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BOOK OF ABSTRACTS



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HIGH SENSITIVITY AT WORK: THE REASON WHY IT SHOULD BE ON AN EMPLOYER'S AGENDA

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ABSTRACT: Sensory Processing Sensitivity (SPS) is a phenotypic trait that is characterized by deep information processing of the environment at cognitive, sensory, and emotional levels. Thus, SPS has a great influence on different life areas. The evidence from the research results clearly shows that for highly sensitive people the environment in which they develop is of particular importance. The purpose of the paper is to present the importance of the trait for career development. The described conclusions are drawn from qualitative research (focus groups and individual interviews) carried out as part of the international 'PRO-MOTION. Sensitive Career Management' project. The conclusions will be used to prepare recommendations regarding the workplace and the strengths of highly sensitive people in the workplace. The summary was prepared to synthesize in a synthetic way the most important advantages related to the high sensory processing sensitivity.

Keywords: highly sensitive employee, high sensitivity, professional development, career management, positive psychology

THE RELATIONSHIP BETWEEN EARLY TRAUMA AND RESILIENCE

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ABSTRACT: The research aims to explore the relationship between *early trauma* and *resilience* and to analyze the role of *social support* in achieving positive coping in adult life. The study may contribute to understanding the potential of social support in protecting individuals from long-term trauma symptoms, as well as the importance of redirecting subjects' attention towards available social support when working with adult patients who have suffered early trauma.

Keywords: early trauma, resilience, social support, coping

LIFTING THE VEIL OF PERCEPTION: EXPLORING THE IMPOSTOR SYNDROME AMONG YOUNG ADULTS IN ROMANIA - A JOURNEY TOWARDS AUTHENTICITY

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ABSTRACT: The impostor syndrome, also known as the impostor phenomenon, is the belief or feeling of an individual that other people consider them more capable than they actually perceive themselves to be. Although mainly studied in relation to the professional environment and not linked to an officially acknowledged clinical diagnosis, the scientifically documented impostor syndrome brings to light the self-perceptions of individuals suffering from this syndrome and the negative consequences of these perceptions on their quality of life. This article is based on research aimed at providing a better understanding of the impostor syndrome. Its results can contribute to raising awareness of the importance of this syndrome and its triggers. The article ends with a presentation of possible interventions targeted at changing the negative perceptions associated with the impostor syndrome, overcoming feelings of fraud and reaching the full potential of one's abilities.

Keywords: impostor syndrome, impostor phenomenon, perceived fraud, self-perception, assignment

MILLENNIALS - MENTAL HEALTH AND PHYSICAL ACTIVITY

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ABSTRACT: This study investigates the correlation between mental health and physical activity for the millennial generation from Romania, people born between 1981 and 1996. The data relating to the level of anxiety, depression and stress was collected using the DASS-21R scale and the data regarding the physical activity with the help of the IPAQ-SF questionnaire. This paper contributes to a better understanding on how physical activity impacts mental health. The findings reveal that there is no significant statistic difference between the level of depression or anxiety in men and women, Sig. = 0.058, Sig. 2 = 0.21 and Sig. = 0.202, Sig. 2 = 0.462. Millennials that carry on vigorous physical activity in less than 3 days per week have a significant negative correlation with the presence of depression, $r=-0.227$, $p=0.05$, people that have anxiety above normal have a significant strong negative correlation with the number of days in which they carry on vigorous physical activities, $r=-0.57$, $p=0.013$ and between the stress level and physical activity level there is no significant negative correlation $r=-0.075$, $p=0.452$. This research brings new and valuable information regarding mental health and physical activity, findings that can be used by the academic community, researchers, and other interested parties.

Keywords: physical activity, mental health, millennials, millennial generation, anxiety, depression, stress, DASS-21R

FORMS OF *SELF* BETWEEN THEORY AND BEING IN TRANSCULTURAL PERSPECTIVES

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ABSTRACT: This article presents an analysis of various forms of self, starting from the “empirical self” and its evolution to the “dialogical self”. Combining the Jamesian concept of “empirical self” with a blend of Mikhail Bakhtin’s notions of “polyphonic self” and “dialogism”, Hubert Hermans (1992) elaborated a theory of the “dialogical self” which was also developed in psychological perspectives. Thus, in interdisciplinary fashion, this paper presents new perspectives on the *self* as manifest, observable and observed entity containing in its visibility innumerable spheres of invisibility. I argue that the social and cultural norms, while contributing largely to the construction of the human self, are certainly premised on the predisposition of the individual self to follow (entirely or partially) the rules imposed by society. Thus, I draw on Western and Indian theories and psychological perspectives to examine different forms of self, characters and personalities from real life transposed into literary texts.

Keywords: self, empirical self, dialogical self, psychology, interdisciplinary analysis, Western and Indian theories

INTERCULTURAL PSYCHOLOGY PERSPECTIVES ON OUR CURRENT CULTURE IN AN INTERNAL FAMILY SYSTEMS MODEL

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ABSTRACT: In this article an internal-family-systems-informed view is proposed on the present development of western civilization, applying it to inter-cultural relationships on a broader level in order to render possible a proper unblending from our current culture, which can in time lead to the emergence of a self-culture, one that can encompass not a global perspective, but an empathetic one that takes into account and respects the specific needs behind the roles of previous and current cultures.

It is the present paper's proposal that firefighter cultures are imperialistic dominant civilizations, characterized by self-harm and a politics of fear and a continual trial-and-error to make life more beautiful because unnatural. In contrast, manager agricultural cultures are focused on daily living tasks and, given their greatest resemblance to self, there is now a regressive movement of interest taken to agricultural or rural communities, perceived as maintaining their connection to nature and naturalness.

This presents the most needed occasion to integrate and recuperate the humanity in our current culture, whose anti-humanism and dysfunctionality can be sensed ever more acutely. In an effort to update the parts about the self, this paper aims to view our current potentially falling empire culture as a protecting firefighter of an ultimate extreme (given that it most probably includes socially assessed self-harm and suicidal tendencies beyond any other previous civilization), that could highly use this information regarding its positive intention and the potential healing of the most painful wounds that it tried to protect from.

In finding out what the current cultural part wants the self to know about, we might discover the desperation in suffering or the darkness of the unknown, and thus our role as firefighters in mankind's cultural struggle with legacy burdens such as fragility and unknowingness. Therefore, the present paper aims to propose a type of cultural psychological work that can redefine our ideal culture from one on endless profit and pleasure for everyone to one of continual awareness of unfolding systems models. We do not need to take our current culture to dissolution beyond hope if we acknowledge its firefighter tendencies to be honored in their attempt to protect.

Keywords: intercultural relations, firefighter, self-harm, civilizations, internal family systems