

# UP-DATE

No. 27, SUMMER 2008

**BULLETIN OF THE BRITISH AND EAST EUROPEAN PSYCHOLOGY GROUP**  
ISSNs: print 1478-143; online 1478-1446 or first up googling "east european psychology"

**WELCOME AGAIN TO UP-DATE!**

*This issue focuses on Positive Psychology in east and central Europe, and gives some reason to re-visit institutes and departments that were briefly explored in Up-Date-23-Clinical Psychology.*



Rijeka, north east Istrian Peninsular, Croatia

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**BEEPG ANNUAL MEETING, UNIVERSITY OF WESTMINSTER, HUMAN RESOURCE MANAGEMENT CENTRE (HMRC), 7<sup>th</sup> MAY 2008**

*Again we warmly thank Dr. Christine Porter, Director, Human Resources Management Centre, for the use of the pleasant room for our meeting, and for generous refreshments*

**Management Culture in Romania: an exploratory study of patterns of change and resistance**  
**Kevin Dalton: U. Westminster Centre for Employment Research; with Liz Kennedy, Human Resource Management Centre, U. Westminster**  
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Rather than the rather rigid categories of Hofstede's (eg 1980) and Trompenaar's (eg 1993) approach, the underlying philosophy of this research is Paul Bate's (1994) interpretative / process approach to culture as embedded in people's minds, taken for granted, and based on deeply held values, beliefs, and symbol interpretation, and transmitted by socialisation through myths, history and shared heritage.

Though talk "below the surface" was problematic, authentic voices were heard among the managers interviewed in four previously state companies now foreign owned (two multinational); one Romanian owned IT company; one foreign company with a new Romanian plant; an international charity with a hospital in Romania; a para-statal regional utility; and the state Central Unit for Public Administration Reform.

An issue for international concern is whether western HR models such as Guest (1990) or Holbeche (2003) are value-neutral or simply encode western values. Respondents did report new leadership styles; radical decentralisation to empowered teams; management-led performance; and development as a central value, with sophisticated recruitment and competency-based assessment. State and ex-state enterprises were least and the new IT company most accepting of Anglo-American systems.

However, the authentic voices also reported hesitancy to be seen challenging the manager; knowledge un-shared to retain its power for the manager; and suspicion that managers were only interested in their own advantage. This substantial problem of trust is deeply based in centuries of imperial bureaucracy, then the communist police state from which the revolution has been substantially "white".

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Bate, P (1994) **Strategies for Cultural Change**, Butterworth Heinemann  
Holbeche (2003) **High Performance Organisations**, Wiley  
Guest (1990) **Human Resource Management and the American Dream**. JMS, 27, 4, 378

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**Human Resources Reform of the Romanian Police (RBP)**

**Janet Firth, Director, Dept. of Human Resources, U. Wolverhampton Business School with Dan Nichita, RBP Lead Officer (Development)**

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Dan illustrated the legacy of distrust in Romanian society, referring to the 1970s ban first on a Transcendental Meditation network, then in 1974 on all university teaching of psychology. The RBP (20,000 professionals) was formed suddenly in 1999 by the unplanned merger of the former National Border Police and Military Police. This precipitated an urgent debate on change and development, which made the University of Wolverhampton offer of cooperation within this EU funded project welcome.

Janet described the project's task of training 150 senior members of the RBP on the EU agreed (Frontex coordinated) curriculum for all EU border police. There is also need for enhancement of understanding

of competence-based learning itself, as well as for the design of a detailed competence-based curriculum to meet specific Romanian issues within those identified by Frontex. The project's initial needs analysis revealed inadequate attention to training RBP students regarding the affective domain of learning. The notion of training students in behaviours on the border was totally overlooked. Traditionally the training schools focussed on cognitive and psychomotor domains of learning: with the advent of Schengen, border policing needs to be done quite differently.

The RBP have considerable strategic planning to do in order to bring about a culture change. Previous work practices tended to be with a considerable measure of the *unconscious incompetence* (Krotwohl, Bloom et al., 1973) reflected, for example, in professionals' own reports of low levels of affectivity in day-to-day work-related behaviour.

Some professional journals in Romania have been helpful in disseminating discussion and awareness. However, within the project itself, a blended learning technique has been used, combining traditional, face-to-face didactic teaching with pure e-learning. The issue of trust again recurs: within project settings that guaranteed confidentiality, many of these specially selected senior border policemen said they felt inhibited about effecting change, due to fear of criticism from colleagues.

In view of the problem of affective awareness in this work context, the issue for future research is not so much cross-cultural knowledge transfer as per Clarke & Geppert (2002), but knowledge creation, and the need for a "thinking space" for RBP managers in the process of organisational change. Monitoring processes suggest success vis à vis this problem for the 150 professionals in this project, with rules safeguarding confidentiality in all sessions facilitating the participants' honesty about their problems.

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## **The Cross-National Effectiveness of Advertisements which Portray Men (Non)Traditionally: A Comparison Between Great Britain (GB), Poland (PL) and South Africa (SA)** **Magdalena Zawisza, University of Winchester, UK; Anna Maria Zawadzka, University of Gdansk, Poland; Russell Luyt, University of Winchester, UK**

Two hypotheses were tested cross-nationally in three experiments and three countries: the UK, Poland and South Africa. According to Stereotype Content Model (SCM, Fiske et al., 2002) there are two dimensions which matter in social judgements: warmth (W) and competence (C). Exemplars of paternalistic stereotypes, which are evaluated as high W and low C, are liked but not respected and exemplars of envious stereotypes, which are evaluated high on C but low on W, are respected but not liked. Given that the 1) SCM was shown to be applicable to advertising (Zawisza, 2006), 2) that the non-traditional Househusband type is an example of paternalistic stereotype (Eckes, 2002), and 3) that ad liking has been identified as one of the most important factors in ad effectiveness (Du Plessis, 2005) our first prediction (H1) was that 'paternalistic' male stereotypes (e.g. Househusband type, Hh) would increase advertisement effectiveness compared to 'envious' male stereotypes (e.g. Businessman type, Bm). Moreover, since the SCM has gained support across cultures (Cuddy, Fiske & Glick, 2008) we expected that this preference of Hh ad type should hold across all three nations. Second, we predicted that (H2) the match between initial male gender role attitudes and advertisement type would increase advertisement effectiveness only in countries with relatively low egalitarian norms (i.e. SA and PL) where these norms are not strong enough to override the match tendency (Gaertner & Dovidio, 1986). Three experiments were conducted on equal student samples (n=120 each) from GB, PL and SA (total n = 360). Participants were shown two print ad types (traditional and non-traditional) for an orange juice

created for the purpose of the experiment and were asked to evaluate them on various Likert type scales measuring affective, cognitive and reported behavioural responses to the ads. Two-way ANOVAs [2 (advertisement type) x 2 (gender attitude)] showed consistent support for H1 and partial support for H2 (i.e. the match hypothesis held for SA but neither for PL nor GB). The findings indicate that: 1) the non-traditional male ad type is relatively more effective option across all three countries, and 2) the initial gender attitude predicts ad effectiveness only in the most gender-traditional country (SA). Therefore, it seems that Poland is more gender-egalitarian than initially expected.

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**Link to Yahoo Group for Polish Psychologists in Britain:**  
[http://uk.groups.yahoo.com/group/Forum\\_Psychologow\\_Polskich\\_w\\_UK/](http://uk.groups.yahoo.com/group/Forum_Psychologow_Polskich_w_UK/)

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Abstract submission: 1 October – 15 December 2008

Further info: [www.ecdp2009.com](http://www.ecdp2009.com) or via Rita Zukauskienė: [laav@ls.lt](mailto:laav@ls.lt) (BEEPG Country Representative)

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**Intelligence and creativity represent some of the most significant mental potentials in the development of individuals and also of communities and particularly of small nations. Nonetheless in the implementing stage of human behaviour they do not act by themselves, but rather as a firm part of personality.** Hence, the research capacities of our Centre focus on the key issue of study – psychological regulation of Intelligence and Creativity through the personality. However, even after roughly a century of investigation, familiar knowledge of personality still remains unduly variant (Kováč, 2003). This may be ascribed to at least three causes:

*to broad differences in fundamental approaches to human functioning.* A long-term exploratory study of this topic gave rise to the leading theory of a philosophico-anthropologico-personalistic doctrine. **Man is a bio-psycho-socio-cultural-spiritual being** (Kováč, 2004). This position overrides not only the obsolete, though ever-persistent bio-psycho-social concepts of man, but likewise the modern three-level apprehension of the human individual as a person - and this whether in bio-psycho-spiritual approaches (V.E. Frankl. 1997) or somato-psycho-noetic dimensions (Popielski, 2005);

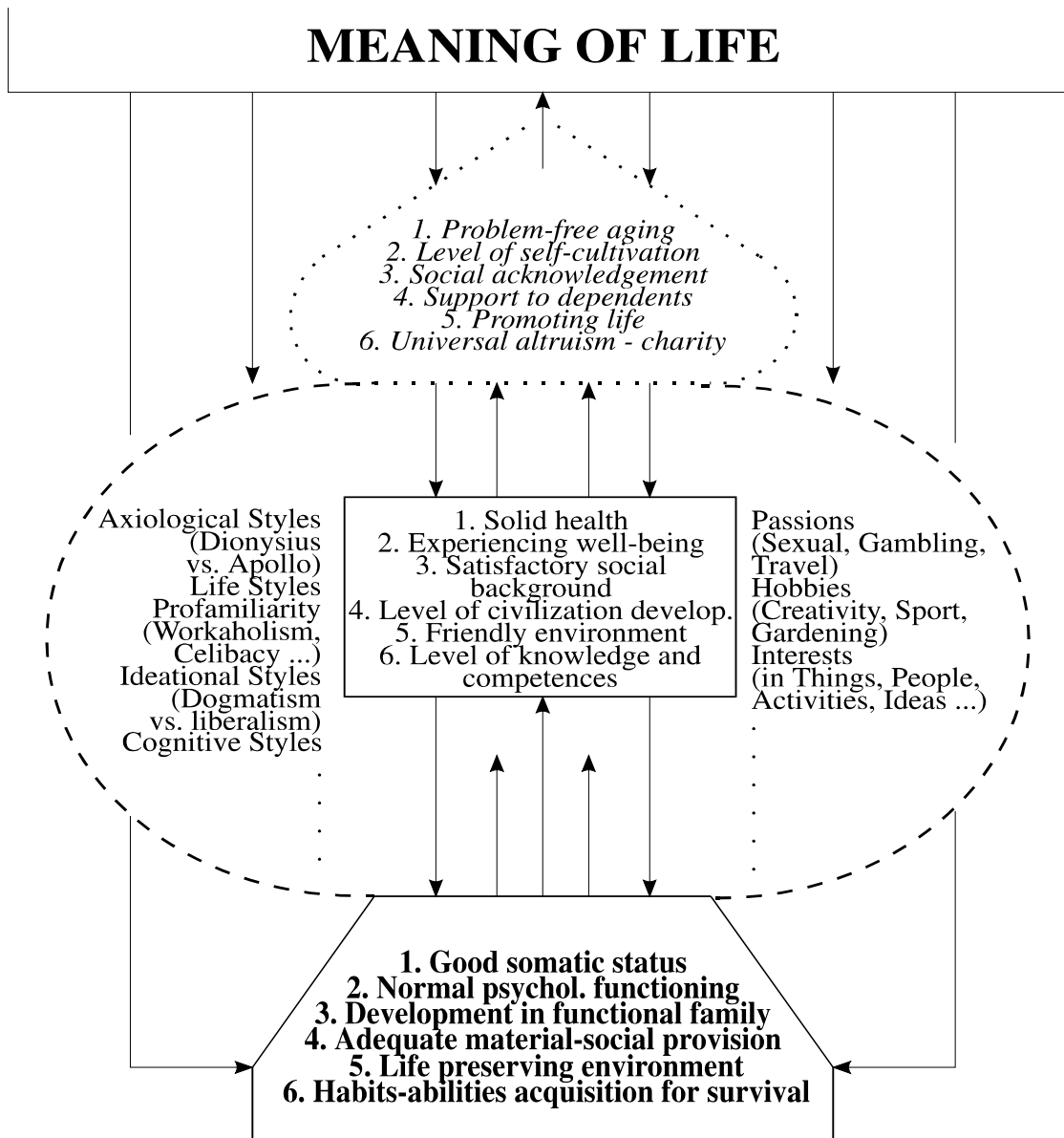
*to the bond between personality theories and paradigms of psychological movements and schools.* A generalization of our numerous empirical (and some experimental) studies carried out at our Institute over the past several years leads us to refute the sceptical view that human personality cannot be unambiguously characterized. We hold that **Personality is a psychological quality of the human individual stemming, indeed, from genetic dispositions, but strikingly fashioned by the social, cultural and spiritual environment, and above all moulded by its own self in accordance with acquired experiences, professed values, endeavours and goals. These become manifest in specificities and constances, with a possibility of changes over lifelong development;**

*to a failure to take into account major changes in mental regulation of people's behaviour in educationally advanced countries* Valid psychological and also medical, sociological, epidemiological researches on subjects from modern western cultures reveals a widespread disruption in the system in which the principal mental qualities function in the personality: cognition predominates (the information explosion); naturally emanating emotions diminish (the break-up of traditional values); and self-realization is stunted (the terror of consumerism). Relations with nature that are essential to life have been upset by the scientific- technological revolution, and those with the social and cultural spheres by liberalistic individualism. **It seems to us that these factors have given rise to widespread personality disintegration that has escalated mankind's global problems of the 21st century.**

Hence, we need strategic assignments for the human and specifically for psychological sciences: that is, we need widely implemented cultivation of individual personality integration through values verified by the progress of humanism. Within the framework of our research and evaluations, we have therefore used two outputs involving a) a deepening of the BIO-PSYCHO-ENVI personality model with further system psychoregulators (wisdom, humility, moderation, tolerance, altruism, prosocial behaviour, etc.) and b) a theoretico-methodological improvement of a complex model of the quality of life.

*In the 1960s, Professor Kováč and his team worked in association with Academician Nebylitsin in the Soviet Academy of Pedagogical Sciences Psychophysiology Laboratory founded by Academician Teplov (see Up-Date-25, Personality)*

**We send sincere condolences to Damien and Judita Kováč on the recent tragic death of their son Tomáš, assistant professor of psychology in the University of Trnava, researcher in Positive Psychology and Creativity. BEEPG members met Damien and Tomáš in Banská Bystrica in 1995.**



In contrast to the WHO (1997) definition of Quality of Life, our model deepens its impact, and embeds it within contemporary psychological knowledge as:

1. a multi-level and multi-component phenomenon that manifests itself in mental reflection as rather permanent satisfaction, more often as well-being and occasionally also as happiness.
2. a multiple complex of determinants of which only some enter mental regulation of behaviour as system regulators in harmony with professed values in lifelong personality development.
3. unmeasurable through a single instrument, even less so through a simple questionnaire. Triangulation and / or multi-level integration are necessary.
4. need not be problematic to the chronically ill, aged, handicapped, etc., nor need it be an explosive problem to the so-called normal population.
5. requiring a paradigmatic change of psychology in the direction of “Positive Psychology”.

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# PSYCHOLOGY EDUCATION IN MACEDONIA: MAINSTREAM AND POSITIVE PSYCHOLOGY DEVELOPMENTS

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This article gives an insight into psychology education in Macedonia, including both formal education at the Institute of Psychology, St. Cyril and Methodius University, Skopje, as well as informal educational groups in Gestalt psychotherapy, and Transaction Analysis courses intended for personal and professional self-development.

## *Institute of Psychology, Faculty of Philosophy, University 'St. Cyril and Methodius' Skopje<sup>2</sup>*

The Institute of Psychology as part of the Faculty of Philosophy was established in the academic year 1974/5 and since has conducted four-year studies of Bachelor in Psychology. In its first year the academic curriculum was delivered by a small number of Macedonian professors and associates with the help of professors from the Science-Mathematical Faculty and the Faculty of Medicine, together with the help of professors from the Universities of Belgrade and Zagreb.

Currently the Institute employs professors and associates that have completed and advanced their education in universities across the United States, United Kingdom, France and at the University in Belgrade. The academic staff teach courses at undergraduate and post-graduate level and also work to develop the academic curriculum. Currently there are: five full-time professors, four associate professors, one senior teaching assistant and five junior teaching assistants. Some of the courses taught at the Institute are given by professors from other institutes in the Faculty of Philosophy in Skopje.

The Institute of Psychology has a specialized library which is relatively large (over 7,000 book titles and over 1,000 current journal issues) with academic and research books from the area of psychology. The collection increases by purchasing books and journals from the country and abroad as well as through donations.

## *Chamber of Psychologists of the Republic of Macedonia*

Macedonia declared its independence from Former Yugoslavia in September 1991 and became member of the UN in 1993. In 2005 the psychologists of Macedonia, including academics and professionals from the area, established the Chamber of Psychologists of the Republic of Macedonia with the Law on Psychological Practice as its legal basis.<sup>3</sup> Among other duties, the Chamber of Psychologists is responsible for issuing, re-issuing and terminating the licence to practise as a professional. The Chamber also has a Registry of all licensed psychologists that practise privately, as well as a Registry of all of its members in the territory of Macedonia. This is especially important since prior to 2005 there has not been a complete registry or database of the professionals in this area. Another important role of the Chamber is the fact that it represents the psychologists and their professional interests and as a professional body it conducts cooperation with other associations from the country and abroad.

## *The Gestalt Institute<sup>4</sup>*

The Gestalt Institute (GI) was formally established in August 2006. However, the work of the Gestalt educational group in Skopje dates since 1992. In the period of 1998-2002 the NGO: *Contact*, a humanitarian organization working in the area of counselling and support, was organising training programs and Gestalt education. In 2003 the Macedonian Association of Psychotherapy, Counselling and Supervision (MAPCS) 'IMAGE' was formed. Within the frameworks of the association the Gestalt Centre functioned as an internal body whose tasks were to conduct education in the area of Gestalt psychotherapy. During the year of 2005 the Macedonian Association of Psychotherapy continued the process of separation

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<sup>2</sup> For more information, please visit the University's webpage <http://psi.fzf.ukim.edu.mk>

<sup>3</sup> Law on Psychological Practice (Official Gazette of the Republic of Macedonia no 6 from January 28, 2005).

<sup>4</sup> For more information please visit the Institute's webpage [www.gestaltinstitut.edu.mk](http://www.gestaltinstitut.edu.mk)

between the organisational and educational components of the Association. That process was finalized in 2006 with the establishment of the Gestalt Institute.

The work of the Institute is supported by the Gestalt Psychotherapy Training Institute from Malta. There are seven educational trainers as well as a number of visiting and supporting trainers. The training in Gestalt Psychotherapy has the goal of providing professional education in theory and methodology and its practical application. The courses are conducted as part-time continuing education lasting 4-5 years. The curriculum includes hours of individual psychotherapy, courses on theory and methodology, clinical practice (work with clients), supervision as well as peer group work. The entire programme requires 1600 hours of work, excluding the work spent on reading, writing papers and case-studies.

### ***The Macedonian Association of Transactional Analysis***

While the Gestalt Institute is available mostly for continuing education of persons that have acquired the BA in Psychology or that are students of psychology, the Transactional Analysis group in Skopje is open to any persons interested in personal growth and development, as well as professional development. The Macedonian Association of Transaction Analysis (MATA) was established in 1995. There are several groups on personal growth and self-development attended both by psychologists and people interested in TA, and one professional TA group intended for psychologists. MATA is a member of the European Association of Transaction Analysis (EATA) and therefore it offers guidelines and courses needed to acquire TA qualifications in psychotherapy, organizational and educational TA. Typically, the first assessment for the certificate 'TA 101' is held once per year, by some of the accredited trainers from the region. A number of workshops and seminars are held each year in Skopje and MATA members also attend seminars in the neighbouring countries. For example, in May 2008 there was a three-day seminar 'Building Awareness – Creating Changes' which gathered high-profile lecturers such as Marco Mazzetti (Italy), Julie Hay (UK), Marina Banic (Serbia) and Nada Zanko (Croatia). The seminar gathered a large number of participants interested in different aspects of TA.

There is also development in the area of publishing (6), because Macedonia has a considerable deficit in psychology literature in general and especially in Positive Psychology. A number of books by foreign authors have been translated from English to Macedonian including Claude Steiner's *Emotional Literacy* and *The Other Side of Power*. Those two books had great success among the reading audience in Macedonia, acted as promoters of TA and perhaps increased the interest among the people to join TA working groups. The media in Macedonia is increasingly reporting on topics connected to emotional literacy and emotional intelligence. At MATA's invitation, Claude Steiner held a successful seminar in Skopje in June 2008. More than 30 participants attended the two-day seminar and many readers outside psychology circles came to the promotion of his books in Skopje. Undoubtedly, the books on Positive Psychology have become popular among the general reading audience in Macedonia. Following the seminar, yet another of Steiner's books will be translated, as well as the cornerstone piece 'TA Today' by Ian Stewart and Vann Joines.

6. Gratitude to Mr. Ane Tuntev, translator of Steiner's books on Positive Psychology, for providing me with information on recent developments in the field.

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### **Completion of references: Personality in Quality of Life (from p. 6):**

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# POSITIVE PSYCHOLOGY IN EAST AND CENTRAL EUROPE: UP-DATE OVERVIEW

## INTRODUCTION

Positive Psychology, the study of optimal human functioning, is an area which can unite both researchers and practitioners from east and west. Although first launched by Martin Seligman, his close colleague M. Csíkszentmihályi has contributed to western awareness along the lines of virtuous circles and other non-linear aspects of human functioning which were first noted by the early Marxist psychologists P. K. Anokhin (Systems Theory), L. S. Vygotsky (Sign Interiorisation Theory), and especially Sergei L. Rubinshtein (Subject Activity Theory), with whose concept of creative self-activity Damien Kováč's paper (above) resonates. Csikszentmihalyi was born in Rijeka, now Croatia, then in Italy and known as Fiume, where this summer the University Psychology Department hosted the conference of the European Network of Positive Psychology across the gulf in beautiful Opatija.

East and central European Positive Psychology research is not restricted to Seligman's classic area of Health Psychology. For example, it is researched in an important form within Economic Psychology by Márta Fülöp, Institute of Psychology, Hungarian Academy of Sciences (MTA-IP). Fülöp's research is theoretically important because of Positive Psychology's particular interest in non-linear human processes. For example, the Positive Psychology concept *adversarial growth*, where personal development comes in the wake of strongly negative circumstances, was explored in a central European location by the UK researchers Alex Linley and Steven Joseph, who showed that it correlated positively with Sense of Coherence among the Bosnian war therapists (Antonovsky, 1993; Linley et al, 2005).

In the same way, competition can be destructive as well as advantageous. Among a series of studies of competition, Márta Fülöp presented cross-cultural material to the Positive Psychology Conference, Opatija 2008, showing the changing attitudes to competition, and the development of practices that favour its virtuous over its vicious effects (Fülöp, 2008; see also Sandor & Fülöp, 2007; Fülöp et al., 2007). See also controlled studies by Mihály Berkics, Eötvös Loránd University, Budapest, of constructive versus destructive competitive tendencies as a function of perceptions of fairness (Berkics, 2008).

In east and central Europe, Positive Psychology concepts and instruments are also applied in:

- (i) Developmental psychology, eg Koluchová-Sobotková's (Sobotková, 2004) family systems work; also in Csíkszentmihályi's birth town of Rijeka, where Ingrid Brdar, Majda Rijavec and Darko Lončarić research stress at school (Brdar et al., 2006); see p. 10 (Gelhaar et al., 2007) for cross-cultural projects into which Brdar et al.'s work feeds.
- (ii) Work psychology, (eg Arambašić, 2003, within the context of the World Values Study, Super et al., 2006; ).
- (iii) Cross-cultural sport psychology by D. Alfermann of Leipzig with N. Stambulova of St. Petersburg and A. Zemaityte of Lithuania, re retirement of athletes, (Alfermann et al., 2004); Martin Hagger of Nottingham University with M. Soos and I. Karsai of Hungary re planned behaviour of adolescents in sport (Hagger et al., 2007).
- (iv) Psychology of cultures: see Boski, (2004) for over-view of well-being research from an east European perspective.

Bettina Piko, Professor of Health Psychology, University of Szeged, argues that Positive Psychology may have special significance in east and central Europe owing to the effect of the political history on internal locus of control, with implications for self-esteem. (Piko, 2004; see also Piko, 2006). On the other hand, it is leading Russian psychologists Dmitry A. Leontiev and Xenia A. Abulkhanova who give particular attention to the balance of autonomy and responsibility (below pp. 12 - 13).

SOME CROSS-CULTURAL STUDIES USING POSITIVE PSYCHOLOGY CONCEPTS, THAT HAVE E. AND / OR C. EUROPEAN PARTNERS	N (states)
<p><b>Kuppens, P., Realo, A., &amp; Diener, E. (2008). <i>The role of positive and negative emotions in life-satisfaction judgment across nations</i>. <i>J. Personality and Soc. Psychology</i>; in press</b>  8000 participants. Life Satisfaction, moderated by individualism / collectivism, was more related to positive than to negative emotions.  Anu Realo is a member of the prestigious Psychology Department at the University of Tartu (see Up-Date-25-Personality) <a href="mailto:Anu.Realo@ut.ee">Anu.Realo@ut.ee</a></p>	46
<p><b>Diener, E., (2008). <i>Well-being on Planet Earth. Keynote paper at European Positive Psychology Conference, Opatija, Croatia.</i></b>  Compared objective and subjective indicators of well-being of representative samples of 132 societies, in total representing 96% world population</p>	132 societies
<p><b>Gelhaar, T., Seiffge-Krenke, I., Borge, A., Cicognani, E., Cunha, M., Lončarić, D., Macek, P., Steinhausen, H., &amp; Metzke, C. W., (2007). <i>Adolescent coping with everyday stressors: A seven-nation study of youth from central, eastern, southern, and northern Europe</i>. <i>European Journal of Developmental Psychology</i>. Vol 4(2), 129-156.</b>  3000 adolescents. Cross-cultural similarity in adolescents' coping strategies, adolescents from all nations tending to employ Active Coping and Internal Coping but not Withdrawal; most intercultural diversity in the domain of job-related problems.  Croatia: <a href="mailto:loncaric@ffri.hr">loncaric@ffri.hr</a>; Cz. Republic: <a href="mailto:macek@fss.muni.cz">macek@fss.muni.cz</a></p>	7 (2 C. Eu)
<p><b>Hagger, Martin S; Chatzisarantis, N. L. D; Barkoukis, V., Wang, J. C. K., Hein, V., Pihu, M., Soos, Istvan; Karsai, Istvan, (2007). <i>Cross-Cultural Generalizability of the Theory of Planned Behavior Among Young People in a Physical Activity Context</i>. <i>Journal of Sport &amp; Exercise Psychology</i>. 29 (1), 1-20.</b>  M. Soos and Istvan Karsai are Hungarian; Soos works on sport psychology with Roma <a href="mailto:martin.hagger@nottingham.ac.uk">martin.hagger@nottingham.ac.uk</a>; <a href="mailto:soos@sunderland.ac.uk">soos@sunderland.ac.uk</a></p>	5 (2 C. Eu.)
<p><b>Piko, Bettina F., (2006). <i>Burnout, role conflict, job satisfaction and psychosocial health among Hungarian health care staff: A questionnaire survey</i>. <i>J. of Nursing Studies</i>. 43(3), 311-318.</b> Hungarian material compared with Canada, Norway &amp; US  <a href="mailto:pikobettina@yahoo.com">pikobettina@yahoo.com</a></p>	4 (1 C. Eu.)
<p>Lusnska, A., Gutierrez-Dona, B., Schwarzer, R., (2005). <b>General self-efficacy in various domains of human functioning: Evidence from five countries</b>. <i>International Journal of Psychology</i>, 40 (2), 80-89. Includes well-being research. <a href="mailto:aleksandra-ic@wp.pl">aleksandra-ic@wp.pl</a></p>	5 (1 C. Eu)
<p>Wardle, J., Steptoe, A., Gulis, G., Sartory, G., Sek, Helena, Todorova, Irina; Vogele, C., &amp; Ziarko, M. (2004). <b>Depression, perceived control, and life satisfaction in students from Central-Eastern and Western Europe</b>. <i>J. of Behavioral Medicine</i>. 11(1), 27-36.  On-going study of health, Life Satisfaction, Well-being etc in 5 Western 5 E. &amp; C. European countries, including Poland: <a href="mailto:shekel@amu.edu.pl">shekel@amu.edu.pl</a>; &amp; Bulgaria: <a href="mailto:Irina_Todorova@post.harvard.edu">Irina_Todorova@post.harvard.edu</a>  <a href="mailto:j.wardle@ucl.ac.uk">j.wardle@ucl.ac.uk</a>:</p>	10 (5 E & C. Eu)
<p><b>Fialova, Ludmila, (2004). <i>Health promoting behavior and sport</i>. <i>Psychologica</i>. 46(1), 31-36. <i>Slovak Academy of Sciences</i>.</b>  Questionnaire completed by 800 adults showed sporting adults higher well-being and better attitude to health in both Russia the Czech Republic. <a href="mailto:fialova@ftvs.cuni.cz">fialova@ftvs.cuni.cz</a></p>	2 (1 E. & 1 C. Eu)
<p><b>Alfermann, D; Stambulova, N; Zemaityte, A. (2004). <i>Reactions to sport career termination: a cross-national comparison of German, Lithuanian, and Russian athletes</i>. <i>Psychology of Sport and Exercise</i> 5 (1), 61-75.</b>  Fewer negative responses among German athletes <a href="mailto:alferman@rz.uni-leipzig.de">alferman@rz.uni-leipzig.de</a></p>	3
<p><b>Priebe, S., Gavrilovic, J., Schutzwahl, M., Lecic-Tosevski, D., Ljubotina, D., Mehmedbasic, A., &amp; Franciskovic, T., (2002). <i>Rationale and method of the STOP study—(treatment, behaviour and outcomes in people with posttraumatic stress following conflicts in ex-Yugoslavia</i>. <i>Psychiatry Today</i>. 34, 1-2. 145-159</b>  On-going post-conflict study working throughout the Balkans <a href="mailto:s.priebe@qmul.ac.uk">s.priebe@qmul.ac.uk</a>  See also Up-Date-24, Summer 2006 on <a href="http://beepg.org.uk">http://beepg.org.uk</a>, also for Wardle et al., above</p>	7 (7 C. Eu)

Whatever the effects of the political history, the concepts and instruments of Positive Psychology are now widely used in east and particularly in central Europe. Therefore this review is more selective than previous *Up-Date* sub-discipline reviews, focusing mainly on academies of science and older university departments. We begin in Russia, then move to central Europe, where accounts begin with research employing the concepts *Coping*, *Well-being*, *Life Satisfaction* etc, and move to those employing the important concept: *Sense of Coherence*, which in the Czech Republic, Hungary and Poland is sometimes studied along with Psychology of Religion.

## **RUSSIA**

Two important research groups conduct empirical and theoretical work relating to Positive Psychology. Both work from the perspective of Subject Activity Theory (SAT), founded by S. L. Rubinshtein in his efforts to establish a materialist and dialectical base for psychology. The dialectical polarity within SAT is that between subject and object, otherwise Rubinshtein largely emphasised a broader processual, interactive aspect of human functioning. (Rubinshtein, 1946; see also Up-Date-24, Summer 2006; Up-Date-26, Winter 2007). Anticipating modern computational theories of perception, he formulated the Principle of the Unity of Consciousness and Activity, that in their dynamic interaction, conscious subjects, (experiencers), act on objects, and by this action, the object is refined, i.e. the subject's perception is changed. The significance for psychology beyond the realms of cognition is that from Rubinshtein's earliest writings, this *dual interaction* (Häyrynen 1999) between subject and object is constructivist: the subject him or herself also develops:

*...the subject is not only revealed and manifested in his actions and in the acts of his creative self-activity: he is created and determined<sup>5</sup> in them. What the subject does will therefore define what he is; by guiding the subject's activity, the subject himself is defined and shaped... An activity that determines the object on which it is carried out thereby also determines the subject carrying out the actions: in its work on the object, it determines not only the object but also the subject itself* (p.15 of Soviet Psychology edition of Rubinshtein 1922 / 1989)<sup>6</sup>.

SAT regarding needs, motives and their potentially fulfilling goals was developed by A. N. Leontiev, first director of the newly independent Psychology Department in Moscow State University in 1966. According to A. N. Leontiev, needs, motives and goals vary from person to person and over time including the long term, and are hierarchically ordered. Having developed in cooperative work (to survive), they always have social reference. (Leontiev, 1977; see Up-Date-25, 2007).

Rubinshtein and A. N. Leontiev's processual SAT can function mutually with Positive Psychology in at least two respects:

(i) Positive Psychology notions of optimal functioning can be applied within areas of cognitive –emotional functioning such as aesthetics and spirituality. Thus for example Dmitry Leontiev (see below) works on the psychology of art as meaning, eg Leontiev (2006a); see Leontiev (2005) for his theory of meaning.

(ii) Rubinshtein's concept of self-creation or self-determination generates theoretical space within SAT to invoke concepts such as *responsibility*, since the subject lives with his or her own creation. That the issue of responsibility is considered seriously within Russian Positive Psychology is apparent within the work of both the following research groups.

### **Moscow State University Psychology Department**

Dmitry A. Leontiev is Professor in the department of which his grandfather was first Director. In his chapter in Csíkszentmihályi's recent collection, he challenges Martin Seligman as insufficiently principled regarding Positive Psychology theory, and consistent with Rubinshtein's concept of the self-creating, self-determining subject, he proposes a *positive development* dimension, in addition to Seligman's *positive emotions*, *positive traits* and *positive institutions* (Leontiev, D. A. 2006b; Seligman, 2002, p.5)

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<sup>5</sup> Here "determined" means "is changed by", "is developed by", as the activity "determines" the object on which it acts. (HG)

<sup>6</sup> For S. L. Rubinshtein writings in English language translation, see <http://www.IPRAS.ru> and follow the link.

For the best English language study of Rubinshtein's psychology, see T. R. Payne, (1968), listed in References below.

He proposes a sporadic model of human behavioural regulation, instead of the dialecticism that informed Rubinshtein's and A. N. Leontiev's work. For D. A. Leontiev, individuals shift between any of seven developmentally ordered strategies or *logics*:

Strategies 1 – 3: *Drive Gratification*; *Responding to External Stimuli*; and *Learned Habits* are shared with animals;

*Strategy 4: Stereotypical Following of Social Norms*;

*Strategy 5: Life-Long Necessity* implies acting according to very long-term values, and resonates with his grandfather's (1997) concept of hierarchies of goals;

*Strategy 6: Autonomy, the Logic of Human Freedom* arises from the human ability to question impossibility - to ask "Why not?"

*Strategy 7: Ultimate Understanding* over-rides *Life Necessity* or long-term values, and it also overrides autonomy or freedom. *Ultimate Understanding* seems to be "wisdom", and is reached by few. Leontiev characterises it only negatively, by contrasting the subjective certainty of the maniac and the characteristic ability of wise men to find areas of agreement.

These strategies operate sporadically within all instances of human behaviour and activity as seven vectors, whose interrelations are the basis for individual differences in personality integration or maturity, where upper levels predominate. Thus in D. A. Leontiev's theorising, *positive development* is largely towards individual autonomy or freedom, which he sees as higher than collective rules of behaviour. At least in his English language publications, only sages achieve mature collectivity.

Kaliteyevskaya, Leontiev et al., (2007) investigated empirically the balance between autonomy and responsibility. 140 adolescents completed the following multiscale inventories: Gozman and Kroz (1987) Self-Actualization Test (SAT); Bazhin, Golyunkina, and Etkind's (1993) Level of Subjective Control (USK) questionnaire; Pantileev's (1993) Method of Self-reflection (MIS); D. A. Leontiev's (1992) Test for Orientations and Meaning in Life (SZhO) and Rukavishnikov and Sokolova's (1993) Questionnaire on Adaptation, which includes a scale for difficulties of adaptations by family members.

Cluster analysis revealed four patterns of personality development, each corresponding to one of the possible pairings of freedom on the one hand and responsibility on the other. The autonomous personality coordinates the two; the impulsive personality has freedom without responsibility; the symbiotic personality has non-autonomous freedom; the conformist lacks both.

### **Personality Laboratory, Russian Academy of Sciences Institute of Psychology (RAS-IP)**

Academician Xenia A. Abulkhanova, head of this Laboratory and Rubinshtein's direct "descendent" vis à vis SAT, leads empirical and theoretical work that includes topics and methods from Positive Psychology (see also Up-Date-25, Winter 2007). At the time of Perestroika and social change, she published a methodological paper that summarised her earlier empirical work on individual consciousness. Referring to the flood of hedonism from within and entering the country, she refers to this as a time of *profound spiritual and moral crisis ... decision making, which only recently was the exclusive province of governmental institutions ... has now been thrust upon individuals ... All members of society who were subjects of management have suddenly been given the right to free choices* (Abulkhanova et al., 1991, p. 27).

Abulkhanova describes a typology of consciousness, 4-way like Kaliteyevskaya and Leontiev's theory of personality development (above), but much more closely based on Rubinshtein's SAT. Individuals can be distinguished depending on whether they regard themselves and / or the rest of society as subjects responsible for their own actions, or simply as objects to be acted upon. (Abulkhanova, op. cit.) Empirical work to support this theory is quoted (Belitskaya, 1988).

This theme is maintained to the present in the Laboratory. For example BEEPG's main contact, Margarita Volovikova and her colleagues presented their cross-cultural (800 Russians and 545 Yakuts) study of Representations of the Moral Person to the International Congress of Psychology in Beijing, 2004. Descriptor elicitation methods (Azuma & Kashiwagi, 1987) were augmented by clinical interviews, paired with the discursive task of describing a definite moral deed. Interviews etc. with Yakuts were in Yakut. The material was handled by content analysis and microsemantic analysis (Volovikova, 2003). Factor analysis of the results showed concepts of morality common to both ethnic groups, with additional features

among Yakuts associated with their more respectful attitude to their own persons, other persons, and to the environment. Russian obedience to conscience remained high in spite of the media encouraged culture of permissiveness and of disobedience. (Volovikova et al., 2005; 2004).

In the same Laboratory, Inna Dzhidarian (2001) works on the psychology of happiness and optimism and Ksenia Abukhanova (1997) on the reserved potential of the psyche, both involving Positive Psychology concepts. Also Ludmila Dementy, a close associate of this laboratory and now Dean at the University of Omsk, researches coping mechanisms in the new Russia (Dementy, 2004; 2002).

## **BALKAN STATES**

### **Croatia: Life-goals and Well-being**

In Csikszentmihályi's birth city of Rijeka, Majda Rijavec, Ingrid Brdar, and Dubravka Miljković, who have recently published first Croatian textbook of Positive Psychology, (<http://www.iep.hr/index.asp?id=99>), work within the modern version of Self-Determination Theory (SDT, Ryan & Deci, 2000). SDT holds personal well-being to be a direct function of the satisfaction of basic psychological needs for autonomy, competence, and relatedness, all of which personal or environmental factors either facilitate or undermine. So-called intrinsic goals (those closely related to basic needs) are associated with enhanced well-being, while extrinsic goals (unrelated to basic needs) have no effect or detract.

Working within SDT, Rijavec et al., (2006) investigated the relationship between extrinsic vs. intrinsic life goals, psychological needs, and Life Satisfaction. Expectation of achieving intrinsic goals in the future, satisfaction of needs for competence and autonomy, and importance of extrinsic goals best predicted Life Satisfaction. However, present achievement of extrinsic goals, expectation of achieving intrinsic goals, and satisfaction of needs for competence and relatedness best predicted Vitality. Path analysis suggested that present achievement of intrinsic goals significantly affected Life Satisfaction both directly and indirectly (through satisfaction of basic needs), but present achievement of extrinsic goals was unrelated. It was concluded that well-being is related to various aspects of both intrinsic and extrinsic goals, with intrinsic goals affecting Life Satisfaction both directly and indirectly. See also Brdar (2006) for SEM processed empirical support for SDT.

Recently, Brdar et al. (2008) showed that different approaches to happiness are connected to different types of well-being, the relationship mediated by different kinds of life goals. Seligman (2002) described three paths to happiness: the life of pleasure, or of engagement, or of meaning. Whereas the subjective well-being tradition formulates well-being in terms of overall life satisfaction and happiness, the psychological well-being tradition draws heavily on formulations of human development and existential challenges of life. 479 high-school students and 297 college students participated in this study. Results from path analysis showed direct effects from pleasant life to subjective well-being, from meaningful life to both subjective and psychological well-being, and from good life to psychological well-being. Life goals mediated the relationship between ways of life and both types of well-being. Pleasant life was positively related to extrinsic goals, and there was positive connection of these goals to subjective well-being and negative one to psychological well-being. On the other hand, meaningful life was positively related to intrinsic goals, and intrinsic goals to psychological well-being.

### **Quality of Life**

Meanwhile, Ljiljana K. Lipovčan, Ivo Pilar Institute of Social Science, Zagreb, has conducted various large-scale investigations of quality of life in Croatia. Thus in a representative study of 1,242 adult citizens, two Manovas were used to examine the relationship between gender and age as independent variables and the sets of importance and satisfaction with seven life domains as dependent variables. Results showed that differences in importance and satisfaction ratings were greater across the age groups than between genders. The data characterize differences in quality of life across domains within a representative sample. Bejaković & Lipovčan (2007). A further study (Lipovčan et al, 2007) showed that income and material wealth had an influence on subjective well-being in contemporary Croatian society, which is undergoing major social and economical changes. Respondents with higher income felt happier, more satisfied with their life as a whole, more satisfied with their material status, health, achievement, future security, economic situation, state of the environment, and social conditions in Croatia.

### **Other Balkan States:**

In the **Bulgarian Academy of Sciences Institute of Psychology (BAS-IP)**, Maximka Rasheva leads work on coping styles, social support, health-related locus of control and quality of life in chronic illness. (Rasheva, 2008).

Also in the BAS-IP, within the project to develop micro-methodology for studying intimate situations and the dynamics of identity change, Margarita Stefanova-Bakracheva finds changes in subjective well-being as a key indicator, with coping mechanisms and life satisfaction also closely involved. (Bakracheva, in press; Bakracheva, 2006)

In **Babeş Bolyai University, Cluj, Romania, International Institute for Psychotherapy and Mental Health** (<http://www.psychotherapy.ro>), a full range of Positive Psychology concepts and instruments are employed by Daniel David, Aaron T. Beck Professor, and his research group. For example, questionnaire work with 60 cancer patients revealed that the contribution of optimism – pessimism to stress on day of surgery was mediated by coping mechanisms. (Montgomery, David et al., 2003). Further, in the **Babeş Bolyai Psychology Department** itself, work on societal change using Positive Psychology approaches is recorded by Horia Pitariu and colleagues (Berg & Pitariu, 2005).

### **CZECH REPUBLIC AND SLOVAKIA**

#### **Self-esteem, Life Satisfaction in Longitudinal Research**

Marek Blatný, head of the Institute of Psychology at the Czech Academy of Sciences (CAS-IP), led a series of discriminant validity investigations into relationships between FFM personality dimensions, Rosenberg (1965) Self Esteem, Life Satisfaction (Pavot & Diener, 1993), and gender in a sample of 700 adolescents (Blatný et al., 2004). Both Self Esteem and Life Satisfaction correlated significantly with the FFM dimensions Emotional Stability, Extraversion and Conscientiousness and FFM Agreeableness with Life Satisfaction. Along the same lines, Vladimír Kebza of the Czech Institute of Public Health, with Iva Šolcová of CAS-IP, administered Satisfaction with Life (Meyers, Diener, 1997) and the Locus of Control scale from Schwarzer's General Self-efficacy instrument (Jerusalem & Schwarzer, 1992) to 1321 subjects age 18 – 74. Well-being was best predicted by level of Self-efficacy, Locus of Control, self-reported health and level of education. (Kebza & Šolcová, 2005).

These investigations of discriminant validity of these various Positive Psychology measures is now feeding into two important longitudinal projects. Longitudinal research has been rare in east and central Europe, in part due to the financial constraints. However, during the Prague Spring of the late 1960s, Vladimír Smékal and Josef Svancara of the University Psychology Department in Brno (now Masaryk University) joined a cross-cultural child development investigation led from London by J. M. Tanner & C. B. Hindley (see for example Faulkner et al., 1961. Hindley et al, 1966). The so-called *normalisation* period that followed the 1968 Russian invasion ended the international cooperation, however data was already collected from the families. In an exceptional longterm follow-up, 83 2<sup>nd</sup> generation subjects have been re-contacted as adults. For early results of this investigation see Blatný, Jelinek et al., (2007).

This longitudinal experience, together with the above Positive Psychology investigations now contributes to two new major research projects in the CAS-IP, responding to the improvement in cancer survival rates which signal quality of survival as a new key issue. Marek Blatný and his colleagues have established projects to monitor and recommend regarding quality of life of both adult and child cancer patients with the aim of providing prospective data to guide Czech government policy in the new area of psycho-oncology. See [www.qolop.eu](http://www.qolop.eu) (for paediatric longitudinal studies) and [www.ceqol.cz](http://www.ceqol.cz) for adult longitudinal studies. (Blatný, Kepak et al., 2007; Kepak et al., 2007).

#### **Sense of Coherence and Religiosity**

Sense of Coherence is a central concept of Positive Psychology, often operationalised by Antonovsky's 29 item questionnaire (Antonovsky, 1993). With some psychometric problems, SOC-29 yields three subscales: Comprehensibility: 11 items, e.g. *Do you have very mixed-up feelings and ideas?*; Manageability: 10 items, e.g. *Do you have the feeling that you're being treated unfairly?*; and Meaningfulness: 8 items, e.g. *How often do you have the feeling that there's little meaning in the things you do in your daily life?*

Researchers in Masaryk University Faculty of Social Studies Psychology Department, Brno, have investigated spirituality (various instruments) with respect to Myers Briggs Personality and to the above three dimensions of SOC-29. Religious believers were significantly higher than non-believers for M-B Feeling, and lower for M-B Thinking and M-B Extroversion. Structure of SOC differed, with higher scores for Meaningfulness and lower for Comprehensibility among believers. (Koubek & Smékal, 2007).

Meanwhile, in Prešov, Slovakia, within the context of a large collection of commentary and empirical work on Life Satisfaction coordinated by Josef Džuka (2004), Š. Vendel and J. Suško found a negative relationship between internalised religiosity and frustration, but a positive relationship between these factors among those who externalise religion, ie those who use religion for achieving non-religious goals. See also Kopp et al. (2004) below p. 16, for related difference between religious believers and practisers.

## **HUNGARY**

### **Coping, Well-being in attachment and in national health studies**

Hungarian psychology researchers show considerable interest in theory and assessment of Attachment, possibly arising from the rich psychoanalytic heritage established by Michael Balint and his colleagues, and possibly also from the influence of Peter Fonagy, professor in Britain's oldest psychology department at University College London, who worked with the infancy researcher György Gergely and with Judit Gervai who employs attachment measures in the national cohort Budapest Infant Parent Study (BIPS). For references see Up-Date-22-developmental at <http://www.beepg.org.uk>.

Among several studies employing attachment concepts in a Positive Psychology context, eg Seres & Bardos (2006), Margitics Ferenc and Zsuzsa Pauwlik (2006) studied the relationship between coping strategies and perceptions of parenting in a sample of 700 male and 400 female high school students. Instruments used were Folkman & Lazarus's (1985) Ways of Coping questionnaire; Goch's Family Socialisation Questionnaire; and the Hungarian version of the Parent Bonding Instrument (Parker et al., 1979). Significant gender differences were identified only for three coping strategies, with girls more prone to Problem Analysis among problem solving strategies and to Withdrawal among emotion centred strategies. Patterns of family socialisation explained some of this variance with emotion-centred coping more associated with family socialisation, and individual emotion-centred strategies associated among boys with family conflict, and among girls with inconsistent and manipulative parenting.

Positive Psychology concepts are also widely invoked within HUNGAROSTUDY, the 12,600 national biological, psychological and socio-economic representative study of Hungarians, led by Maria Kopp of Semmelweis Medical University, with Árpád Srkabski of Vilmos Apor Catholic College, Vac, and Sándor Rózsa of Eötvös Loránd University, Budapest. Taking only one of several examples from HUNGAROSTUDY, Neculai et al. with Kopp studied work-related well-being in a structured sub-sample of 2000, and found low job-control, and low satisfaction with job and supervisor, to be risk factors for all 4 indicators of mental health (Neculai et al. 2006).

### **Sense of Coherence, religion and health**

All these concepts are employed in HUNGAROSTUDY. Thus Skrabski et al. (2005) present interview-based data showing correlations between SOC (operationalised as the Meaning in Life subscale of Rahe's Brief Stress and Coping Inventory, Rahe & Tolles, 2002; Hungarian version, Rózsa et al., 2006), and mental and physical health. Self-rated health was almost 10 times better, working disability 8 times lower, and depression 7 times lower among people with high SOC, which was also closely connected to Efficacy and to Social Support. (Skrabski et al., 2004).

Skrabski et al. (2005) further found Rahe's Meaning in Life Coherence subscale to be more closely related to self-efficacy, problem-oriented coping and perceived social support than to socio-economic variables. Further, a comparison of group data from the 150 Hungarian regions showed the relationship between variations in diagnosed health and Rahe's Life Meaning subscale: high scores on the latter correlated significantly with reductions in male and female cancer, and with female cardiovascular, and male and female premature mortality rates. (Kopp et al., 2004).

Kopp et al. (2004) also questioned the complete HUNGAROSTUDY national representative sample about religious belief, finding a decrease in non-believers since an earlier study in 1995. After correcting for age, gender, income and education (the main predictors of both religious belief and practice), those who practise religion showed highly significantly: (i) healthier lifestyles (e.g. smoking less), (ii) more days at work; (iii) better work ability (iv) higher Well-Being (WHO 1997), (v) better mental health. Believers also had healthier lifestyles and showed problem-oriented coping strategies, but their mental health was poorer than the practisers, ie they suffered more depression. Kopp et al. suggest that these differences in mental health may be due to the fact that practisers, opposed to believers, are members of a community.

Sense of Coherence relates closely with personality integration: for well-designed Hungarian research on the latter see also Kokonyei, Rózsa et al. (2006).

## **POLAND**

### **Positive Psychology and personality**

Helena Sęk from Adam Mickiewicz University, Poznan has been a leading east and central European Health Psychology researcher since the 1980s (eg Harari, Jones & Sęk, 1988). A number of studies have also been conducted by Bohan Dudek and colleagues from the Institute of Work Psychology, Łódź, (eg Dudek, 2003; see also Up-Date-24-Work Psychology).

Regarding Positive Psychology and personality, Jan Strelau of the University of Warsaw Interdisciplinary Centre for Genetics of Behaviour is probably the leading east European researcher of temperament (see Up-Date-25-Personality), and a group of Polish studies investigate interactions between temperament / personality on the one hand and coping / well-being on the other. For example, Strelau and Miles, with Beata Kozak of Katowice Institute of Psychology investigated the genetics of individual differences in coping strategies in a sample of 612 adults (Kozak et al., 2005). Their cluster analysis of Endler & Parker's Coping in Stressful Situations (CISS; Endler & Parker 1990) revealed four types of coping strategies, and SEM generated covariance between genetic and environmental associations of these showed environmental influence to be low (maximum correlation among the 4 strategies:  $r = 0.24$ ), and hereditary influence much higher (maximum  $r = 0.52$ ).

Another research group headed by Tatiana Klonowicz from the Warsaw Advanced School of Social Sciences, studied Sense of Well-being (SWB, Diener & Suh, 2000); Type A behaviour, age, and education in a representative national sample of 1200 adults, finding that Type A behaviour negatively, and achievement positively predicted SWB (Klonowicz et al., 2004). Among results for other variables, they also showed that Reactivity, a component of temperament on the Strelau Temperament Scale, negatively predicted SWB (Cieślak & Klonowicz, 2004).

### **Sense of Coherence, coping and effectiveness – models**

Sense of Coherence studies began relatively early in Poland for example Sęk's studies showing that Antonovsky's (1993) Sense of Coherence-29 and WHO-Health Beliefs significantly predicted Quality of Life (Sęk & Pasikowski, 1998; Pasikowski et al., 1994).

Various studies followed linking Sense of Coherence with other variables, usually in specific situations. Thus in 2001 Irena Jelonkiewicz and Katarzyna Kośinska-Dec, psychologists at the Warsaw Institute of Psychiatry and Neurology, attempted to determine the direction of relationship of (a) SOC on choice of coping strategies and (b) experiences resulting from certain coping styles on SOC. Their sample was 200 older teenagers who completed SOC-29 (Antonovsky, 1993) and CISS (Endler & Parker, 1990). Cross-lagged analysis suggested that at this age, coping styles determined SOC rather than vice versa (Jelokiewicz & Kośinska-Dec, 2001).

On the other hand, Ewa Gruszczyńska, also from the Warsaw Advanced School of Social Psychology, challenged Lazarus's cognitive model of stress and coping. She employed a partial repeated measures design to investigate the nature of the link (direct or mediated) between cognitive skills, coping effectiveness in difficult circumstances (during an examination) and Antonovsky's SOC-29. The sample was 115 students. A direct effect was shown between SOC and Coping Effectiveness which were assessed



well prior to the examinations. Coping Strategies were also re-assessed along with cognitive skills at the time of the examinations. Finally, Coping Effectiveness was re-assessed well after the examinations. At this later point, SOC showed no effect either on cognitive skills or on Coping Strategies, thus challenging Lararus's cognitive model, and suggesting that the coping process was reactive rather than purposive (Gruszczyńska, 2004).

More recently Gruszczyńska, along with one of BEEPG's first Polish members, Barbara Mroziak, studied changes in SOC during psychotherapy. 101 alcohol dependent patients completed Antonovsky-29 (Life Orientation subscale) before and after treatment, and again six months after the final therapy session. The growth in SOC was highly significant and stable in alcoholics whose SOC was initially weak, and significant growth was seen in patients whose SOC was initially strong (Mroziak, 2006).

### **Sense of Coherence and Spirituality**

As would be expected in deeply religious Poland, Psychology of Religion draws considerable interest. As Koubek & Smékal in the Czech Republic (above p.14), studies tend to be of links between religiosity itself and Positive Psychology measures, in comparison with Hungarian interest in the health values of both SOC and religious belief and practice (above p.15). Among these, Magdalena Jelińska of UKSW presented results to the International Personality and Religion Conference, 2007, Institute of Psychology, University Cardinal Stefan Wyszyński, Warsaw. Her sample of 100 adults showed that individuals with strong Intrinsic Religious Orientation (Alport & Ross, 1967) have stronger Locus of Control (Rotter, 1966), and also feel greater Satisfaction with Life (Pavot & Diener, 1993). Also at this conference Elżbieta Rydz and Beata Zarzycka from the Psychology Department, Catholic University, Lublin, presented their study of Life Orientation (SOC – 29, Antonovsky 1993) and the Structure of Religiosity (Huber, 2006), among contemporary Polish youth, suggesting that Sense of Coherence strongly correlates with particular styles of religious belief.

### **Conclusion**

As in the various psychology sub-disciplines reviewed in other issues of *Up-Date* (see Sub-discipline Up-Dates, <http://www.beepeg.org.uk>), Russian Positive Psychology is significantly different from that in east central Europe in respect both of concepts employed and of measures used. Both Russian research groups mentioned work with concepts of morality and responsibility, and furthermore D. A. Leontiev directly challenges Seligman's mainstream Positive Psychology as lacking a developmental dimension.

In the case of central Europe, concepts of Coping, Well-being, Sense of Coherence etc. are fully operationalised by western instruments, which are imported and translated usually by standard procedures. Regarding the problems to which these research groups apply these concepts and instruments, there is some tendency for specificity among researchers in each country.

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**Sincere thanks for support to BEEPG Chair, Richard Rawles, Psychology Dept., University College London**

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*NB: all references & emails for material on Cross Cultural studies are within the panel (p. 10).*

*NB: although references are for Hungarian versions of HUNGAROSTUDY texts, several English language papers can be found by googling Maria Kopp, Árpád Skrabski or Sandor Rózsa.*

*NB: see also website of the Russian Academy of Sciences: <http://www.ipras.ru> and follow link for English pages for translated excerpts from S. L. Rubinshtein's works.*

*NB: For instruments used in Kaliteyevskaya et al.'s investigation of autonomy and responsibility (above p. 12) consult D. A. Leontiev, [dleon@smysl.ru](mailto:dleon@smysl.ru); E. L. Kaliteyevskaya, [elka@smysl.ru](mailto:elka@smysl.ru); or Richard Rawles, [r.rawles@ucl.ac.uk](mailto:r.rawles@ucl.ac.uk)*

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