine for the last eight years while following the lives of ten young adult Palestinians.

4. Dorottya Lantos (UCL): The neural mechanisms of intergroup threat and reconciliation efforts

To reduce the escalation of intergroup conflict, it is important that we understand the processes related to the detection of group-based threat and reconciliation. In the present study, we investigated the neural mechanisms of such processes using functional Magnetic Resonance Imaging (fMRI). Functional neuroimaging techniques may shed light on quick, automatic responses to stimuli that happen outside of conscious awareness and are thus increasingly difficult to quantify relying only on participants' self-reported experiences. They may further provide invaluable insight into physiological processes occurring in situations of sensitive nature, whereby participants—deliberately or not—may withhold their honest responses due to social desirability. Non-Muslim Western Caucasian participants watched short video clips of stereotypical Middle- Eastern Muslim males threatening their ingroup, offering reconciliation to the ingroup, or making a neutral statement. Threatening statements led to increased activation in the amygdala, insula, supramarginal gyrus, and temporal lobe. Reconciliation efforts led to increased activation in the prefrontal cortex, anterior cingulate gyrus, and caudate. The results suggest that threat detection is a relatively automatic process while evaluating and responding to reconciliation offers requires more cognitive efforts. Understanding the mechanisms that drive intergroup hostility and

reconciliation may aid social scientists, policy makers, and those working on the development of novel interventions in their efforts to promote intergroup peace and well-being.

5. Gavin Sullivan (International Psychoanalytic University Berlin & CTPSR, Coventry University):
Quality of life and subjective social status after five years of eruptions

United Nations policies direct governments, humanitarian organisations and communities to combine sustainable development goals with disaster risk-reduction based interventions—especially in low-income nations— through a greater focus on well-being and reducing inequalities between groups. However, because multidimensional quality of life and subjective social status measures are not commonly deployed in disaster affected contexts, we investigated whether these scales could improve understanding of the effects of three ways of managing village communities after five years of post-2010 eruptions of Mount Sinabung, Indonesia: 1) displaced to or dependent upon “refugee” camps, 2) relocated to a new village 27 kilometres south, and 3) remaining in villages just outside the 3 kilometre exclusion zone. Our cross-sectional survey principally examined trauma and distress symptoms, personal resilience, quality of life dimensions (WHOQoL-BREF), variables derived from social identity research and several community-level measures. The MANOVA analysis revealed sources of contradiction between social status and environmental conditions that is similar to other research about poor communities living close to natural hazards; namely, higher environmental QoL but lower SSS for relocated communities compared to those remaining in their original villages. The results suggest that the limits of social identity and social cure approaches, providing important new evidence to encourage disaster managers to do more to address the contribution of the current environment to the levels of lower individual social status and deprivation in communities relative to others not displaced for extended periods or relocated.