



**11 th**  
**World Conference  
on Psychology and  
Counseling and  
Guidance**

**WCPCG - 2020**

2019 Participants  
**FLAG**



**Online International  
Conference**

**ABSTRACTS  
BOOKS**

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**03 - 05 September**

**University of Barcelona**

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**11th World Conference on Psychology, Counseling and Guidance  
(WCPCG-2020)**

**University of Barcelona  
Barcelona, Spain  
03-05 September 2020**

**ABSTRACTS BOOKS**

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## INVITED SPEAKER



**Asst. Prof. Dr. Arzu SOYSAL**

Near East University, North Cyprus

**Title:** "Shift happens-Be more Resilient to Thrive through Change. Teaching and learning during Covid"

**Abstract:** For educators, lecturers, teachers and learners the COVID-19 Pandemic is

a quintessential adaptive and transformative difficult step, one for which there is not any guidance that can lead them to be able to know what to do, how to take a step and for suitable answers responses. Education leaders, teachers, lecturers must quickly give answers and feedback to learners – and with pre-prepared contexts and responses in mind. As the pandemic is still and unfortunately going on, in other words, runs its course, we all have to know and take a further step to run our courses since education never stops, should never stop. This discusses the period of a series which we found ourselves into and presents the results of a comparative analysis of emerging educational needs and responses as the pandemic unfolds across countries around the world. The whole aim is to facilitate the quick design process and implementation and application of adaptive preparation courses to the emerging education challenges, and to preserve learners' educational opportunities during and following the pandemic.

**Bio:** Arzu Soysal has got three degrees in Public Management, ELT and Education Management, two MA's in ELT in Near East University and in Cambridge University, before pursuing and doing doctoral research PhD, at London Metropolitan University. She has worked as an English teacher in different schools and universities. She has also studied different minor branches in universities like American University in DC. She has got a lot of publications, and has also contributed to lots of publications and researches.

## **ABSTRACTS**

### **The Level of Satisfaction of Psychological Needs as a Function to Predict the Attitude towards Extremism Amongst University Students**

**Dalal A F Alradaan**, Co-profession, College of Basic Education, Educational Psychology Department, Kuwait

#### **Abstract**

The study aimed to investigate the level of psychological needs satisfaction and the students' attitudes towards extremism at the faculty of the college of education in Kuwait University. Further aim was to discover the possibility to predict students' attitudes towards religious, political and social extremism based on their level of the satisfaction of psychological needs. In order to achieve the goals of the study, two scales were conducted; attitudes towards extremism scale and psychological needs scale, conducted on a sample of (897) male and female students of Kuwait University students, who were chosen randomly. A variety of statistical methods were used in order to obtain study findings ( means, standard deviations, T-test, One-way Anova, Cronbach's alpha coefficient, normal and Multiple Linear regression). Generally, the study suggested that Kuwait University students in Kuwait tend to hold moderately favorable attitudes towards extremism and that the level of the religious extremism is higher than the political and social extremism among students. Additionally, the results revealed a moderate level of the need to satisfy students' psychological needs in Kuwait University. The results of the study indicated a statistical significant differences relation between students' attitudes towards extremism and students gender in favor of male students. The study also showed that students' attitudes towards extremism can be predictable by the knowledge of the level of psychological needs satisfaction.

**Keys of the study :** Attitudes, psychological needs, extremism.

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**ADDRESS FOR CORRESPONDENCE:** Dalal A F Alradaan, Co-profession, College of Basic Education, Educational Psychology Department, Kuwait

E-Mail Address: [dr\\_alradaan@outlook.com](mailto:dr_alradaan@outlook.com)

# **The Relationship Between Chronic Low Back Pain and Sleep Pattern (Using Data Derived from the Persian Cohort; Fasa)**

**Parisa Moradikelardeh**

## **Abstract**

**Background & objective:** Chronic low back pain is one of the most common disorders associated with chronic pain that is correlated with a wide range of psychological issues such as problems in sleep pattern. The purpose of this study was to investigate the relationship between sleep pattern and chronic low back pain. **Materials & Methods:** The research method was cross-sectional-descriptive-analytic and the statistical populations were residents of Sheshdeh of Fars province. Among them 1,366 people participated in the study by convenience sampling method. The instrument included a questionnaire of Persian cohort, Oswestry inventory and McGill Questionnaire. Data were analyzed using SPSS V-24 software. **Results:** 90.9% of the subjects were male and 9.09% were female. The results showed that there is a reverse relationship between the LBP pattern and the quality of sleep, and with the increase in pain, the amount of sleep decreases. **Conclusion:** results of this study indicate that the quality of sleep should be considered in the treatment of patients with chronic pain, especially those with chronic LBP.

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**ADDRESS FOR CORRESPONDENCE:** Parisa Moradikelardeh

E-Mail Address: [pari.moradi71@gmail.com](mailto:pari.moradi71@gmail.com)

# **Relationship Between Secondary School Student's Self-esteem And Their Attitude Towards Examination Malpractice in Imo State, Nigeria.**

**Alphonsus Ekejiuba Oguzie**, Department of Guidance and Counselling

## **Abstract**

This study investigated the relationship between secondary school student's self-esteem and their attitude towards examination malpractice in Imo State, Nigeria. Correlation research design was adopted for the study. The population of the study consisted of 33,922 senior secondary school students. The sample of the study consisted of 3,520 students selected through mult-stage sampling technique. The instruments used for the study were the Hare Self-esteem Scale (HSS) and Examination Malpractice Attitude Scale (EMAS). Descriptive statistics, Pearson Product Moment Correlation and Regression analysis were used for data analysis. Results obtained from the study indicated that majority of the students in Imo state have high self-esteem. The results also showed that majority of the students in Imo state have negative attitude towards examination malpractice. The results equally revealed that there is a high positive significant relationship between secondary school student's self-esteem and their attitude towards examination malpractice. The study recommended among others, that counsellors, teachers and researchers should strengthen efforts in creating programs that will help in boosting student's self-esteem so as to make them feel capable of scaling through examination without indulging in any form of malpractice.

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**ADDRESS FOR CORRESPONDENCE:** Alphonsus Ekejiuba Oguzie, Department of Guidance and Counselling

E-Mail Address: [ae.oguzie@unizik.edu.ng](mailto:ae.oguzie@unizik.edu.ng)

# Teachers Perspectives for Developing Their Didactic Career by Attending Non-Formal Training Program

Valentin Cosmin BLÂNDUL, Teacher Training Department, University of Oradea

## Abstract

Being an effective teacher today in Romania is one of the most noble but, at the same time, more complex professions. The beauty of teaching is given by helping children and young people acquire the knowledge they will need in life and to develop a harmonious and creative personality that will enable them to successfully integrate into the world in which they live. But to become an effective teacher, the person should build a strong didactic career, which means an ensemble of certain activities that will offer him a possibility for personal and professional development and that area. Therefore, attending different formal and non-formal programs of continuous professional training is not only an obligation, but also a duty of a self-respecting professor, he respects his profession, but also his students. Forms of training and continuing vocational training providers are numerous, so that the teachers concerned have a variety of choices. That why, in the present paper, we will planning to analyze some of the opportunities Romanian teachers have to improve in their specialty and also a possible socio-professional profile of those interested in the field.

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**ADDRESS FOR CORRESPONDENCE:** Valentin Cosmin BLÂNDUL, Teacher Training Department, University of Oradea

E-Mail Address: [bvali73@yahoo.com](mailto:bvali73@yahoo.com)

# Parental attitudes of Turkish and Syrian mothers and Turkish fathers: The role of cognitions.

Ali Çekiç, Gaziantep University

## Abstract

**Introduction / background:** According to Rational Emotional Behavioral Therapy, our behavior is under the influence of our thoughts regardless of the situation and event. These thoughts quickly appear in our minds as automatic thoughts during events or situations and affect our emotions and behavior. Our attitudes towards parenting roles are also affected by our thoughts. In the family where the most basic needs of individuals are met, the thoughts of parents about their parenting roles, expectations from their children and what kind of parents they should be have irrational features. According to ADDT, the source of negative emotions stems from unrealistic, unreasonable and undermining thoughts of the person. In this context, it will be tried to reveal the relationship between the parents' behaviors about their parental roles and their thoughts. How this relationship is in mothers and fathers and how it is in Turkish and Syrian mothers are among the aims of this research. Thus, thoughts about parenting and the effect of these thoughts on parenting behavior will be tried to be revealed. **Method:** In this study, one of the qualitative research patterns, phenomenology was used. The research data were carried out in a kindergarten in the city center of Gaziantep. The data were obtained from face to face interviews with 22 mothers and 8 fathers. **Results:** Findings show that mothers have more irrational beliefs about raising children than fathers. Within the scope of the research, the ratios of the answers given by the Turkish and Syrian mothers in four different cases directed to the parents are quite close to each other. While the rational response rates of Turkish mothers are 30%, 20%, 40% and 50% respectively for each case, the rational response rates of Syrian mothers are 33.3%, 37.3%, 50% and 41.66%. Considering the answers of Turkish fathers, the rational response rates were 50% for the first case and 62.5 for the second, third and fourth cases. In all cases, Turkish fathers made more rational evaluations compared to Turkish and Syrian mothers and gave flexible and non-exaggerated answers. **Conclusions / Discussion:** When the findings are analyzed, mothers evaluate these situations regarding their children worse than fathers. They stated that they were more unhappy when they encountered such situations and that they considered themselves less worthless. This may be due to the role of motherhood giving women more responsibility regardless of culture. The absence of Syrian fathers is an important limitation in the study. This situation prevents healthier comparisons as to whether the results obtained stem from parenting roles or culture.

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**ADDRESS FOR CORRESPONDENCE:** Ali Çekiç, Gaziantep University

E-Mail Address: [alicekic1@hotmail.com](mailto:alicekic1@hotmail.com)

# Coronavirus Disease 2019 (COVID-19) and its Pervasive Anxiety in The World

Nasirudin Javidi, Baqiyatallah University

## Abstract

The Coronavirus 2019 (COVID-19) is a serious threat to global health, and is now internationally recognized as one of the major human concerns, involving 210 countries. COVID-19 is one of the greatest stresses to every human being. The brain stress system over activation that takes place during chronic or acute stress events can lead to multiple mental disorders including depression and anxiety disorders. It is important to mention, however, that the anxiety accompanied by the COVID-19 pandemic can be good, if it has been well managed, bad, if it has not. Psychotherapy approaches such as Cognitive Behavior Therapy (CBT) and Emotionally Focused Therapy (EFT) have also been used in this paper, which considers subjects of cognition, attachment and emotion. However, this virus, together with the damage it has caused, has also provided people with opportunities to develop their existential and skill-building capacities and has led to achievements. These include upgrading the hardware and software capabilities, improving the knowledge of specialists, adhering to the principles of health and hygiene by the public, enhancing the spirit of empathy between people and authorities, understanding the importance of the efforts of medical staff, publishing scientific articles and reaching knowledge limits, identifying strengths and weaknesses in various areas. Especially in the field of crisis interventions, increasing public awareness in the medical field, particularly of communicable diseases, enhancing the sense of responsibility of individuals and authorities and lack of excessive trust in cyberspace.

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**ADDRESS FOR CORRESPONDENCE:** Nasirudin Javidi, Baqiyatallah University

E-Mail Address: [nasir.javidi@yahoo.com](mailto:nasir.javidi@yahoo.com)

# **An Examination of the Links Between Marital Satisfaction, Decoding Accuracy, and Conflict**

Allison Soucy, University of Maine

## **Abstract**

Marital satisfaction plays an important role in maintaining a healthy marriage. One of the major factors affecting satisfaction is communication, thus it is also important to understand the factors involved in communication like nonverbal decoding accuracy and conflict engagement, that can affect spouses' satisfaction with their marriage and their spouse. The associations between marital satisfaction, nonverbal behavior decoding accuracy, and conflict engagement to develop a greater understanding of how these constructs work together to affect satisfaction. This will be examined using a sample of 50 heterosexual couples from Northeastern states using a longitudinal within subjects design. We expect dissatisfied couples would be less accurate decoders, leading to increased levels of conflict engagement, and thus lower satisfaction, while satisfied couples would be more accurate decoders, leading to stable levels of conflict engagement, and thus stable or increased satisfaction. The findings from this study will provide important and valuable information, which can be used to improve therapeutic services, like couples counseling.

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**ADDRESS FOR CORRESPONDENCE:** Allison Soucy, University of Maine

E-Mail Address: [allison.soucy@maine.edu](mailto:allison.soucy@maine.edu)