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**Published online.** Institute of Applied Psychology, Faculty of Social and Economic Sciences, Comenius University in Bratislava, Slovakia

**Conference Community Psychology in Slovakia 2020**  
**30.11. – 1.12.2020**

**Place:**

Online conference

**Organizers:**

Institute of Applied Psychology, Faculty of Social and Economic Sciences, Comenius University in Bratislava, Slovakia

European Community Psychology Association (ECPA)

The Society for Community and Action Research (SCRA) Division 27 American Psychological Association



## **Monday, November 30**

### **Presentations:**

09.10-09.30

Immacolata di Napoli, Stefania Carnevale, Caterina Arcidiacono

Department of Humanities, University of Naples Federico II

**The Crystal Fortress: the world of children witnessing domestic violence in the words of health and welfare professionals**

09.30-09.50

Elena Ondrušková – BUDÚCNOSTĚ, n. o., Nitra

Hana Smitková – Faculty of Arts, Comenius University in Bratislava

**Support and help for women experiencing intimate partner violence. Community perspective.**

09.50-10.10

María Florencia González Leone, Ciro Esposito

Department of Humanities, University of Naples Federico II

**Sexuality, couple's life and well being after breast cancer**

10.10-10.30

Maria Coelho Rosa - Between - Associação Entretodos

Maria Fernandes-Jesus - Instituto Universitário de Lisboa (ISCTE-IUL)

**The “Citizenship Circles” program: co-creating an intervention program for fostering children's civic participation**

10.45-11.05

Lucia Hargašová - Institute for Research in Social Communication, Slovak Academy of Sciences

**Parenting in times of COVID-19 restrictions: Slovak single mothers' experience**

11.05-11.25

Olga Gladysz – Institute of Psychology, Polish Academy of Sciences

Anna Bokszczanin – Opole University

**Polish adolescent's social life and well-being in the times of quarantine/ COVID-19. Pilot study.**

11.25-11.45

Lucia Branikovičová - Institute for Research in Social Communication, Slovak Academy of Sciences

Department of School Education, Faculty of Education, Trnava University in Trnava

Barbara Láštiová - Institute for Research in Social Communication, Slovak Academy of Sciences

**Distance education of students from socially disadvantaged backgrounds during the first wave of coronavirus pandemic in Slovakia**

11.45-12.05

Dóra Belán, Miroslav Popper

Institute for Research in Social Communication, Slovak Academy of Sciences

Institute of Applied Psychology, Faculty of Social and Economic Sciences, Comenius University in Bratislava

**Threats posed by ethnic minorities in Slovakia – the view of young Slovaks**

12.05-12.25

Xenia Daniela Poslon, Barbara Láštiová

Institute for Research in Social Communication, Slovak Academy of Sciences

**The reflection of social norms in prejudice: connecting intergroup contact, perceived social norms and prejudice toward immigrants**

13.30-13.50

Ivan Lukšík, Michaela Košútová Guillaume

Institute for Research in Social Communication, Slovak Academy of Sciences

Department of School Education, Faculty of Education, Trnava University in Trnava

**The first partnership as a milestone in the period of emerging adulthood?**

13.50-14.10

Miroslav Popper

Institute for Research in Social Communication, Slovak Academy of Sciences

Institute of Applied Psychology, Faculty of Social and Economic Sciences, Comenius University in Bratislava

**Understanding the concepts of love and compassionate love by ordinary people**

14.10-14.30

Lucia Hargašová, Nikola Kallová

Institute for Research in Social Communication, Slovak Academy of Sciences

**Thematic analysis of important moments in intimate partner life and their subjective benefit viewed by young adults**

14.30-14.50

Nikoleta Kuglerová, Nikola Vorelová

Institute of Applied Psychology, Faculty of Social and Economic Sciences, Comenius University in Bratislava

**Who am I? Identities of psychology students**

15.05-15.25

Ghazaleh Bailey – Institute of Applied Psychology, Faculty of Social and Economic Sciences, Comenius University in Bratislava

**Self-compassion in emotion-focused therapy**

15.25-15.45

Martina Baránková, Katarína Vaďurová

Institute of Applied Psychology, Faculty of Social and Economic Sciences, Comenius University in Bratislava

**Effectiveness of Emotion Focused Training for Self-Compassion and Self-Protection in individuals with increased narcissism**

15.45-16.05

Bronislava Strnádelová, Júlia Halamová, Simona Meštíková

Institute of Applied Psychology, Faculty of Social and Economic Sciences, Comenius University in Bratislava

**Effect of the intervention the Compassion Cultivation Training on the Level of Self-Criticism and Self-Compassion**

16.05-16.25

Viktória Vráblová, Júlia Halamová, Bronislava Strnádelová, Alžbeta Dvoranová, Slávka Zlúkyová

Institute of Applied Psychology, Faculty of Social and Economic Sciences, Comenius University in Bratislava

**Self-compassion and self-protection in two chair technique: consensual qualitative analysis of transcribed video-recordings**

16.30-17.45 **Roundtable discussion**

Francesca Esposito – Centre of Criminology, University of Oxford (moderating)

Dora Rebelo – CRIA/ISTCE – University Institute of Lisbon

Aminata Kalokoh – Border Criminologies, University of Oxford

Michael Darko – Freed Voices, AVID and Goldsmiths University of London

Bradley Olson – National Louis University of Chicago

**Title: Migrant in(justice) and the role of the psychological establishment**

**Tuesday, December 1**

**Presentations:**

09.00-09.20

Ruben Fernández Carrasco, Moises Carmona

Interaction and Social Change Research Group (GRICS)

Social Psychology Section, Barcelona University

**XENIA: HE inclusiveness index. Contributions from community psychology**

09.20-09.40

Barbara Agueli, Giovanna Celardo

University of Naples Federico II

**The influence of contexts of belonging in the process of building identity of young LGB**

09.40-10.00

Katarína Greškovičová, Lucia Hroncová

Institute of Applied Psychology, Faculty of Social and Economic Sciences, Comenius University in Bratislava

**Attachment and sexual attitudes in sexual minorities**

10.00-10.20

Denisa Hnatkovičová, Gabriel Bianchi

Institute for Research in Social Communication, Slovak Academy of Sciences

**Coming out as polyamorous and bisexual through an intersectional perspective: a case study**

10.35-10.55

Jakub Mihaľo – Institute of Applied Psychology, Faculty of Social and Economic Sciences, Comenius University in Bratislava

Lenka Valuš – Institute of Experimental Psychology, Slovak Academy of Sciences

**The effect of mindset priming on consumer preferences and intentions**

10.55-11.15

Nikola Šabíková, Radomír Masaryk

Institute of Applied Psychology, Faculty of Social and Economic Sciences, Comenius University in Bratislava

**Evaluating career counselling support programmes**

11.15-11.35

Henrieta Ševčíková - Institute for Research in Social Communication, Slovak Academy of Sciences

Radomír Masaryk - Institute of Applied Psychology, Faculty of Social and Economic Sciences, Comenius University in Bratislava

**Factors that influence choice of a university from student's perspective**

11.35-11.55

Andrea Zelenková – Faculty of Education, Matej Bel University in Banská Bystrica

**Impact of positive illusions and experience on decision-making among entrepreneurs**

11.55-12.15

Marek Lukačovič, Radomír Masaryk

Institute of Applied Psychology, Faculty of Social and Economic Sciences, Comenius University in Bratislava

**Emic perspective of hallucinogen use – Slovak psychedelic subculture**

13.30-13.50

Elena Lisá – Institute of Applied Psychology, Faculty of Social and Economic Sciences, Comenius University in Bratislava

**The scale of sense of belonging to a community – dimensionality and validity**

13.50-14.10

Fortuna Procentese, Flora Gatti, Ciro Esposito, Immacolata Di Napoli

Department of Humanities, University of Naples Federico II

**Sense of responsible togetherness, community trust, and civic engagement: Which relationships with community members's hope?**

14.10-14.30

Mária Šul'ová - Institute for Research in Social Communication, Slovak Academy of Sciences

Miroslav Popper - Institute of Applied Psychology, Faculty of Social and Economic Sciences, Comenius University in Bratislava

**Risk and benefit perceptions of innovative food technologies**

14.45-16.30

**Roundtable discussion**

Francesca Esposito (moderating) – Centre of Criminology, Oxford University

Caroline Kagan - Faculty of Health, Psychology and Social Care, Manchester Metropolitan University

José Ornelas - Instituto Universitário (UIPES – Health and Psychology Research Unit)

Fortuna Procentese - University of Naples Federico II

**Title: Old and new challenges for community psychology**

## **The influence of contexts of belonging in the process of building identity of young LGB**

Barbara Agueli, Giovanna Celardo

University of Naples Federico II

The study analyzes the influence that the contexts of belonging of young LGB have on the acceptance and construction of their own identity. The acceptance of one's homoerotic desires is characterized by conflicting feelings (worry and fear of social isolation); young people need identification and aggregation with other LGB youth to recognize their feelings. A supportive and inclusive community contributes to achieving a full awareness of oneself. The research focuses on the experiences of 30 young LGB, 23 males and 7 females, with an average age of 25.15, who live respectively in metropolitan and rural area of southern Italy. The methodology used was the Grounded Theory Methodology, applied with the Atlas 8.0 software. The data was collected in codes, in turn grouped into 5 categories: Coming out, Social relations, Context characteristics, Problems and resources, Internalized homophobia. The results show a condition common to the two contexts that we can define as 'ghettoization'. If on the one hand, in the rural area one is alone with oneself due to the lack of places and people with which to identify and there is greater social isolation; on the other hand, in the metropolitan area, although there are more opportunities, young people feel stigmatized and ghettoized because those places are exclusively frequented by the LGBT community. The outcome of this research has clarified the difficulty faced by young LGB in the process of building an identity that manifests itself in an agitated sexuality and in the lack of stable romantic relationships.

**Key words:** identity building, LGB, social contexts, rural/metropolitan areas



## **Self-compassion in emotion-focused therapy**

Ghazaleh Bailey

Institute of Applied Psychology, Faculty of Social and Economic Sciences,  
Comenius University in Bratislava

Over the past years an ample number of self-compassionate interventions have been developed within a variety of psychotherapy approaches such as Compassion-focused therapy or Emotion-focused therapy (EFT). The goal of this review is to contribute to a deeper understanding on self-compassionate interventions in EFT, principles of EFT, and self-compassion definitions. In EFT self-compassion capacities are developed through the therapeutic relationship and self-soothing dialogues. Promoting self-compassion improves clients' ability to soothe and validate their painful experiences. Future research in EFT will need to continue to examine the therapeutic process and outcome of self-compassion interventions by exploring ways on how to measure the in-session improvement of clients' self-compassion capabilities.

**Key words:** Emotion-focused therapy, self-compassion, self-soothing

**Funding:** Writing this work was supported by the Vedecká grantová agentúra VEGA under Grant 1/0075/19.

## **Effectiveness of Emotion Focused Training for Self-Compassion and Self-Protection in individuals with increased narcissism**

Martina Baránková, Katarína Vaďurová

Institute of Applied Psychology, Faculty of Social and Economic Sciences,  
Comenius University in Bratislava

The aim of the study was to map the effectiveness of a 14-day online EFT-SCP intervention for different diagnostic categories for self-compassion and self-protection in people with increased levels of narcissism. The sample consisted of 63 participants, 19 men and 44 women aged 21 to 70 years ( $M = 32.49$ ;  $SD = 15.73$ ). The results show that the level of self-compassion in the experimental group did not increase as a result of the intervention. However, after completing the intervention, the experimental group scored significantly lowering self-criticism as well as in narcissism. Conclusions are discussed in the contribution.

**Key words:** narcissism, self-criticism, self-protection, self-compassion

**Funding:** VEGA 1/075/19

## Threats posed by ethnic minorities in Slovakia – the view of young Slovaks

Dóra Belán<sup>1,2</sup>, Miroslav Popper<sup>1,2</sup>

<sup>1</sup>Institute for Research in Social Communication, Slovak Academy of Sciences

<sup>2</sup>Institute of Applied Psychology, Faculty of Social and Economic Sciences, Comenius University in Bratislava

In recent years more and more attention has been paid to perceived threats posed by minorities. It is important to know whether different minority groups trigger distinct types of threats for the majority in order to address negative feelings and thus reduce intergroup prejudices. The aim of our study is to identify what types of threats young Slovaks feel from the Roma, Slovak Hungarians and immigrants from African and Arab countries. The goal is to understand how the groups are perceived from the view of Intergroup Threat Theory. Another aim is to examine the differences in the perceived threats among participants in frequent and rare contact with minorities. By conducting six focus groups ( $N=42$ ) with undergraduate students ( $M=22$ ), we identified - in accord with Stephan, Ybarra and Rios Morrison (2009) - four categories of threats, which were further divided into subcategories: 1.symbolic group threats (threats to culture, norms, values), 2.symbolic individual threats (distrust), 3.realistic group threats (power threat; economic threats), and 4.realistic individual threats (physical threat; theft; harassment; sexual harassment; stereotypes-crime; terrorist attacks; unknown; language barrier). The results show that while concerns about Roma and immigrants were associated mainly with personal security, power threat and language barrier occurred only in relation with Slovak Hungarians. On the other hand, some threats, like threats to culture and economic threat occurred in all focus groups. We discovered also the differences in threats of participants in frequent versus rare contact with minorities. Based on the results, we argue that when mitigating negative attitudes through reducing feelings of threats, it is important to focus on those threats that are actually felt by majority in relation to minorities, and do not perceive various threats as one general factor.

**Key words:** immigrants, intergroup threat, Roma, Slovak Hungarians, Slovakia

**Funding:** The research was supported by VEGA 2/0127/19 and 1/0075/19. The work of Dóra Belán was realized during her doctoral studies at the Faculty of Social and Economic Sciences of Comenius University in Bratislava.

## **Distance education of students from socially disadvantaged backgrounds during the first wave of coronavirus pandemic in Slovakia**

Lucia Branikovičová <sup>1,2</sup>, Barbara Lášticová <sup>1</sup>

<sup>1</sup> Institute for Research in Social Communication, Slovak Academy of Sciences

<sup>2</sup> Department of School Education, Faculty of Education, Trnava University in Trnava

The aim of the paper was to examine how students from socially disadvantaged backgrounds managed social isolation during the first wave of the coronavirus pandemic and what problems they faced in the distance learning process. Problem was examined from the point of view of 314 teachers of Slovak primary schools. Participants completed an online original questionnaire created by the authors of the text for research purposes - with open and closed questions, which focused specifically on working with students from socially disadvantaged backgrounds. The questionnaire contained 26 questions and focused on areas such as didactic methods of teachers at the time of distance education of students from socially disadvantaged backgrounds, activity and feedback of students from socially disadvantaged backgrounds during distance education. It was distributed on social networks mainly in teacher groups and also mediated by teachers and school leaders by e-mail communication. Quantitative data were analyzed by frequency analysis and qualitative data by inductive thematic analysis. Our findings suggest that 62,4% participants used Edupage to communicate with students, but 31,8% participants said that students from socially disadvantaged backgrounds did not have access to the Internet. 41,9% of the participants stated that students from socially disadvantaged backgrounds could not fully participate in teaching compared to other students, although some schools used field social workers or personal contact to communicate with them. Paradoxically, however 83,6% of the participants believed that the situation during the coronavirus pandemic did not further contribute to the social isolation and exclusion of these students. This paradox can be explained by the finding that participants perceive the problem of educating students from socially disadvantaged backgrounds through the parenthood of parents who do not cooperate, are not interested in reading and understanding while following a practice that is independent of the pandemic situation. The data are discussed in the context of psychological research on school inclusion.

**Key words:** coronavirus pandemic, distance education, social inclusion, social isolation, students from socially disadvantaged backgrounds

**Funding:** VEGA 2/0127/19

## **The “Citizenship Circles” program: co-creating an intervention program for fostering children’s civic participation**

Maria Coelho Rosa <sup>1</sup>, Maria Fernandes-Jesus <sup>2</sup>

<sup>1</sup> Between - Associação Entretodos

<sup>2</sup> Instituto Universitário de Lisboa (ISCTE-IUL)

The Citizenship Circles is an intervention program for promoting children’s and young people civic participation in sustainability issues. This paper documents the process of co-creation of the program and reflects on its capability to foster children’s civic participation. To evaluate the efficacy of the program, we implemented two pilot-interventions in a primary school in Oeiras, Portugal. In total, 77 children, aged 9-10 years old, participated in the program during two school years: 2018-2019 and 2019-2020. They also shared their views, opinions and experiences of participation in the program, through group interviews, and questionnaires. By taking children’s views into consideration, we examine how this intervention program promoted the development of citizenship-related skills and helped children and young people to become active citizens in their communities. We will discuss the benefits and limitations of the Citizenship Circles and offer some recommendations for promoting children’s civic participation in schools. Finally, as the development and evaluation of this intervention program involved an Action-Research involving practitioners and researchers, we will discuss the challenges of working collaboratively, proposing some paths to overcome barriers and constrains.

**Key words:** children, citizenship, intervention program, participation

## **The Crystal Fortress: the world of children witnessing domestic violence in the words of health and welfare professionals**

Immacolata di Napoli, Stefania Carnevale, Caterina Arcidiacono

Department of Humanities, University of Naples Federico II

Witnessing Domestic Violence (WDV) is defined by The Child Welfare Information Gateway as a psychological violence that has dramatic consequences on the psychophysical health of children.

In order to contribute to the taking charge of Domestic Violence (DV) and according to researchers who show the role of fatherhood in ending the phenomenon, ViDaCS project puts fathers in their children's shoes by making them witness a scene of strong family conflict through the virtual reality.

In order to structure the scene of DV, 16 Neapolitan health professionals dealing with children WDV were selected through a theoretical intentional sampling and interviewed. Narrative focused interviews were carried out, transcribed verbatim and analyzed through the Grounded Theory Methodology, using the ATLAS.ti 8 software. 319 codes were assigned to the texts, then grouped in 10 categories and 4 macro-categories.

The “Cristal Fortress” emerged as the core category, summarizing the world of the children WDV in the voice of Neapolitan professionals; a world where family that would protect like a fortress, is made fragile by the “inexplicable and senseless violence”.

The analysis also allowed to investigate the experiences and suggestions of the participants with respect to the network of services.

In fact, the core category also reflected a network that should protect like a fortress, but which is made fragile by the difficulty of communication among the services.

It revealed the importance of offering children a solid space in which to be protected, and it helped to think about useful guidelines for services dealing with WDV.

**Key Words:** domestic violence, perpetrators, fatherhood in domestic violence, health professionals' representations, witnessing domestic violence

**Funding:** “Violent Dad in Child Shoes - ViDaCS”, funded by the Rights, Equality and Citizenship (REC) Programme of the European Commission, Project number 810449

## **Migrant in(justice) and the role of the psychological establishment**

### *Roundtable discussion*

Francesca Esposito <sup>1</sup> (moderating), Dora Rebelo <sup>2</sup>, Aminata Kalokoh <sup>3</sup>, Michael Darko <sup>4</sup>, Bradley Olson <sup>5</sup>

<sup>1</sup> Centre of Criminology, University of Oxford

<sup>2</sup> CRIA/ISTCE – University Institute of Lisbon

<sup>3</sup> Border Criminologies, University of Oxford

<sup>4</sup> Freed Voices, AVID and Goldsmiths University of London

<sup>5</sup> National Louis University of Chicago

Natural and human catastrophes have led to increasing numbers of people crossing transnational borders, seeking sanctuary and a better life. Whole migrant communities are exposed to a range of abuses from their countries of origin to their eventual destination where they find anti-immigrant sentiments and hostile government policies. This situation has generated an urgent need to find more sustainable and human responses that attend to the rights of all people. While there is a strong need for psychological services, the approaches tend to be excessively clinical, diagnostic, and individualistic. Furthermore, the work is engaged within inadequate settings guided by bureaucratic and oftentimes cruel policies – immigration detention centres being an example. Given our moral and professional responsibilities as psychologists, how can we better center ‘justice’ in our work? How can we move beyond individual distress to the recognition of the multi-level complexity of societal justice and injustice? How do we better collaborate to privilege the voices of those most affected by border violence? This roundtable—from an international perspective—aims to discuss struggles and radical strategies. We will interrogate the current medical and security-based approaches to migration; challenge the Westernised focus on individual mental disorders; and the tendency to medicalise, de-historicise, de-contextualise, and de-politicise people’s experiences. We will critique the dangers of the ‘pathological narrative’ that portrays people with migration backgrounds as ‘problematic’, ‘sick’, and ‘dangerous’, rather than as full human agents with absolute rights. We will also emphasise the need for professionals to take risks to change oppressive policies, to reform our own discipline, and to work to bring about a more universal sense of community.

**Key words:** border violence, community psychology, migrant justice, psychology services

## **Old and new challenges for community psychology**

### *Roundtable discussion*

Francesca Esposito <sup>1</sup> (moderating), Caroline Kagan <sup>2</sup>, José Ornelas <sup>3</sup>, Fortuna Procentese <sup>4</sup>

<sup>1</sup> Centre of Criminology, University of Oxford

<sup>2</sup> Faculty of Health, Psychology and Social Care, Manchester Metropolitan University

<sup>3</sup> Instituto Universitário (UIPES – Health and Psychology Research Unit)

<sup>4</sup> University of Naples Federico II

The ongoing COVID-19 outbreak has been placing several unprecedented challenges at various levels, including health, economic, social and political. As a highly infectious respiratory disease, COVID-19 poses a threat to everyone in all countries and communities. Nonetheless, from the beginning, it was very clear that this pandemic will have disparate impacts across geographical contexts and social groups, with marginalised and disadvantaged communities being at risk of poorer outcomes associated with COVID-19 and least likely to access mainstream support (Manzanedo, & Manning, 2020). For example, the COVID-19 pandemic has been particularly harsh on Black, Asian, Migrants and Minority Ethnic communities in Europe and the USA, who are overrepresented in COVID-19 deaths (e.g., Pareek et al., 2020). Another area of concern is the impact of the pandemic and mitigating measures (e.g., self-isolation, social distancing) on people's mental health and how this is affecting some groups much more than others. From a community psychology perspective, recognising COVID-19 as an issue of inequality is of particular importance, and will help to understand how best to support minority communities in recovering after COVID-19 (O'Connor et al., 2020). Community psychology sees inequities in health and well-being as closely linked to structural social inequality, and, more than ever, it is important to focus on the improvement of the quality of life and living conditions of marginalised groups and communities. In this roundtable we will discuss how community psychologists can contribute to foster community well-being during and beyond COVID-19, and what role can community psychologists play during and after the pandemic.

**Key words:** communities, community psychology, COVID-19, marginalised groups, sense of responsible togetherness



## **Polish adolescent's social life and well-being in the times of quarantine/ COVID-19. Pilot study.**

Olga Gladysz <sup>1</sup>, Anna Bokszczanin <sup>2</sup>

<sup>1</sup> Institute of Psychology, Polish Academy of Sciences

<sup>2</sup> Institute of Psychology, Opole University

**Aim:** The pandemic caused by the COVID-19 virus's threat resulted in schools' closure and the need for indefinite social isolation. Our study aimed to see how the adolescents coped with the quarantine situation and maintain their social life and well-being. We wanted to find out what was causing the biggest distress and whether they experienced stress-related growth symptoms.

**Method:** We conducted 17 telephone structured interviews, from March to April 2020, with adolescents aged 13-17 years. The subject of the conversation was "well-being during the pandemic." The interviews were run by the train psychology students, after obtaining parents and the respondents' consent, and lasted from 12 to 45 minutes.

**Results:** The results indicate that there are many stressors during the quarantine, mainly due to lack of contact with peers. Most of the respondents experienced distress, nervousness, and general bad well-being during social isolation. The pandemic's positive sides were also pointed out, e.g., more time spent with their parents and better conditions for studying.

**Conclusions:** The analyses proved that social isolation for many adolescents was stressful, causing them a lot of worry and losses. Most of the respondents coped with isolation using positive, socially acceptable ways of coping with stress. The most significant distress was caused by lack of natural social contacts (closer family, friends, teachers), despite communication in social networks.

**Keywords:** adolescents, social life, COVID-19

## **Sexuality, couple's life and well being after breast cancer**

María Florencia González Leone, Ciro Esposito

Department of Humanities, University of Naples Federico II

The goal of this research is to investigate the social life and the well-being of breast cancer survivors. In particular, the study analyzes the effect that changes in couple and sexual life have on women's well-being. Participants: The research involved 170 Italian women between 25 and 64 years ( $M= 45.94$ ;  $SD= 8.76$ ) in the follow-up or cancer free phase. Methodology and tools: The Spanier Dyadic Adjustment Scale (DAS) was used for the assessment of the couple's relationship. This is a self-report scale which investigate activities, behaviours, attitudes and feelings frequent in the life of a couple. To assess sexual functioning the Female Sexual Function Index (FSFI) was used. A self-report tool with 6 areas: Desire, Lubrication, Orgasm, Satisfaction, Pain and Sexual Arousal. The Psychological Well-Being Scale (PWB)-Short Form was used to measure well-being through 18 items and six specific dimensions. Results: The results evidence how well-being of women who have had breast cancer is related to relationship and sexual functioning. In particular, a good couple adaptation, given by satisfaction in emotional and sexual life, expression of feelings and sexuality increases the psychological well-being. Moreover, emotional expression and cooperation within the couple leads women to have a high environmental control and a high mastery concerning the ability to create contexts suited to one's needs. Possible practical implications of the research results will be explored.

**Keywords:** breast cancer, couple relationship, sexuality, psychological well-being

## **Attachment and sexual attitudes in sexual minorities**

Katarína Greškovičová, Lucia Hroncová

Institute of Applied Psychology, Faculty of Social and Economic Sciences,  
Comenius University in Bratislava

The aim of the research was to investigate the relationship between adult attachment (remembered attachment and attachment in close relationships) and sexual attitudes in lesbian women and gay men and to map the attachment typology and manifestations of the attachment orientation in sexual behaviour. The convenience and snowball sample consisted of 57 participants (34 lesbian women and 23 gay men, aged 15 – 58). We used the Egena Minnen Beträffande Uppfostran- short form (My memories of upbringing, sEMBU) to explore remembered attachment, the Experiences in Close Relationships-Revised (ECR-R) to tap attachment in close relationships and the Brief Sexual Attitudes Scale (BSAS) to investigate the sexual attitudes. The moderate positive relationship was found between remembered attachment and birth control, namely father's rejection and sexual instrumentality. Regarding attachment typology, permissiveness and liberality showed to be the most differentiative variables. We concluded that our participants with anxious-preoccupied attachment orientation were most permissive towards an open relationship and most instrumental, that is attitudes towards enjoying the physical sex.

**Key words:** adult attachment, gay men, lesbian women, remembered attachment, sexual attitudes, sexual orientation

## **Parenting in times of COVID-19 restrictions: Slovak single mothers' experience**

Lucia Hargašová

Institute for Research in Social Communication, Slovak Academy of Sciences

Estimates suggest one sixth of all children in Europe are brought-up by single parent families. Women as single parents statistically prevail over men in Slovakia. In the context of children's quality of life, being brought up by single parents poses significantly higher risk of poverty. A stigma of „incomplete family“ may cause subjective distress. The paper presents a research opportunity to explore potentially stressful situation while still happening, as the interviews studying children's quality of life in different families were conducted 3-4 months after COVID-19 measures were introduced. The paper aims to describe the single-parent family life in the conditions of COVID-19 restrictions and the coping strategies involved. We conducted 9 semi-structured interviews with single mothers caring for at least one child in the age of 6 - 12. Interviews were a part of study focused on children's quality of life, motivations, dilemmas and consequences in traditional (marriage) and alternative forms of parenthood (adoptive, older-age, LGBT+, single and cohabitating parents). Interviews were transcribed verbatim, analyzed using qualitative content analysis in Atlas-ti software. The change in place of work and leisure activities, in ways their children studied, temporary loss of social contacts and decline in financial income were among the most significant changes participants reported. The need to adjust to restrictions was accompanied by negative emotions (shock, uncertainty, fear) as well as by adjusting to new circumstances engaging coping mechanisms. The results suggest single-parent families, in times of negative societal changes (COVID-19 crisis) represent a group endangered by worsening socio-economic conditions.

**Key words:** coping, covid-19, experience, single parent

**Funding:** VEGA 2/0027/17

## **Thematic analysis of important moments in intimate partner life and their subjective benefit viewed by young adults**

Lucia Hargašová, Nikola Kallová

Institute for Research in Social Communication, Slovak Academy of Sciences

The second demographic transition (Lesthaeghe, 2010, van den Kaa, 1999) characterizes Slovak society for more than two decades causing, along with others, changes in partner life (Lukšík, Marková, 2012). The forms that partnerships take on nowadays may be influenced by the trends of self-actualisation and individualism as well as by the emerging adulthood phase (Arnett, 2004) allowing people to experiment and explore themselves. Intimate partner relationships of the current young generation therefore may not follow the scenario described by classic developmental theories (Erikson, 1999). Therefore, our goal was to identify the main important milestones in intimate partnerships of the current young generation. Using an online questionnaire, we gathered 657 responses from 229 men and 428 women, age ranging from 16 to 35. Their task was to describe what their first three most important moments in intimate partner life were and what kind of benefit they perceived. Using a thematic analysis, we have identified several clusters. The milestones in partner life were sexual activities, from which we have outlined a separate category of “kiss and kissing”; partners’ emotional intimacy, moments of family or social significance as well as negative episodes. Participants described the benefit either in a) in terms of focus on self, such as acquiring knowledge and experience, an emotional reaction, becoming an adult, creation or exploring oneself or b) in terms of interpersonal focus – getting to know a partner, developing emotional closeness, planning a future together or parenthood.

**Keywords:** emerging adulthood, partner relationship, intimacy, milestones

**Funding:** APVV 18-0303

## **Coming out as polyamorous and bisexual through an intersectional perspective: a case study**

Denisa Hnatkovičová, Gabriel Bianchi

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Although mono- and heteronormativity constitute the social and cultural norm for romantic and intimate relationships in contemporary western societies it is common to have other sexual and affective interactions alongside a monogamous relationship. Previous studies found that polyamory as a consensual, ethical, and responsible non-monogamy, is common among bisexual people. Focusing on a specific and exemplary case describing the first stages of coming out as polyamorous and bisexual, the paper explores difficulties and the process of managing the stigma associated with bisexuality and polyamory. Considering the intersections of polyamory and bisexuality, we employ the Greimas semiotic square to read the process of coming out experienced by a woman who shared in the in-depth interview her experience on polyamory. In this case, the process of coming out as polyamorous and bisexual largely depends on societal expectations that women have to follow compulsory heterosexuality and mononormativity. Our findings indicate that sexuality is often an ambiguous and confusing discovery process, family and couples counselors need to have an accepting and tolerant view of sexual ambiguity if treating individuals with marginalized sexual identities. Therefore, implications for counselors and therapists are provided in the conclusion of the article. Finally, we argue more research is needed to further understand the process of coming out as polyamorous and bisexual.

**Key words:** bisexuality, coming out, polyamory, sexual stigma

**Funding:** The research was supported by APVV-18-0303. The work of Denisa Hnatkovičová was conducted during her PhD studies at the Faculty of Social and Economic Sciences, Comenius University in Bratislava in collaboration with Slovak Academy of Sciences.

**XENIA, towards a Higher Education Institutions' LGBTQ+ Inclusiveness Index: best practices and contributions from Community Psychology.**

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Visibility, empowerment and inclusion of sexual minority and gender marginalized groups have been significant issues within Community Psychology research and action. An important amount of research activity and programs' design are developed within Higher Education Institutions (HEI). While slow and still insufficient in terms of social justice, more and more European HEIs are focusing on lowering the cultural, social, educational and institutional barriers to their proactive inclusion. An European level consortium is addressing a mixed methods research in five countries (Italy, Greece, Ireland and Spain) aiming to develop a HEI' LGBTQ+ inclusiveness Index to gauge and assess their inclusiveness in the domain of discrimination and exclusion based on gender identity and sexual orientation. The Index will allow capturing the depth and reach of policies, programmes and initiatives of HEIs in tackling the phenomena and dynamics of exclusion of LGBT+ (lesbian, gay, bisexual, trans and other marginalized groups on the basis of gender and sexual identity) and cisgender women exposed to the risk of discrimination. This communication aims to share potential contributions from Community Psychology the research issue; preliminary research outcomes (in particular a selection of successful programmes and policies among European HEI's addressing social inclusion of LGTBI+ people); and a thematic model that embraces the core dimensions of the processes to assess HEI's LGTBI+ inclusiveness.

**Keywords:** gender identity, higher education, LGBT+ rights, XENIA Inclusiveness Index

## **Who am I? Identities of psychology students**

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**Background:** James D. Fearon (1999) states, that the word identity can be used in two different meanings, as a social category - a group of people and affiliation with them (social identity) and socially significant characteristics of a person, which serve as the basis for or the source of individual self-respect and self-regard (personal identity). Social, i.e. external identity is formed by social affiliation with or membership in the relevant group/category of people. Internal identity represents conscious ideas of a person about themselves (Bačová 2008).

**Research Method:** Data collection was carried out by having respondents state their associations with the question “Who am I?”, in order to identify perceived identities of young people. The research sample consisted of 39 third-year psychology students in Bratislava. We individually categorized the collected associations and gradually categorized them.

**Results:** In our research, we focused on the perception of the respondents’ own identity. Using consensus analysis of the associations, we identified a number of categories, the most represented being those with an affiliation with groups like the institution of school, family, friendly and romantic relationships. Personal identity was represented by categories, such as a personality trait or physical appearance.

**Conclusion:** Our respondents’ identity predominantly forms social categories. From the overall analysis, we conclude that the largest group that co-creates and shapes the identity of the respondents is primarily family and school. We consider the social environment to be one of the main influences in defining identity.

**Key words:** associations, social categories, social identity, personal identity

**Funding:** 1/0075/19



## **The scale of sense of belonging to a community – dimensionality and validity**

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The paper presents “The scale of sense of belonging to a community” and its properties: dimensionality and validity. The paper contains the results of the unpublished part of the dissertation thesis (Kretová, 2005). We verified the scale on a sample of Roma (N = 102) and non-Roma (N = 78) adolescents. It consists of 6 items, with a five-point Likert scale (1 = never; 2 = rarely; 3 = occasionally; 4 = often; 5 = always). The EFA results (KMO = 0.77) showed two factors that explained 68% of the total variance. The first factor (community place) saturated items: I want to live in precisely the house where we live; The place where we live is right for life; I love the place where I live; I belong where I live. The second factor (community relationships) saturated items: Where I live, people hang together; Where I live, I can trust people. The factors did not differ in their average values between Roma and non-Roma or depending on the region of Slovakia, age, type of class, and gender. The construct positively related to satisfaction, attachment to the place, and subjectively perceived well-being. Based on the correlations with the observed variables, it is a cognitive-emotional construct, while the “place of the community” is a more cognitive factor, and “community relationships” is the more emotional factor. We discuss the possibilities of transferring the scale to the work environment, such as measuring the sense of belonging to the organization.

**Keywords:** place of the community, relationships in the community, satisfaction, well-being, sense of belonging to the community

## **Emic perspective of hallucinogen use – Slovak psychedelic subculture**

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People have been using hallucinogens, also called psychedelics, for thousands of years and interest in these substances has been growing in recent years. The aim of this study was to determine the basic socio-demographic data, preferences, experiences and attitudes associated with psychedelics use in Slovakia. The cross-sectional online survey participants included people with at least one phenomenological experience with psychedelics (N = 422, age M = 27.78; SD = 7.84; SE = 0.38; 35.1% women). Due to the illegal, intimate and minority nature of the phenomena studied, we collected the data using the snowball sampling method on an online social network in groups that declared a drug focus. Psychedelics users are mostly employed (61,8%) and are in some form of partnership (57,6%), they usually have a high school diploma (46,68%) or a university degree (45,41%). They most often use LSD and psilocybe mushrooms, while the age of initial use (M=19,61; SD=5,39) as well as lifetime prevalence (M=18,26; SD= 24,21; Mdn= 10) are similar to global trends. Free use without rituals is preferred to ceremonial use. In general, psychedelics users consider the integration of psychedelic experiences to be simple rather than challenging. At the same time, they tend to evaluate psychedelics as useful to humans, but realize that they are not without risk and can be somewhat dangerous. Men use psychedelics for the first time at a younger age ( $p < .05$ ,  $r = -.12$ ); use more psychedelics during lifetime ( $p < .001$ ,  $r = -.23$ ) and demand decriminalisation and legalisation more ( $p < .01$ ,  $r = -.13$ ) than women. Slovak users of psychedelics show similar use trends as users abroad. Despite the fact that both men and women perceive and evaluate psychedelics very similarly, women are significantly more careful in their patterns of use of these substances.

**Key words:** emic perspective, hallucinogens, LSD, psilocybin, psychedelics

**Funding:** VEGA 1/0641/19

## **The first partnership as a milestone in the period of emerging adulthood?**

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Traditional developmental theories work with important moments in human life, successful coping of which leads to positive developmental changes. In the study, we focus on the experience and reflection of one of such milestones, the first relationships in the period of emerging adulthood and the threshold of adulthood. The research was implemented with the help of interviews and free testimonials in an online questionnaire on a sample of 30 young people aged 18-35. Preliminary results of the CDP analysis show that the first partnership is described by interpretive repertoires such as: opening relationship, first love, unexpected sympathies, etc., or by the dilemmas that are then solved, such as: the relationship vs. love, intimacy vs. trust, infatuation vs. friendship, etc. from which individual positions result: to devote myself to what I can, searching for what I want, searching for strength for change, etc. In the background of the descriptions of the first partnerships, an emancipated and cultivated model of romantic love is probably widespread in culture.

**Key words:** cultural resources, falling in love, first intimate relationship, interpretive repertoires

**Funding:** APVV-18-0303

## **The effect of mindset priming on consumer preferences and intentions**

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Mindsets are the beliefs people have about the nature of human characteristics - whether personal, physical, or psychological (Dweck, 2006). The research aimed to verify the effectiveness of the "unconscious" mindset priming for consumer decision making in the choice of both cheaper and more expensive products. After testing the priming efficacy in the pilot study (N = 104), we conducted an inter-subject experiment (N = 239) where the participants were randomly assigned to one of the two priming mindset groups. Afterwards, participants expressed an intention to buy six cheaper and six more expensive products in a hypothetical scenario. Our results show that unconscious priming can change people's minds in the short-term horizon, thus adjusting their preferences in a buying process. We also found that this effect is moderated by the price of the products - at a higher price the priming effect was weaker than at the lower-priced items. The last finding is a combination of rational thinking, affective thinking, and priming efficiency. For selected product types, higher rationality rates have reduced the effectiveness of priming, and vice versa, a higher rate of intuitive thinking has increased the effectiveness of priming methods.

**Keywords:** mindset, consumer behaviour and decision making, priming,, intuitive and rational thinking

## **Support and help for women experiencing intimate partner violence. Community perspective.**

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In the process of helping and supporting women experiencing intimate partner violence effective and professional intervention of stakeholders based on similar backgrounds and scientific knowledge is proving to be an important factor. An example of good practice is the Duluth model, which is a model of coordinated community practice prioritizing the safety of women in the helping process and also offers an intervention program for offenders. In this paper we present preliminary findings from qualitative research aimed at identifying strategies that women use to prevent, alleviate and stop violence. The main goal of the research was to identify these strategies and at the same time identify the factors that influence their choice. The research involved 44 women whose selection was carried out in cooperation with organizations that provide support and assistance to women experiencing violence in couples. We obtained the data through anamnestic questionnaires and semi-structured interviews, which were anonymized so that the safety of women was not endangered. In this paper, we analyse the data obtained from the interviews, which we processed using the method of thematic analysis. The analysis showed a wide range of strategies that women use to prevent, alleviate and stop violent couple relationships. We differentiated them based on the involvement of other people, help actors and the time factor. A look at the involvement of the informal environment in the solution of violence showed the absence of support for actors from the so-called mezo level of the environment (less supportive neighbourhoods, lack of condemnation of violence, denigration of women experiencing violence). In the light of these findings, conclusions for practice have so far proved to be important: for relevant formal actors professional standard practices based on shared beliefs about the nature of couple violence and the prevention of violence in the form of education of the general public.

**Key words:** ecological model of violence, formal agents, intimate partner violence, women's strategies

**Funding:** The study was supported by APVV grand 16-0422 „Strategies of women in prevention, alleviation and stopping of intimate partner violence“.

## **Understanding the concepts of love and compassionate love by ordinary people**

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The paper presents the second phase of research, the aim of which is to find out how ordinary people conceptualize love and compassionate love. In the first phase, participants had to produce as many characteristics and properties of these terms as possible, which were then arranged according to the frequency of occurrence. In the current second phase, it was examined which of the list of thirty selected characteristics produced in the first phase are considered to be the most important and which are marginal. At the same time, it was tested whether there are significant differences in the assessment of characteristics between employees of for-profit and non-profit organizations, as well as between men and women. Last but not least, differences in understanding the concept of love and compassionate love are compared. The results show the central and peripheral characteristics of the researched concepts. While love is best described by characteristics such as trust, fidelity, sincerity, compassionate love is defined by empathy, support and help.

**Key words:** compassionate love, love, prototype

**Funding:** VEGA 1/0075/19

## **The reflection of social norms in prejudice: connecting intergroup contact, perceived social norms and prejudice toward immigrants**

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The positive effect of intergroup contact on prejudice towards minorities is well documented. However, the conditions under which contact occurs may sometimes render it ineffective, or even lead to the opposite effect. Even though several studies have recently pointed out the importance of broader context in which contact takes place, such as prevailing norms in the society, normative climate is rarely studied on the individual level. In this pilot exploratory study, we examined the interplay of intergroup contact and perceived social norms in shaping attitudes towards immigrants. We measured perceived peer and country norms related to attitudes towards immigrants, as well as reported contact with immigrants, on a sample of young adults (N = 174). Our results showed that, as expected, the more intergroup contact with immigrants participants had, the less prejudice they reported. Even though both peer and country norms were related to prejudice, peer norms were more strongly associated with prejudice. Furthermore, our results indicate that perceived peer norms may facilitate the relationship between contact and attitudes. However, the quality of contact seems to be the decisive factor in predicting intergroup attitudes. We discuss the implications for prejudice reduction methods based on a normative approach. Interventions aimed at shifting social norms may have the potential to be an effective tool in combating prejudice.

**Keywords:** immigrants, intergroup contact, peer norms, prejudice, social norms

**Funding:** The research was supported by VEGA 2/0127/19. The work of X. D. Poslon was conducted during her PhD studies at the Faculty of Social and Economic Sciences, Comenius University in Bratislava in collaboration with Slovak Academy of Sciences.

**Sense of responsible togetherness, community trust, and civic engagement:  
Which relationships with community members' hope?**

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In modern local communities, individualist tendencies and private interest are always more widespread at the expense of shared values and collective actions aimed at common well-being and benefits. This makes individuals focus on their daily issues as if they were solely private, without framing them in the wider social context they are embedded in, producing decreases in their hope about future opportunities. In the face of this, making people aware about their power to better their community through taking responsibilities for themselves and for others and enhancing their positive expectations about current and future opportunities available in it could represent strategies to rely on to produce a shift towards a less individualist perspective. Indeed, through this community members' hope for their future and their willingness to engage for their community could increase, producing a different way of living local communities and daily issues. Consistently, this study, involving 594 Italian citizens, aimed at disentangling whether community members' Sense of Responsible Togetherness (SoRT) and Community Trust associated with higher hope and which role their civic engagement behaviors had in these relationships. The data have been analyzed using Structural Equation Modeling. What emerged showed that both SoRT and Community Trust were significant direct predictors of community members' non-spiritual hope and showed a significant indirect effect on their spiritual one via their civic engagement behaviors. The latter did not show significant relationship with their non-spiritual hope. The implications deriving from these results will be discussed.

**Key words:** community trust, hope, sense of responsible togetherness



## **Effect of the intervention the Compassion Cultivation Training on the Level of Self-Criticism and Self-Compassion**

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Compassion Cultivation Training (CCT, Jazaieri et al., 2013,2014,2018) is a program aimed at cultivate compassion involving a variety of meditation practises and exercises enhancing mental and emotional well-being, empathy, kindness towards others and oneself. The goal of the study was to analyze the effect of online intervention Compassion Cultivation Training on level of self-criticism and self-compassion in the selected sample of 54 participants. The experimental group consisted of 24 participants who participated in the intervention. The control group consisted of 30 participants. The battery of administrated questionnaires consisted of two scales: The Forms of Self-Criticism/Attacking and Self-Reassuring Scale (FSCRS) and Self-Compassion Scale (SCS). Data were collected in three phases, before intervention, immediately after intervention and two months after completion of CCT. The results of the research confirmed the effectiveness of online CCT intervention while the participants from the experimental group achieved a significant increase in the level of self-compassion and decrease in the level of self-criticism. The study offer promising results that adapted online version of CCT lasting 14 days is also effective strategy for building compassionate tendencies not just towards others but also for oneself.

**Key words:** Compassion Cultivation Training, intervention, self-criticism, self-compassion

**Funding:** VEGA 1/0075/19

## **Evaluating career counselling support programmes**

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Students are provided with advice for their future studies or career planning most often in the form of career counselling, which is managed by institutions such as The Centre for Educational and Psychological Counselling and Prevention, The Research Institute of Child Psychology and Psychopathology or The Youth Information Centre. Additionally, career counselling may also be provided by school psychologists directly in schools. Teachers, psychologists, or school advisors may offer career planning that includes support programmes, which help students in choosing their education or future occupation, prepare students for future studies or help new students adapt to university life. In this review, we summarize these programmes running in both Slovakia and abroad, and compare them based on several criteria (e.g., the goal or duration of the programme, financial fees that are required, etc.). Preliminary results suggest that, unlike Slovak programmes, those in other countries usually differentiate between first- and second-generation students. According to international studies, students, whose neither parent studied at a university, comprise a separate category that needs specific attention and support. In the future, career counselling systems should use different strategies that are tailored for first- and second-generation students separately.

**Key words:** career counselling, first-generation students, support programmes

**Funding:** Supported by VEGA 1/0641/19

## **Factors that influence choice of a university from student's perspective**

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Statistical data and available literature point to a steady increase in young people's interest in higher education, as well as to the complexity associated with this decision-making process. The research aimed to identify main factors (particularly social) when choosing a university. The focus of this study is mainly on the preferred contact to sources of information, the importance of higher education, and the influence of the family environment on this decision-making process. The analysis of the focus groups (N = 47) and the questionnaire survey (N = 200) shows that the social environment of students plays an important role in the choice of university. Students prefer direct contact when obtaining information, they get information from their loved ones, but also through social networks, open days, and university fairs. The qualitative analysis of respondent statements indicates that higher education is important, they perceive it as socially desirable and necessary, regardless of whether they are first-generation students or have parents with a university degree.

**Keywords:** choosing university, decision making, high school students, social factors

## **Risk and benefit perceptions of innovative food technologies**

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Innovative food technologies help us improve our ways of cultivating, harvesting and manufacturing of foods. These are technologies such as nanotechnologies, 3D food printing, cultured meat and genetic modification. In public discourse, most of them are unknown with the exception of genetically modified organisms (GMOs). Despite its large amount of benefits and opportunities, society is very careful, which is the reason, why they focus on potential risks. The main factors interfering in the formation of attitudes towards GMOs are level of information and knowledge, trust, information sources, perceived food naturalness or political orientation. In this review study we summarize how these factors affect the acceptance of GMOs in society, and why it is important to examine the topic through the perception of risks and benefits. At the same time, we point out what risks and benefits are most often associated with GMOs, and how it influence the decision-making process of its purchase and consumption. We also describe the discrepancies in the societal acceptance of GMOs in terms of geographical differences, thus providing a comprehensive overview of the current situation in the world, but also in Slovakia.

**Key words:** genetic modification, innovative food technologies, risk benefit perception

## **Self-compassion and self-protection in two chair technique: consensual qualitative analysis of transcribed video-recordings**

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Self-criticism in humans is a predictor of psychopathology, its persistence and poor response to treatment. Our goal was to analyze the statements of the participants in which they reacted to their self-criticism. The total sample consisted of 80 participants, of which 60 were women and 20 men ( $M = 23.86$ ;  $SD = 5.98$ ).

From the total number of statements of the participants, we selected the most expressive statements and supplemented them gradually until the categorization was saturated. The analysis was carried out by consensual qualitative analysis. The research team consisted of five members - three researchers in the core team and two auditors. The categorization of the two main constructs of self-compassion and self-protection contained 4 main domains - cognitive aspects, behavioral aspects, emotional aspects and interpersonal aspects. Interestingly, the participants used self-compassion and self-protection simultaneously in several cases or to some extent complemented or overlapped. In the case of self-compassion, the results confirm several findings from previous research, but in the case of self-protection, it is the first more detailed examination of this construct due to its insufficient previous research. The findings offer a more comprehensive insight into the processes of both constructs and into their distinction.

**Key words:** consensual qualitative research, self-compassion, self-criticism, self-protection, two chair technique

**Funding:** VEGA 1/0075/19

## **Impact of positive illusions and experience on decision-making among entrepreneurs**

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The objective of this research was threefold: 1.) to examine the effect of positive illusions on risk taking; 2.) to examine the mediating role of risk attitudes on the relationship between positive illusions and risk taking; 3.) to examine the moderating effect of experience on the relationship between positive illusions and risk taking. Research sample comprised 132 entrepreneurs aged between 19 and 63 ( $M = 40,6$ ;  $SD = 10,8$ ) owning small, medium and large-sized enterprises. It was found that only unrealistic optimism for rare positive events and illusion of control predicted risk taking manifested in investment decision. None of positive illusions predicted opportunity evaluation. It was found that risk perception is statistically significant mediator of the relationship between positive illusions and risk taking manifested in investment decision. Moderation analysis showed that only entrepreneurial experience moderates the relationship between unrealistic optimism for rare positive events and investment decision using own savings. Research findings contribute to the research body of the impact of cognitive biases – positive illusions on investment decision-making (Weber & Nosić, 2010; Barber & Odean, 2001).

**Keywords:** investment decision, opportunity evaluation, positive illusions, risk perception, risk preferences

**Funding:** This research was supported by a grant from Slovak Ministry of Education Science, Research and Sport of the Slovak Republic VEGA 2/0118/17: *Risk assessment in decision making of individuals on the personal and company/business finances and business opportunities.*

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978-80-223-5033-4

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