# SCAP 2021 PROGRAMME & ABSTRACT BOOK

THEME: PSYCHOLOGICAL WELL BEING

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# SCAP 2021 Programme & Abstract Book

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**SCAP 2021 OPENING ADDRESS**

**Dr. Thomas Hunt**

Associate Professor, School of Psychology, University of Derby

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**KEYNOTE SESSION I**

**Dr. Carrie Childs**

Senior Lecturer, School of Psychology, University of Derby

**Abstract**

Within recent years behavioural addictions (e.g. addictions to gambling, gaming and internet use) have become more accepted among both the public and scientific communities. 'Sex addiction' is currently the most widely used term for describing sexual behaviours that are experienced as out of control. However the sex addiction treatment field has come under increasing scrutiny. Many have explicitly rejected the addiction label, arguing that the concept reflects heterosexual and monogamous values rather than empirical data and that discourses of sex addiction provide a way to regulate sexuality. Difficulty with sexual self-control is a problematic discursive site, due to the diverse ways in which it is constructed and therapeutically realised. However this does not detract from the fact that many experience difficulties with sexual self-control, regardless of how this behaviour is conceptualised. It is proposed that women who identify as sexually addicted differ from men in terms of aetiology, behaviours involved and treatment needs. Women are underrepresented in the published research and there are few studies where the primary or sole focus is on women who identify as sexually addicted. In this talk I will discuss the application of an addiction framework to understanding uncontrolled sexual behaviour. The talk also reports on the findings from a study using Foucauldian Discourse Analysis to explore how women who identify as sexually addicted understand this concept and construct their identities and behaviour. The study focuses on responses to an open-ended survey completed by twenty-two women from across the world. Participants drew on discourses of addiction and position themselves as chasing a high. Within a therapeutic discourse past sexual behaviours and thoughts are constructed as pathological. Addiction is a means of regulating monogamy as monogamy is constructed as an acceptable

form of addiction. This in turn has implications for treatment and for personal and societal intervention.

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## KEYNOTE SESSION II

**COVID-19 lockdown measures: Impact on older adults with dementia and their caregivers in Singapore**

### Dr. W.Quin Yow

Associate Professor, Singapore University of Technology and Design

### Abstract

COVID-19 pandemic has brought increased psychological distress, such as stress, loneliness, and anxiety, in all populations around the world. Older people were found to be more vulnerable to social isolation, and social distancing measures during pandemic increased the risk of social isolation and loneliness. In particular, family caregivers typically rely on community-based services and social support networks to supplement their caregiving of older adults with dementia (OAwD). In April 2020, the Singapore government implemented a partial lockdown to contain the spread of COVID-19. We assessed the policy's impact on the physical and mental health of caregivers and their OAwD. As part of a larger research project, 45 caregivers and 48 OAwD were involved in this study. The caregivers were interviewed and rated the amount of stress they experienced when caring for an OAwD and whether they noticed any effects on their dependents with dementia (e.g., changes in behaviors) before, during, and after the partial lockdown period. Caregivers reported a significant increase in stress levels after the lockdown measures were implemented and persisted even after the measures were lifted (ps < .001). Qualitative analyses found significant behavioral changes in OAwD such as irritability, aggression and hallucinations, which led some caregivers to believe their dependents' condition had deteriorated, as well as heightened levels of caregiving stress. Overall, in line with the COVID-19 Social Connectivity Paradox, our results suggested that although social distancing measures may be effective in containing the spread of COVID-19, these measures could lead to negative outcomes on vulnerable populations such as OAwD and their caregivers.

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**15. Developing Compassionate Micro Skills of Communication: Facilitating group work with undergraduate psychology students.**

**Caroline A Harvey**

University of Derby

**Frances Maratos**

University of Derby

**Jane Montague**

University of Derby

**Maggie Gale**

University of Derby

**Theo Gilbert**

University of Hertfordshire

**Karen Clark**

University of Hertfordshire

**Abstract**

Being able to work effectively as part of a team is a skill highly valued by employers, yet many students struggle with group-based exercises and assessments. Developing the compassionate micro skills of communication has the potential to improve students' experience of working in groups and this pedagogic approach aims to equip students with skills that will improve their ability to work effectively in group settings. It is hypothesised that this approach will lead to a range of positive benefits including reductions in stress, anxiety and depression along with increases in compassion and positive experiences of group working. A mixed methods AABB design was employed, with quantitative data collected at 4 time points to provide a robust baseline and enable analysis of effects beyond the duration of the module. Focus groups were conducted with both staff and students on the module to provide in-depth feedback and inform future practice. All students studying on the module (N=147 in iteration 1, N=168 in iteration 2) were invited to participate. Participation was voluntary, with data collection still ongoing. Focus group data indicates that students' experienced a number of benefits through developing their compassionate micro skills of communication. These included becoming more self- aware of their own communication styles and roles within a group, any some reported putting these skills into practice in various settings. Students also wanted to see this pedagogic approach

rolled out to other modules. The staff focus group (N=6) noted particular benefits for students who found group discussions difficult and they would also like to see this approach rolled out to other modules. Therefore focus group data shows support for this pedagogic approach which appears to have a positive impact on students' experience of group work and interactions with others. Quantitative data analysis is ongoing and preliminary findings will be reported at the conference.

## 17. Good things children notice in nature:  A framework for reconnecting children with nature.

**Caroline A Harvey**

University of Derby

**Jenny Hallam**

University of Derby

**Miles Richardson**

University of Derby

**Rachel Wells**

University of Derby

**Abstract**

Benefits for health and wellbeing from spending time in nature and connectedness to nature are well documented, with nature connectedness emerging as an important predictor of both mental wellbeing and pro-environmental behaviours. Interest is growing in interventions to encourage children to connect with nature and the associated benefits they might bring. This research employed a positive psychology intervention where eighty four children aged 9-11 years, wrote about three good things they noticed in nature every day for a five day period. Content analysis of the children's writings, using an emergent coding approach, identified ten themes, with "Active Animals" emerging as the most frequently occurring theme followed by "Weather", and "Description of a Specific Animal". Analysis suggests overlap between these themes and a number of associated values of biophilia. Analysis also indicates that the ten themes emerging from the intervention tap into three of the five pathways to nature connection arising from the work of Lumber, Richardson and Sheffield, (2017), of contact, beauty and emotion. Links between these pathways to nature connection and the themes emerging from the children's writing task facilitate the development of a framework by which practitioners might encourage children to connect with nature. This provides a number of potential ways in which practitioners might develop activities to encourage nature connection in children that are

directly relevant to the children, as they take into account the good things in nature that they noticed. Cross referencing this with the pathways to nature connection means that activities tapping into both what the children notice in a positive way, along with a known pathway to nature connection, may lead to enhanced opportunity to increase nature connection. Thus providing practitioners with a useful framework through which they can develop activities to potentially increase nature connection in children.

**24. Building coherence and increasing emotion regulation flexibility towards resilience: An experimental study in Singapore**

**Yih Shyang Andy Sim**

Embodied Inpsych Pte Ltd

**Abstract**

Although numerous agencies in Singapore have recently taken active steps in promoting the importance of emotion regulation and resilience building, there is a paucity of publication on such intervention programs. The purpose of this quantitative experimental study, the first in Singapore, was to examine the effectiveness of the HeartMath System (HMS). Thirty-four healthy participants from all walks of life in Singapore participated and were randomly assigned to the intervention group and the wait-list group. All participants completed the pre- and post-assessments, and the intervention group received a 2.5-hour workshop and practiced the HMS for 13 days. The findings were examined with a 2x2 mixed factorial MANOVA, univariate analyses, paired sample t-tests, and a Pearson correlational coefficient analysis between HRV measurements, POQA-R4, SOC-13, and ZTPI scores. Results showed significant multivariate interactions in HRV ($p < .001$), SOC-13 ($p < .05$), and ZTPI ($p < .05$) measures, all with very large effect sizes. Significant condition x time univariate interactions were observed in five 5-minute resting HRV, three 3-minute stress-preparation HRV, Relational Tension, Total SOC, SOCMA, BTP, PF, and PN, all with very large effect sizes. There were noticeable directional changes and very large effect sizes observed in POQA-R4. Correlational analyses revealed that participants with higher HRV, SOC, and BTP experienced reduced stress and increased resilience. The current findings support the use of the HMS, a research-based resilience-building program consisting of simple, practical techniques that Singaporeans can use "in-the-moment" and "on-the-go," to help them build coherence and increase emotion regulation flexibility towards resilience.

## 25. A Revisit of the Relationship Between Dominance, Gender and Leadership

### JoAnne Yong Kwan Lim

Singapore University of Social Sciences

**Abstract**

The study of whether dominance can play a significant role in facilitating important organizational outcomes (e.g., leader emergence) has drawn significant interest from researchers. A consistent finding is that for women, dominance is detrimental for leader emergence while for men, it is beneficial. An explanation for the results is that dominance is contrary to the gender accepted norms of women and hence, women who exhibited dominance are deemed in a negative light. A closer look at these studies revealed that these studies are typically experiments involving a short time-span. The current research seeks to overcome the gap through a longitudinal study, i.e., examining the role of dominance on leader emergence over time. In addition, this study introduces a concept known as team dominance dispersion which delves into the relative amount of dominance employed among members within a team. We conducted a study that occurs over one semester involving 44 ad-hoc work teams to test our hypotheses. Interestingly, dominance resulted in leader emergence for women in high dominance dispersion teams. However, in low dominance dispersion teams, the lack of dominance enables women to emerge as leaders. For men, dominance engenders leader emergence regardless of team dominance dispersion. Such results persist over time. Our research underscores the significance of accounting for team dominance dispersion when assessing the utility of dominance for women in their emerging as leaders.

# 28. Development of a novel method to investigate well-being and job quality in job tasks

**Zi An Galvyn Goh**

Lee Kuan Yew Centre for Innovative Cities, Singapore University of Technology and Design

**Kay Chuen Chan**

Singapore University of Technology & Design

**Yan Marcus Chao**

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**Shuei Ray Eusebius Chua**

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**King Wang Poon**

Lee Kuan Yew Centre for Innovative Cities, Singapore University of Technology and Design

**Abstract**

Background: Conventionally, researchers into the psychological well-being of workers tend to focus at the level of the entire job to understand how exhausted and motivated workers are. However, from the authors' best knowledge, there is a shortage of research that investigates the well-being of workers at the more granular level of specific tasks and situations in a job.

The objective of this present research is to examine psychological perceptions of categories of specific tasks in jobs and its relationship to employee exhaustion and motivation. The researchers use a novel method inspired by Occupational Stress models such as the Job Demands-Resources (JD-R) model. This method also builds on job analysis methods such as the Functional Job Analysis (FJA) and the Critical Incidents Technique (CIT). The research is conducted as part of the development of a new AI-powered Task Database that is funded by the Social Science Research Council of Singapore. This Task Database is localised for the Singapore labour force and is developed by the same research team comprising expertise in

psychology, philosophy, economics, data science and algorithm engineering, thereby provided interdisciplinary insights that can be utilised by academics and practitioners.

Research Question One investigates how exhausting and motivating workers perceive tasks in their jobs. Research Question Two investigates how workers categorise tasks based on labour economics and psychology literature (i.e., routine/non-routine/manual/cognitive/creative/empathy/others). Research Question Three investigates self-reported perceptions of the positive and negative situations workers faced at the workplace.

Method: A mixed methods approach is adopted. In Part One, the Functional Job Analysis (FJA) was applied whereby workers identify and rate tasks in their jobs based on how exhausting and motivating they find the task to be. In Part Two, workers categorize their tasks into routine/non-routine/manual/cognitive/creative/empathy/others. In Part Three, the Critical Incidents Technique (CIT) was applied whereby participants are interviewed to investigate the positive and negative situations that they previously faced at the workplace. As part of this research, a series of novel visualisations were developed to be used as a holistic tool for workers and their managers to understand which specific tasks and situations impact the workers and their teams/departments/organisations.

Findings: First, the findings showed that workers generally felt engaged but exhausted in their job tasks. Second, the CIT findings revealed several salient positive and negative situations. The researchers will present de-identified examples of the visualisations of specific tasks and situations of the workers at the conference, and how these specific tasks and situations impact well-being and job quality.

Discussion: This research contributes to theory by extending psychological well-being research from the more general level of the entire job to the more specific level of granular tasks and situations in the occupation. This provides new information into how specific tasks and situations affect well-being and job quality. The outcome of the research is that it helps to provide practical step by step granular ways for workers/managers/HR/leaders/companies/labour policy planners/practitioners to improve workers' well-being, improve job quality and carry out subsequent job redesign. This may be particularly important as emerging technologies/automation/AI/digital transformation change the composition and characteristics of job tasks and workplace situations in the Singaporean and global workplaces.

# 29. Perceptions of Technology Among Singaporean Adults: A Large-Scale Community Sample

## Clara Chan

Singapore University of Technology and Design

## W.Quin Yow

Singapore University of Technology and Design

## Abstract

The adoption of technology in everyday activities is occurring at an unprecedented rate. The effectiveness of any technology is dependent on its utilisation (Hu et al., 1999). Hence, technological acceptance, defined as the "approval, favourable reception, and ongoing use of newly introduced devices and systems" (Arning & Ziefle, 2007, p.2905) is an important attitude to study. Previous studies on technological acceptance often used samples limited to a single organization (e.g., university students) or small sample sizes (Lee, Kozar, & Larsen, 2003). The aim of the present study was to examine factors that influence general perceptions of technology among a large sample of community-dwelling adults.

As part of a residential survey, a large-scale community sample (N=3,134, Age range=18-95, Mean age=49.8, SD=16.74) completed a survey battery, including demographic information questions and questions on perceptions towards technology in general (adapted from Chen & Chan, 2014). Question statements were selected to reflect three constructs previously identified to be highly related to technological acceptance: Perceived Usefulness (Davis et al., 1989), Self-efficacy (Venkatesh et al., 2003), and Technological Anxiety (Venkatesh et al., 2003). Factors examined included age, gender, highest education attained, as well as a self-report of whether the respondent engaged in online activities (using Facebook, email, online shopping etc.) or not.

Analyses were done using structured equation modelling in R. The final model (shown in Figure 1 in pdf) showed a good fit, $X2(27)=320.39$, $p<0.01$, RMSEA=0.06, CFI=0.98. All paths were statistically significant (ps<0.02). Age was significantly associated with the three constructs: Self-efficacy , Perceived Usefulness, and Technological Anxiety, such that older age was related to lower self-efficacy, lower perceived usefulness, and higher anxiety. Gender was also significantly associated with the three constructs, with males showing higher self-efficacy and perceived usefulness, and females showing higher anxiety. On the other hand, more educated adults tended to report less anxiety with technology, higher levels of self-efficacy and perceived usefulness of technology. Finally, those who engaged in online

activities reported more perceived usefulness of technology, higher self-efficacy and lower technological anxiety. Results suggest that older and less-educated adults experience more anxiety and less confidence in their own abilities to deal with technology, and consider technology to be less useful. Females also appear to feel more anxious toward technology use. These findings provide practical implications on how to encourage technological acceptance and adoption, especially among populations who would benefit from its use, such as older and less-educated adults.

## 30. The impact of relational variables on neighbourliness and civic engagement in Public Housing in Singapore

**Sze Min Neo**

Singapore University of Technology and Design,

**Tshui Mum Ha**

Singapore University of Technology and Design

**Clara Chan**

Singapore University of Technology and Design

**Keng Hua Chong**

Singapore University of Technology and Design

**W.Quin Yow**

Singapore University of Technology and Design

**Abstract**

Neighbourhood social ties (Bridge, 2002; Henning and Lieberg, 1996) and collective efficacy (Sampson et al., 1997) are key aspects of fostering social cohesion (Browning et al., 2017; Hipp and Perrin, 2006). Studies have also shown that relational variables such as sense of belonging and proximity to family/ relatives play a role in residents' neighbourliness and civic engagement (Cohrun, 1994; Perren et al., 2004). This study aims to understand the varying influences of each relational variable on the different types of neighbourliness and civic engagement. Neighbourliness was measured by adapting the types of neighbourly relations to a Singaporean context – comprising hi-bye neighbouring, activity-driven neighbouring, and support from neighbours. Civic engagement was measured with civic participation and community participation (Table 1). 3,134 respondents from three residential towns of varying ages – namely Punggol (young town), Jurong East (middle-aged town), and Toa Payoh (mature town) – were engaged to rate their neighbourliness and civic engagement on a five-point Likert scale.

Hierarchical regression models were separately conducted for activity-driven neighbouring, support from neighbours, civic participation, and community participation. As for hi-bye neighbouring, due to the lack of homoscedasticity in the models, Generalized Additive Models were used in order to capture the nonlinearities in the data. Demographic variables (age, gender, and number of years of living in that residence) were entered as control variables in Step 1. Economic variables (employment status, household arrangement, tenure status) were entered as control variables in Step 2. Relational variables were entered in Step 3. Analyses were separately conducted for each residential town.

ANOVA was used to compare the fits of the models. Model 3 (demographic, economic, relational variables) was selected for all outcome variables, as relational variables were shown to uniquely account for 4.26% to 15.07% of the variance of the models. From the results, sense of belonging is seen to positively predict all types of neighbourliness and civic engagement across the 3 towns, except for community participation in Jurong East. Another finding is that the presence of neighbours as a secondary source of support generally positively predicted outcome variables that require more commitment such as activity-driven neighbouring, support from neighbours, and community participation. On the other hand, the presence of family/ relatives as a primary source of support positively predicts civic participation in all 3 surveyed towns.

Implications of the results on strategies to improve neighbourliness and civic engagement will be discussed.

## 32. Leadership Styles and Successful Small and Medium Enterprises (SMEs) in Singapore

**Pui Wah Loh**

Singapore University of Social Sciences

**JoAnne Yong Kwan Lim**

Singapore University of Social Sciences

**Abstract**

In many countries, Small and Medium Enterprises (SMEs) are a key pillar of a country's economy. Despite being a developed economy, Singapore is no exception. SMEs are critical to the long term economic and social stability for Singapore. However, SMEs often struggle to grow and become successful. A key reason is the lack of effective leaders in SMEs. To date, there is extant research related to effective leadership. Interestingly, the nature of these studies is conducted primarily in the genre of Western culture. By contrast, the literature about leadership studies that focus on SMEs in the East-Asian culture is lacking. The objective of this thesis is to address the gap. Specifically, this study seeks to obtain deeper insights related to the leadership styles of SME leaders from the East-Asian culture, focusing on Singapore. This investigation will delve into the leadership styles (transformational, transactional and passive-avoidant) that distinguish leaders of more successful from less successful Singapore SMEs.

This study adopts a survey-based approach using Multifactor Leadership Questionnaire (MLQ) as the instrument to assess if there is an impact of leadership styles employed by business leaders on the performance of SMEs in Singapore. Broadly, this research will extend the literature related to successful SME leaders and their leadership styles in East-Asian culture.

## 33. Assessing vocational identity status and its relationship with psychological well-being among tertiary students in Hong Kong

**Raysen Cheung**

Hong Kong Shue Yan University

**Hin Long Lau**

Hong Kong Shue Yan University

**Qiuping Jin**

Renmin University of China

**Abstract**

Vocational identity is the conscious awareness of one's worker role. Its development represents a primary developmental task of young people. From a psychosocial perspective, establishing a vocational identity concerns clarifying one's role as a worker in the specific historical, social and cultural niche the person resides. Taking a process approach, Porfeli et al. (2011) developed the "Vocational Identity Status Assessment" (VISA) to classify young people into different vocational identity statuses with reference to how they explore and make commitment about their careers. Typical identity statuses such as achievement, moratorium, foreclosure, diffusion and others were identified by studies in the West, implying that career guidance can be tailored to specific identity status groups in a specific cultural context. This line of research is informing practice in countries like United States, Italy and France. In this study, we take the initiative to validate and apply the Vocational Identity Status Assessment (VISA) among tertiary students in Hong Kong. From a sample of about 500 sub-degree students across several tertiary institutions, we propose to test the psychometric properties of the assessment scales and classify respondents into different vocational identity groups through the cluster analysis method. The levels of self-esteem, life satisfaction and career self-efficacy as indicators of psychological well-being will be analyzed and compared among different groups. The results will highlight the value of this process approach of vocational identity and the relationship between career development and psychological well-being. We shall discuss how different student services can be tailored to different vocation identity groups to enhance life-career development of students in the Hong Kong context, also addressing some policy issues regarding the implementation sub-degree educational programs in Hong Kong.

## 34. Are microaggressions just a Western social phenomenon? Exploring experiences and impact of microaggressions in Singapore.

**Nur Aisyah Abdul Rahman**

Home Team Behavioural Sciences Centre

**Abstract**

Research suggests that experiences of subtle discrimination (i.e., microaggressions) can have negative consequences on individuals. Research has shown that these small-scale incidents may seem inconspicuous and harmless in nature, but they may 'accumulate' and sow the seeds of distrust among different communities. If these tensions are left unattended, it has the potential to cause social disharmony. This study explored the common microaggressions experienced in Singapore and people's perception of their impact. 267 participants completed a self-report online questionnaire. Thematic analysis was then used to identify common themes of reported experiences of microaggressions. Considering that research on microaggressions is predominantly based on Western societies, this study sought to look at the key differences of microaggression manifestation in a multicultural and Asian society. Further findings will be discussed at the conference.

## 55. Self-Construal and Non-Suicidal Self-Injurious Thoughts & Behaviours in a Singaporean Sample: The mediating role of Self-criticism

**Sukriti Drabu**

National University of Singapore

**Abstract**

Non-suicidal self-injury (NSSI) involves direct and intentional acts aimed at damaging one's body tissue without the intent to kill oneself. NSSI has been reported to have varying prevalence rates and associations in Caucasian vs. Asian samples. However, research examining potential cultural factors such as interdependent and independent self-construal in relation to NSSI is lacking. Although limited, research suggests that culturally variable factors, specifically self-construal, are associated with psychopathologies and distress vulnerability in Asians and Asian American samples (Essau et al., 2013; Hong & Woody, 2007). AIMS: The present study (1) examined the association between self-construal and NSSI thoughts and engagement, and 2) explored the mediating role of self-criticism in this relationship in a university student sample in Singapore. It was hypothesized that an independent self-construal will be negatively associated with NSSI and interdependent self-construal will be positively associated with NSSI. METHODS: A total of 165 university students were administered self-

report measures assessing NSSI, self-construal, self-criticism and depression. RESULTS: Hierarchical multiple regression analyses showed that after controlling for depression, self-construal significantly explained the variation in NSSI thoughts and behaviors (R2NSSI Behaviors = 047, R2NSSI Thoughts = 037). Independent self-construal was found to be negatively associated with frequency of NSSI thoughts and behaviors in the past year. The relationship between independent self-construal and NSSI was mediated by self-criticism, after controlling for depression. Overall, the findings present preliminary data highlighting the potential relevance of cultural factors, such as self-construal, in NSSI research, as well as the underlying role of self-criticism in NSSI in a Singaporean student sample.

## 57. Teaching Morality in Japan: How Educators Can Collaborate and Improve Methodology

**Aya Fujisawa**

Kamakura Women's University

**Abstract**

In Japan, the definition of morality is "living better." Moral education, the basis for pro-social behavior, begins in the home but is reinforced in the classroom, where students spend the vast majority of their day. Since 2018, schools have changed in terms of teaching morality, focusing on thinking and deliberating instead of reading emotions. Moral education is now a complete subject rather than an ungraded school activity. Japan's Ministry of Education initiated the changes due to bullying incidents and a desire for greater mindfulness, order, and harmony among students. Therefore, educators are exploring new methodologies for teaching moral lessons. This study investigates how morality is taught in Japanese schools and proposes improvements based on systems thinking. Three interconnected study methods were used: 1) an interview with the Board of Education (Study 1), 2) a questionnaire survey of in-service teachers who participated in morality training (Study 2), and 3) experiments on improved lessons for teaching students (Study 3). Study 1 conducted interviews with two moral education leaders recommended by the Board of Education. These discussions clarified the issues facing teachers in their current classes. The findings led to Study 2, where we developed teacher training content for in-service teachers and, subsequently, trained 48 in-service teachers using said content. After the training, we followed up with a questionnaire. The results demonstrated that while some teachers were satisfied with this training, there were expectations for future teacher training. Based on these expectations, in Study 3, we experimented on 216 teacher-students using four different teaching methods, including lecture-style, participatory on-

demand lecture, and face-to-face in-person teaching. The analysis of variance showed no significant difference between one-sided lectures and student-like participatory lectures. The results evinced no significant difference among the four teaching methodologies. Based on this outcome using systems thinking, we recommend that simultaneous improvements are needed to in-service teacher training and teacher training to implement new moral lessons. Consequently, teachers with various attributes will acquire new methods to teach moral lessons, leading to greater acceptance and implementation of such lessons in the lives of their students. Concurrently, continued dialogue and collaboration between schools, boards of education, and teacher training colleges are critical to promote and maintain moral education in the long term.

## 58. The Effect of Fast Loans on Financial resilience-building Behaviors and Mental Well-being

**Joseph S Ortiz**

University of the Philippines, UnionBank of the Philippines

**David Hardoon**

Aboitiz Data Innovation, UnionBank of the Philippines

**Abstract**

The OECD highlighted the importance of financial resilience for vulnerable households in the long term, beyond the COVID-19 crisis. That is so that negative consequences of limited resilience on mental health can be reduced as well. In behavioral economics, borrowing is a valuable means to enhance an individual's financial resiliency. However, in psychology literature, borrowing can be detrimental to one's mental health if the borrower cannot repay his debts. This study examines the effect of fast loans on the resilience-building behaviors and mental welfare in a Southeast Asian economy, the Philippines. We deployed a mixed-methods analysis of social media content and a semi-structured interview with 10 Filipino residents in Luzon. We investigated their decision processes and behaviors, considering their savings, borrowing, risk management, and mental health. The findings showed that customers cope with their emergencies through fast loans but may encounter financial hardships while repaying - lowered savings and missed bills payments. We found that higher repayment rates are related to the experience of harassment and mental health issues using the Pearson chi-squared test. These experiences and the COVID-19 pandemic strengthened their risk-coping after paying their dues. Borrowers are more prepared for unseen risks – they are saving for the future and will choose better loans in case of emergencies. The findings had motivated us to develop a

behavioral data model that will consider the financial resilience of the customers before granting them the loan. Furthermore, we recommend aggregating all loan details from legal and financial institutions into an accessible, easy-to-use loan portal – empowering borrowers with access to information to make an informed decision on the loan suitability.

## 61. Motivation and Cognitive-Behavioral Factors in Problematic Online Gaming

**Ezra Lockhart**

Northcentral University

**Abstract**

A portion of the US population is choosing online games as a form of recreation and, consequently, develops unhealthy preoccupations with activities on the Internet. The most notable form of Internet addiction for the past 20 years has been Massive Multi-user Online Role-Playing Game (MMORPG) with American adults between 20 and 40 years old identified as high risk of developing problematic online gaming behaviors. Problematic online gaming behaviors and the resultant functional impairment of daily living that adults experience from playing MMORPGs was the problem addressed in this study, while the purpose was to provide further insight into those behaviors that adults experience from playing MMORPGs. This study used descriptive, pre-transcendental, psychological phenomenological methods and associated five-step phenomenological psychological data analysis and was predicated on the integration of the Online Gameplay Motivations Theory and the Cognitive-Behavioral Model of Specific Pathological Internet Use. a priori, criteria-based sampling strategies were used to recruit seven adult participants who have played numerous MMORPGs over a period of no less than 5 years and as recently as 2 months. Interviews provided raw data, the analysis produced 26 themes and subthemes, which answered four research questions. The results indicated that adult MMORPG players who experience problematic online gaming behaviors experience both benefits (e.g., access to virtual-relationships, increased attention and focus, increased technology competency) and detriments (e.g., maladaptive cognitions, behavioral symptoms) from this online gameplay. Implications for practice include intensive outpatient as aftercare and co-occurring disorder treatment models. Future research might consider identifying the impact of situational cues, employer perception of technology competency, quality of displacement, and distinguishing between pre-existing and co-occurring psychopathology.

**63. Relationship between blogging styles, attachment and psychological well-being.**

**Chakshu Sang**

Maniben Nanavati Womens College, SNDT University

**Ninad Patwardhan**

SRM University AP

**Abstract**

Background: In an era of evolving technological advancements and the increased dependence on technology due to COVID-19, individuals are able to express their sentiments and vent their emotions through the medium of blogging. The purpose of the study is to understand the relationship between attachment, blogging styles and psychological well-being of an individual.

Method: In the current study, participants completed the following questionnaires: Personal Blogging Style Scale (Baker & Moore, 2011), The Relationships Questionnaire (Bartholomew & Horowitz, 1991) and Psychological well-being Scale (Ryff & Keyes, 1995). Correlational analysis was carried out to examine the relationship between attachment, blogging styles, and psychological well-being. An independent samples t-test was used to examine gender differences on the aforesaid variables.

Hypotheses: Based on the literature, following hypotheses have been proposed: (a) therapeutic and connected blogging style will have a significant positive correlation with psychological well-being, (b) self-censoring blogging style scale will have a significant negative association with psychological well-being, (c) fearful-avoidant attachment will have a significant positive association with substitution and self-censoring blogging style, respectively, (d) dismissive-avoidant attachment will have a significant positive association with substitution and self-censoring blogging style, (e) preoccupied attachment and therapeutic blogging style will have a significant positive association, (f) secure attachment and connected blogging style will have a significant positive association, (g) gender differences with respect to attachment, blogging style, and psychological well-being will also be looked into.

Findings: Based on the data collected and analyzed, the results will be reported and their implications will be discussed.

Discussion: The study will help further the research and provide insight on an emerging concept of blogging style and its relationship with individuals' mental health. Psychologists can develop interventions to help distressed individuals effectively convey their thoughts and emotions using blogs to ameliorate overall well-being.

## 70. Cross-Cultural Reporting Differences in Explicit Suicidal Ideation & Implicit Suicidal Associations: A Comparison between an Indian & a US sample

**Sukriti Drabu**

National University of Singapore

**Catherine Glenn**

Old Dominion University

**Alex Millner**

Harvard University

**Matthew Nock**

Harvard University

**Abstract**

Suicide is a leading cause of death globally. Expression and experience of suicidal thoughts can differ vastly depending on the socio-cultural belief and country setting. However, research investigating reporting in suicidal thoughts across cultural settings is limited. The current study investigated the difference in explicit reporting of suicidal thoughts and behaviors and the implicit association towards suicide between India and USA. 381 adults were recruited (181 from USA and 200 from India) using Mechanical Turk. Explicit reports of suicidal thoughts and acts were assessed using single item self-report questions on the Self-injurious Thoughts & Behaviors Interview (SITBI) and a fine-grained multi-level suicidal ideation (MLSI) questionnaire assessing different gradations of suicidal thoughts. Implicit suicidal thinking was measured with the Death/Suicide implicit association test (d/s-IAT). The USA sample reported significantly higher levels of suicidal thoughts (lifetime prevalence = 49%, past year = 27%) compared to the Indian sample (lifetime = 24%, past year = 15%). This difference reporting was found to be present when presence of suicidal thinking was classified using the single item question from the SITBI, but not when using the multi-level questionnaire. Subgroup analysis using the explicit measures suggest potential underreporting of suicide ideation amongst active ideators in the Indian sample (88% v 99%) as well as a higher level of suicide ideation reporting amongst passive ideators in the USA sample (28% vs 9%). The implicit measure of suicidal thinking between the samples was comparable (India S-IAT scores: M = -0.48, SD = 0.43, USA S-IAT scores: M = -0.46, SD = 0.36). Examining the correlation between the explicit and implicit measures revealed a significant correlation between the past year endorsement of suicidal thoughts (based on the MLSI, but not the SITBI) in the USA sample, but not the Indian sample. Findings highlight potential reporting issues with the current measures used, which

may affect cross-national samples differentially, resulting in inability to conduct comparative research on cross-national and cross-cultural samples.

## 75. Psychological Effects of Facial Exercises

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**Abstract**

Recently, it has been clarified that smiling has a positive effect on both physical and mental health. However, there have been few studies that have taught participants how to smile specifically and verified the effects of smiling. This study asked 13 undergraduates and graduate students at A-University to practice the facial exercise "Unpani Exercise" in their daily lives for two weeks to clarify the psychological effects of smiling. Before and after the experiment, participants answered the Japanese version of Rosenberg's Self-esteem Scale, the psychological stress reaction scale, the Japanese version of Ten Item Personality Inventory, and the mental toughness evaluation scale. In order to clarify the changes of facial expression by continuing the facial exercise, the participants' facial expressions were analyzed using the facial expression analysis software "FaceReader8 (Noldus Co. Ltd)." Participants were instructed to take a picture of their smile before the experiment, on the 7th day of the experiment, and after the experiment. The values of "Happy" that can be calculated from their facial expressions were obtained by analyzing the pictures with FaceReader. As a result, the score of sociality, a factor of the mental toughness scale, increased significantly after the experiment. In addition, the scores of will power and positive degrees showed a marginally significant increase after the experiment. For the other three scales, there was no significant increase in scores. As a result of the analysis with FaceReader, 8 out of 13 participants showed an increase in their values of "Happy" after the experiment, suggesting that the facial exercise improved their smiles. From these results, it can be said that the continuation of facial exercises not only improves smiles but is also effective in self-control of psychological aspects in daily life, such as the acquisition of mental toughness.

**76. When does career transition lead to successful outcomes? A systematic literature review and outlook (1980 – 2021)**

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**Abstract**

The study of career issues have long become an important part of applied psychology research with roots in individual differences and mental testing, further expanding to theories of vocational development and vocational choice. Insights from applied psychology are not limited to theoretical frameworks, they have also informed counselling practice and workforce management policies broadly.

Globalisation, digital transformation, Artificial Intelligence (AI), the rise of the gig economy and, most recently, the COVID19 pandemic have irrevocably changed career dynamics. Individuals are engaging in more career transitions, for example, between roles, sectors, industries, and countries, sometimes even simultaneously.

These seismic shifts mean that individuals constantly face changes in "roles, relationships, routines, and assumptions" (Schlossberg, 2011) that can be challenging even when transitions are anticipated and/or desired. How do individuals manage these changes? Under what circumstances are career transition outcomes perceived as positive or successful? What types of individual factors, as well as organisational and institutional interventions have facilitated successful career transitions?

At this juncture there is no consensus in the literature on what constitutes a "positive outcome" of career transitions and no comprehensive discussions on how to attain them. The goal of this

paper is to review the literature on career transitions and their positive outcomes, focussing on the theoretical lens, synthesise the body of knowledge systematically, suggest directions for future research and develop practical recommendations.

We conduct a literature search of Web of Science and Scopus databases for papers published between 1980 and 2021. Papers were included if they directly addressed the outcomes of career transitions described in a positive or beneficial light, and their antecedents. We limit our review to empirical studies from leading academic journals publishing research at the intersection of applied psychology and organisational behaviour.

We have preliminarily identified 412 published articles. We expect to finish the review before the commencement of the SCAP. We will summarise the studies using a number of dimensions, such as theoretical perspectives, commonly used definitions, methods, types of samples, variables, among others.

This study has several contributions. First, it provides a summary of what constitutes a positive or successful outcome of career transition. Second, it summarises the most common antecedents of positive career transition outcomes. Third, it identifies research gaps and highlights areas for future research. Finally, it provides insights into how to help workers make career transitions in the current climate of volatility, uncertainty, complexity and ambiguity exacerbated by the global pandemic.

## 79. The Online Learning Experience: Perception of Bangladeshi Undergraduate Students

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**Abstract**

The Covid-19 pandemic has wreaked havoc on a variety of sectors around the world and educational institutions are no exception to this. As a result of the institutions' closure, students have been required to switch from traditional classes to online classes without any prior knowledge or training as such. Thus, in order to learn more about what students are experiencing in their academic lives, 266 undergraduate students belonging to various faculties and semesters were surveyed on how they are dealing with the current academic changes. In this regard, the paper explores and summarizes the findings from the students' perspectives on their academic lives as a result of the abrupt transitioning to online classes. Hence, from the information gathered, the academicians will be able to grasp not just the student's positive experiences of online education but also, if they comprehend and address the mentioned

challenge, it will be advantageous for both students and teachers in terms of overall online teaching and learning.

## 80. Indonesian Primary School Teachers' Perceptions of Student Misbehaviour

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**Abstract**

Studies show that most problem behaviours in the classroom, such as daydreaming, talking out of turn, hindering other students and idleness, are not severe. However, the high occurrence of these behaviours may make them irritating, time-wasting, and, over time, influencing teacher confidence and stress. Managing problem behaviours may be difficult at times. All the changes due to the pandemic make this even tougher. Since 2020, the Covid-19 pandemic situation has pushed over 25 million of primary school students in Indonesia into virtual learning. The present study was conducted to identify the most common and disruptive student behaviours as perceived by primary school teachers in Indonesia, both in classroom learning and online learning environment. Data was collected through open-ended questions in an online survey which was distributed through various online channels. 373 primary school teachers from 22 provinces in Indonesia responded to the survey. Data was classified into categories of classroom problem behaviours developed by Sun and Shek (2012). The findings revealed that a few common and disruptive student behaviours as perceived by teachers both in classroom learning and online learning environment were having disruptive conversations, non-attentiveness/idleness, and playing. Failure in submitting assignments and passive engagement in class were also reported as common problem behaviours during online learning, while teasing classmates and wandering around the classroom were reported as common disruptive behaviour in classroom learning in Indonesian primary schools. The findings are discussed in terms of implications for future research.

# 81. Comparative Study of Realistic Optimism between India and Japan

**Aneesah Nishaat**

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**Abstract**

Background

In the present study, the researcher conducted a comparative study of realistic optimism between the students of India and Japan (Age range: 18-24). In most of the comparative studies on optimism in Japan has been compared with the Western countries such as the US and Canada. It is the same in the case of India as well. However, there are very few comparative studies between the two Asian countries. Therefore, this study was aimed at conducting a comparative study on realistic optimism between the Indian and Japanese students.

Method

The survey was conducted on 390 Japanese and 361 Indian students using the realistic optimism scale consisting of three factors (future orientation, flexibility, and will/courage) and twelve items (Nishaat & Magari, 2018). T-test and one-way ANOVA were performed to compare realistic optimism between the Indian and Japanese students.

Result

The T-test result shows that Indian students scored significantly higher than Japanese students in the total score of realistic optimism as well as in all the three factors of future orientation, flexibility, and will/courage.

One-way ANOVA was conducted to draw a comparison based on the gender of the students in the two countries. There is a significant difference between the Indian and Japanese students of both genders in terms of "future orientation" and "flexibility". There was also a significant difference in the total score of realistic optimism. However, in case of will/courage significant difference was observed only between Indian male students and Japanese male and female students.

Conclusion

This study revealed that Indian students, both male and female, scored higher on realistic optimism than Japanese students. In terms of "future orientation", Indian students scored higher than Japanese students. This indicates that Indian students are more optimistic and hopeful about their future than their Japanese counterparts. As regards "flexibility," Indian students registered higher scores as well. India is a multicultural country where people with different religious and cultural backgrounds live together. Therefore, it is essential to accept and understand each other's needs and ways of thinking to adapt to and survive in society. This

multicultural society might have led to Indian students being more flexible and accommodative.

## 85. Empowering Millennials Working in Small and Medium Enterprises (SMEs)' Affective Wellbeing: Role of Volition, Justice and Meaning at Work

**Wai Meng Yap**

HELP University

**Abstract**

Working in SMEs can be especially stimulating and challenging to millennial employees who will soon be the biggest generation serving the workforce. This paper addresses the impact of work volition and organisational justice on the affective wellbeing of millennial employees. It seeks to better understand the role meaningful work has on millennials' affective wellbeing. Using a sample of 403 millennial employees working in SMEs, this paper employs a quantitative data analysis approach using SPSS PROCESS. The results suggest that work volition (in regards to sub dimensions of volition and structural constraints) significantly predicts better affective wellbeing among millennial workers. While organisational justice, in relation to interactional and distributive justice, positively predicted millennials' affective wellbeing. Meaningful work was found to mediate all paths in the relationships of work volition and organisational justice with affective wellbeing. Implications of this paper include promoting affective wellbeing of millennials by providing more transparency and opportunities to express as well as cultivating a good match between employee-employer promises, processes, and work expectations. This study also highlights the important role of promoting meaning at work to enable millennial workers to thrive in their careers.

**86. Psychological well-being of international students aged 15-17**

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**Abstract**

This study involved 40 international high school students aged 15-17 from different regions of the world, completing their high school education in Russia, at a special school for the children of diplomats and highly-paid contract employees in Moscow. Using an essay on the components of their psychological well-being as well as the Student Adjustment Problems Inventory (SAPI) and the School Anxiety Questionnaire by Beeman N. Phillips, the content of perceptions of psychological well-being, school adjustment problems, and school anxiety were identified. It was found that, for this sample, psychological well-being was linked to achievement of success in life and study and self-control. At the same time, problems related to perfectionism, parental expectations and multipotentiality. Their situational school anxiety is related to problems with teachers, frustration of need for achievement and social stress, however general anxiety in the vast majority of them is not characterized by high values. All this allows us to characterise this sample as being ambitious but at risk due to overstretch. The majority of them do not appear to be characterised by high values, all of which suggests that this sample is ambitious but at risk due to overstretch. adults and peers, however this needs to be investigated further. further research is needed.