

WCPCG 2022

13TH WORLD CONFERENCE ON PSYCHOLOGY, COUNSELING AND GUIDANCE

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12 -15 OCTOBER 2022 | GRAND PARK LARA HOTEL | ANTALYA, TURKEY



ABSTRACTS BOOK

WCPCG-2022 Participants Flags





World Conference on
Psychology, Counselling & Guidance

13rd
**World Conference on Psychology,
Counseling and Guidance
(WCPCG-2022)**

ONLINE and FACE-TO-FACE INTERNATIONAL CONFERENCE

Grand Park Lara Hotel Convention Center

Lara-Antalya, Turkey

12 – 15 October 2022

ABSTRACTS BOOK

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KEYNOTES



Prof. Dr. Kobus Maree

University of Pretoria, Faculty of Education

Keynote Title: “Enhancing gifted and talented learners’ narratability and autobiographcity by integrating their conscious knowledge and their ‘subconscious insights’”

Bio: Prof. Kobus Maree (DEd (Career Counselling); PhD (Learning Facilitation in Mathematics); DPhil (Psychology)) is a full Professor in the Department of Educational Psychology at the University of Pretoria. His main research interests are career construction (counselling), life design (counselling), emotional-social intelligence and social responsibility, and learning facilitation in mathematics. He links research results to appropriate career choices and to life designing.

Past editor of a number of scholarly journals, for instance, the South African Journal of Psychology, managing editor of Gifted Education International, regional editor for Southern

Africa: Early Child Development and Care, and a member of several national and international bodies, including the Society for Vocational Psychology (SVP) (USA), the International Association of Applied Psychology (IAAP) (USA), the Psychology Association of South Africa (SA), and the Association of Science of South Africa (ASSAf). In 2009, he was awarded the Stals Prize of the South African Academy of Science and Arts for exceptional research and contributions to Psychology. In June 2014, he was awarded the Stals prize for exceptional research and contributions to Education, and he received the Psychological Society of South Africa’s (PsySSA) Award for Excellence in Science during the 20th South African Psychology Congress in September 2014. Prof. Maree was awarded Honorary Membership of the Golden Key International Honour Society for exceptional academic achievements, leadership skills and community involvement in October 2014. He was awarded the Chancellor’s Medal for Teaching and Learning from the University of Pretoria in 2010 and has been nominated successfully as an Exceptional Academic Achiever on four consecutive occasions (2003- 2016). He has a B1 rating from the National Research Foundation (the highest rating in the history of the faculty).

Prof. Maree has authored or co-authored 100 + peer-reviewed articles and 55 books/ book chapters on career counselling, research and related topics since 2009. In the same period, he supervised 30 doctoral theses and master’s dissertations and read keynote papers at 20 + international and at 20 + national conferences (e.g., Australia, Croatia, Egypt, France, Hungary, India, Italy, Mauritius, Poland, South Africa, Turkey, and the USA, e.g. one of the State-of-the-Science speakers (Division 16: Counselling Psychology) at the International Congress of Applied Psychology, the flagship event on the international psychology calendar, held in Paris in July 2014.



Prof. Dr. Hakan Sari
Necmettin Erbakan University
Head of Department of Special Education
Konya, Turkey

Keynote Title: “Future Trends in Special Education”



Prof. Dr. Nilgün Sarp
International Final University
Kyrenia, North Cyprus

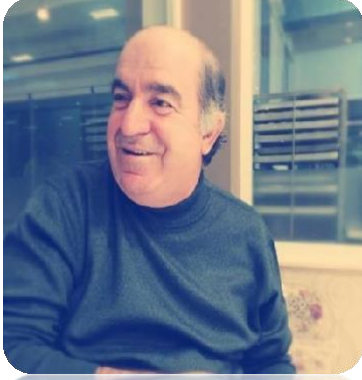
Keynote Title: “Resilience in Development: The Importance of Early Childhood”

Abstract: Early childhood period is an important time to nurture the development of resilience. Resilience is when children show healthy development in spite of adversity. Some difficult circumstances, like; the death of a parent, living in poverty, stressful family or being in a natural disaster, can affect child’s development. If a child’s resilient, can successfully deal with these difficulties. So, resilience is being able to adapt to difficult circumstances in a positive way. Resilience in development and its importance of early childhood will be discussed in this congress.



Prof. Dr. Gönül AKÇAMETE
Near East Universty, North Cyprus

Keynote Title: “Uzaktan Eğitim ile Özel Eğitim Öğretmeni Yetistirme”



Assoc. Prof. Dr. Ahmet Yıkmaş

Bolu İzzet Baysal University, Turkey Department of Special Education, Turkey

Keynote Title: “Use of materials with learning disabilities”



Assoc. Prof. Dr. Nevzat DEMİRCİ

Mersin University, Faculty of Sport Science, Turkey

Keynote Title: “Physical Education and Sports for Individuals with Special Needs in the Distance Education Process: Problems and Solution Suggestions”

Bio: Assoc. Dr. Nevzat DEMİRCİ graduated from Celal Bayar University, School of Physical Education and Sports, Department of Physical Education Teaching in 1996. After working as a teacher in the Ministry of National Education for 2 years, he started to work as a lecturer at Kafkas University in 1998. He completed his first master’s degree at Kafkas University Social Sciences Institute Educational Sciences Department in 2004 and his second master’s degree at Kafkas University Health Sciences Institute Physiology Department in 2007. He completed his doctorate in the same department in 2011. DEMİRCİ, 2008-2014 Kafkas University Social Scientific and Cultural Activities

Commission Member, 2012-2014 Kafkas University/Education Faculty/Special Education Department Head, 2012-2014 Kafkas University/Education Faculty/Special Education Department/Mental Handicapped Education Department Head, 2015-2015 Mersin University School of Physical Education and Sports / Head of the Department of Coaching Education, served as Deputy Dean of Mersin University Faculty of Sports Sciences between 2019-2021. He is currently an Associate Professor at Mersin University Faculty of Sports Sciences. Demirci has authored or co-authored more than 50 peer-reviewed articles and 18 book/book chapters since 2007. He also presented 89 papers in national and international congresses. In the same period, he directed his doctoral thesis and master’s thesis. He is also the editor of the International Journal of Disabilities Sports and Health Sciences (IJDSHS).

Life Styles And Its Relationship With Their Self-Esteem Among Female Adolescents Whom Lost Their Mother

Rand Arabyat, Amman Arab university

Bakestan Shehab, Amman Arab university

Abstract

The aim of this study was to identify the life styles and its relationship with their self-esteem among female adolescents whom lost their mother. the sample of the study consisted of (58) female adolescents whom lost their mother during the academic year (2019/2020). to achieve the objectives of the study developed two scales the life styles scale and self-esteem scale. Validity and reliability for both scales were obtained. The results showed that the most common life styles among female adolescents whom lost their mother was the social useful style, and the level of self-esteem among female adolescents whom lost their mother in the was moderate. The results also showed that there were no statistically significant differences in the life style and self-esteem due to the two variables of age at loss and birth order. The results also showed that there was statistically significant positive correlation between the total score of the self-esteem scale and both dominating style and the social useful style, and the absence of a statistically significant correlation between the total score of the self-esteem scale and both avoiding style and Dependent Style. Several recommendations and were provided; including preparing counseling programs that would improve the self-esteem of adolescent girls who lost their mothers, and provide reinforcement, psychological support and encouragement to them.

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Investigating the Mediating Effects of Insight Between Decentering and Cognitive Process

Jeslyn Pui-Ki CHAN, City University of Hong Kong

Raymond Wai-Man CHAN, City University of Hong Kong

Abstract

Background: Decentering has been purported as an important concept in mindfulness-based interventions that brings positive impact on psychological well-being. The perspective shift in decentering process raises the attention to the thought change mechanism. However, research in relation to thought content as a result of the decentering process and its relation to stress coping is rare. Objective: The study aimed to test whether insight mediates between decentering and cognitive coping process in adaptive and maladaptive types. Method: Participants of Hong Kong Chinese aged above 18 (N = 155) were recruited to complete an online survey to report the level of decentering, insight and the use of nine types of cognitive coping strategies. Results: Simple regression analyses showed decentering positively predicted adaptive cognitive coping and negatively predicted maladaptive cognitive coping process to a moderate degree. Mediation analyses revealed the mediating effect of insight only occurred in the relationship between decentering and maladaptive cognitive coping strategies, suggesting less decentering predicted greater maladaptive cognitive coping processes via lower level of insight. Conclusion: The study contributed to the new understandings of the decentering mechanism in relation to the cognitive coping process. Insight had a stronger effect on maladaptive cognitive coping than in adaptive cognitive coping strategies. It provided implications to improve outcome effectiveness in mental health intervention.

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Mediating Effect of Perceived Social Support between Received Social Support and Resilience

Lois Hei-Wun POON, City University of Hong Kong

Raymond Wai-Man CHAN, City University of Hong Kong

Abstract

Social support is always an interesting topic to psychologists and counselors, as it is always useful and crucial in therapeutic sessions. However, the study on how it is beneficial to an individual and its effectiveness is still rare. This study aims to fill the research gap of what variables would affect the effectiveness of social support. A quantitative research was done to test the hypothesis that perceived social support exists an mediating effect between received social support and resilience. In other words, cognitive processing is crucial in the process after one received social support to increase the resilience level. Three types of social support were tested in this research, namely emotional, informational and instrumental support, while received social support is the independent variable, resilience is the dependent variable, and perceived social support is the mediator. The study used snowball sampling and recruited 120 participants to answer three measurements assessing the level of received social support, perceived social support, and resilience. Results showed that only perceived emotional and informational support were found to have a mediating effect on the relationship between received social support and resilience. The results partially supported the hypothesis. It implicated that the way an individual rated and appraised the received social support is important in affecting their resilience.

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Factors associated with predicting or promoting resilience and post-traumatic growth during Covid-19

Tasleem Sayed, North-West University

Abstract

Background: Anxiety, uncertainty and fear of the unknown related to a global pandemic increase susceptibility to unfavourable psychological outcomes. Based on previous research, literature indicates that there is a rise in mental health problems during pandemic periods, in order to prevent a rise in mental health matters and increase psychological functioning, it's essential to foster individuals' resilience. Despite the detrimental impacts of the pandemic, resilience has the ability to promote positive functioning and reduce the negative effects of stress as a result of the COVID-19 pandemic. Aim: The aim of this study was to investigate and uncover elements linked with predicting or encouraging people' resilience and post-traumatic growth. Method: This systematic review was guided by the Cochrane collaboration and followed a ten-step process. Four databases were searched with no limiters. Through database and reference list searches, 310 suitable studies were identified, of which 55 were included in the final analysis. Results: A number of themes were found of which social support, emotional support, mindfulness, personal strengths, spiritual growth and meaning emerged as the strongest predictors of resilience and post-traumatic growth.

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The relationship between types of abuse and neglect in childhood and selected sleep characteristics in adulthood

Veronika Pupíková, Masaryk University, Department of Psychology

Abstract

During childhood and adolescence the brain develops faster, while at the same time it is more vulnerable to negative influences, which can be both biological and social in nature. Serious negative effects include, e.g., childhood traumatization. In this context, recent research findings indicate the influence of childhood trauma on the quality of sleep in later life (Greenfield et al., 2011; Kajeeepeta et al., 2015; Steine et al., 2019). Research studies suggest that exposure to traumatic or stressful events in childhood may cause, in general, circadian dysregulation, thereby disrupting sleep regulation (Kajeeepeta, 2015; Laskemoen et al., 2021). Despite this, there is still a lack of studies among the Czech professional public that would focus on forms of maltreatment in childhood related to sleep disorders. The aim of this study is to advance the research of traumatization in childhood and the quality of sleep later in life. Previous research was focused predominantly on clinical populations, however, research focusing on community samples is also important, as a proportion of individuals with sleep problems may not always seek specialized care (Greenfield a kol.,2011). Therefore, our research is focused on the community population. Data is collected through a online questionnaire survey - Insomnia Type Questionnaire (Blanken et al., 2019). Furthermore, it is still unclear whether different types of childhood trauma differently affect sleep quality in adulthood. To clarify the relationship between types of abuse and neglect in childhood and selected sleep characteristics in adulthood, the Insomnia severity index questionnaire (Morin et al., 2011) and the Childhood trauma questionnaire (Bernstein et al., 2003) are used. Both of these questionnaires are included in the questionnaire battery Insomnia Type Questionnaire (Blanken et al., 2019). The expected number of respondents is 500 adults. Our research is part of the extensive Masaryk University research project MUNI/1310/2020. We assume that mapping the relationship between adverse childhood experiences and sleep problems could help clarify the possible mechanisms of the development of insomnia and thus propose an appropriate intervention.

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The value of counseling and mediation for effective conflict management. A systematic review in school organizations

Argiro Trogaidou, University of Western Macedonia

Abstract

The purpose of this paper is to emphasize the urgent need for training school leaders in counseling and mediation techniques in order to effectively manage conflicts in workplace. In order to be proved the above purpose, a systematic review of similar studies was carried out to evaluate relevant conclusions. The research search took place between February and March 2022 and was performed in electronic databases with specific search terms. Then, certain criteria were set for selecting the results in order to draw safe conclusions. The present systematic review indicated that conflict can arise from many and different causes that are related to both the school environment and the individual characteristics of the teacher. Regardless of the cause or the parties involved, the principal should have specific communicative skills to resolve the conflict. In this context, training principals in conflict management becomes an urgent need for creating a beneficial climate for all.

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