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Nota di contenuto	Intro -- Preface -- SCAP Advisory Board -- Conference Chair -- Committee Members -- Conference Organiser -- East Asia Research (EAR) -- Contents -- About the Editors -- Psychological Well-Being of International Students Aged 15-17 -- 1 Introduction -- 2 Materials and Methods -- 3 Results -- 3.1 High School Students' Ideas about their Own Psychological Well-Being -- 3.2 School-Related Problems of High School Students -- 3.3 School Anxiety of High School Student's -- 4 Discussion -- References -- Building Coherence and Increasing Emotion Regulation Flexibility Towards Resilience: An Experimental Study in Singapore -- 1 Introduction -- 1.1 Resilience in Singapore -- 1.2 The HeartMath System -- 2 Method -- 2.1 Research Design -- 2.2 Study Sample -- 2.3 Participants -- 2.4 Instrumentation -- 2.5 Procedure -- 2.6 Statistical Analysis of Data -- 3 Results -- 3.1 Research Question One: to what Extent, if any, does the Practice of HeartMath Coherence-Building Techniques over Thirteen Days Increase Psychophysiological Resilience, as Measured by HRV and POQA-R4? -- 3.2 Research Question Two: to what Extent, if any,

does the Practice of HeartMath Coherence-Building Techniques over Thirteen Days Increase the Sense of Coherence? -- 3.3 Research Question Three: to what Extent, if any, does the Practice of HeartMath Coherence-Building Techniques over Thirteen Days Facilitate a Balanced Time Perspective? -- 3.4 Research Question Four: What are the Factors that may Improve Emotion Regulation Flexibility? (See Table 3). -- 3.5 MANCOVA Analysis -- 4 Discussion on Findings -- 4.1 Research Question One -- 4.2 Research Question Two -- 4.3 Research Question Three -- 4.4 Research Question Four -- 5 Limitations -- 6 Implications for Professional Practice -- 7 Conclusions -- References.

The Effect of Fast Loans on Financial Resilience-Building Behaviors and Mental Well-Being -- 1 Introduction -- 2 Methodology -- 2.1 Research Design -- 2.2 Material -- 2.3 Data Collection -- 2.4 Data Analysis -- 2.5 Ethical Considerations -- 3 Results -- 3.1 Statistical Analysis -- 3.2 Borrowers' Fast Loan Experiences -- 4 Discussion and Conclusions -- 4.1 Limitations of the Study -- 4.2 Recommendations -- 4.3 Summary -- Appendix a - Semi-Structured Interview Question Design -- References -- Motivation and Cognitive-Behavioral Factors in Problematic Online Gaming -- 1 Introduction -- 1.1 Statement of the Problem -- 1.2 Principal Aim and Theoretical Framework -- 2 Materials and Methods -- 2.1 Design -- 2.2 Participants and Procedures -- 2.3 Instrument and Analytical Strategy -- 3 Results -- 3.1 Participant Demographics -- 3.2 Themes Related to Lived Experience of Non-problematic Online Gaming -- 3.3 Themes Related to Lived Experience of Problematic Online Gaming Behaviors -- 3.4 Themes Related to Lived Experience of Attempts to Prevent Problematic Online Gaming Behaviors -- 3.5 Themes Related to MMORPG Adult Gamers' Opinions of Prevention -- 4 Discussion -- 4.1 What Are Adult MMORPG Players' Lived Experiences of Non-problematic Online Gaming? -- 4.2 What Are Adult MMORPG Players' Lived Experiences of Problematic Online Gaming? -- 4.3 What are Adult MMORPG Players' Lived Experiences of Attempts to Prevent Problematic Online Gaming Behaviors? -- 4.4 What Are Adult MMORPG Players' Perspectives of How Problematic Online Gaming Might Be Prevented? -- 5 Conclusion -- References -- Integrating Mental Health Services in Existing Healthcare System in Pakistan: A Public Mental Health Approach -- 1 Introduction -- 2 Methodology -- 2.1 Rationale of the Study -- 2.2 Aims and Objectives -- 2.3 Frameworks Informing Implementation Approach -- 2.4 Research Design. 2.5 Sampling -- 3 Implementation Strategy and Intervention -- 3.1 Exploration -- 3.2 Installation -- 3.3 Initial Implementation -- 3.4 Full Implementation -- 4 Results -- 4.1 Quantitative Data -- 4.2 Qualitative Data -- 5 Discussion -- References -- Psychological Effects of Facial Exercises -- 1 Introduction -- 2 Methods -- 2.1 Participants -- 2.2 Experimental Period -- 2.3 Experiment Process -- 2.4 Data Analysis Methods -- 3 Results -- 3.1 Implementation Status of Training -- 3.2 Psychological Effects of Facial Exercises -- 3.3 Changes in Facial Expressions Due to Facial Exercises -- 4 Discussion -- 4.1 Psychological Effects of Facial Exercises -- 4.2 Changes in Facial Expressions -- 4.3 The Effectiveness of Facial Exercise -- 4.4 Overall Discussion -- 5 Conclusion -- References -- Indonesian Primary School Teachers' Perceptions of Student Misbehavior -- 1 Introduction -- 2 Method -- 2.1 Participants and Procedure -- 2.2 Material -- 2.3 Data Analysis -- 3 Results -- 3.1 Sample Characteristics -- 3.2 Teachers' Perceptions of Student Problem Behaviors in Classroom Setting -- 3.3 Teachers' Perceptions of Student Problem Behaviors in Online Learning Setting -- 4 Discussion -- References -- Empowering Millennials Working in Small and Medium Enterprises (SMEs)' Affective Wellbeing:

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-- 2.2 The Mechanism of Meaning at Work -- 3 Methodology -- 3.1
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