ABSTRACTS –

oral presentations

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Psychology of working life and organizations

Turtio-Annanolli Tarja, JYU.
Does the shared experience of authentic leadership between leaders and followers explain staff's well-being and commitment?

Hirva Laura, TAU.
A longitudinal approach to burnout and job performance

Previous research has suggested that high levels of burnout lead to impaired functioning on the job. However, this, research has usually relied on cross-sectional designs, and there is a clear call for longitudinal research to unravel, the potentially reciprocal causal relationships between burnout and performance. Drawing on the Conservation of, Resources theory and the Job Demands-Resources Model, this study first investigates the longitudinal relationship, between burnout's subdimensions (emotional exhaustion and dersonalisation) and job performance, with a focus on, both task-related, in-role performance as well as contextual, extra-role performance. Second, the moderating effects, of SOC-strategies (selective optimization with compensation) are explored, as these strategies have been found to, explain optimal functioning even when the employee is experiencing burnout. The current study is based on a, three-wave follow-up data from a diverse sample of Finnish employees, sampled via trade unions in 2018-2020 in a, project funded by Finnish Academy (the IJDFIN project, 2017-2022). The main analytical tools in this research are, based on structural equation modeling. As the working life is becoming more mentally demanding and intense, the, present study aims to contribute to the existing burnout literature by advancing understanding of the process by, which burnout influences job performance. This may, furthermore, benefit researchers and practitioners by providing, them with a model that may lead to plausible strategies for the prevention of burnout and improved employee, performance.

Ghaffaripour Shaghayegh, TAU.
Impact of Psychosocial Safety Climate, Organizational Support, Personal Resources on Burnout and Stress in an Uncertain Time. Examining longitudinal data on Finish University Staff Well-being
 shaghayegh.ghaffaripour@tuni.fi

This paper presented two studies that included four models. Each separate model captures the role of psychosocial safety climate (PSC), perceived organizational support (POS), and personal resource (self-efficacy and psychological resilience) in reducing the feeling of loneliness, stress and exhaustion in uncertain workplace conditions. In addition, there were joint hypotheses which were related to the effect of loneliness on stress and exhaustion and the interrelationship between stress and exhaustion. The crossed-lagged model was applied to test the hypothesis. Therefore, based on the analysis of the unidirectional cross-lagged paths, the results in the two-wave of the first data set indicated that PSC and POS reduced the feeling of loneliness although the estimated coefficients were not remarkable. Among the models, personal resources (Models 3 & 4) were better predictors for reducing stress and exhaustion. In the common hypothesis, loneliness construct was strongly related to stress in all models. A reciprocal connection between stress and exhaustion was also confirmed in the first study, however, the effect size of exhaustion was higher than stress at times. The result in four data waves of next study revealed that PSC, POS and personal resources had an inconsistently attenuating effect on the feeling of loneliness, stress and exhaustion. For instance, at

the onset of the uncertain condition imposed by Covid, their impact is more considerable than the last wave of the study. Surprisingly despite the first result of the study, there were more consistent relationships between personal resources and loneliness in the first and last rounds of the research. Additionally, only one relationship path from loneliness to exhaustion was observed which were related to model 1 in presence of PSC and model 3 in self-efficacy construct. A consistent link between exhaustion to stress was observed in all four periods. These longitudinal studies re-emphasize the effective role o

Konttuti Marika, UEF.

Do sleep problems mediate the association between work stress and the trajectories of work ability from midlife to retirement?

Objectives: Employees' work ability is an important factor in the discussion of the length of the working career. Therefore, supporting work ability in later careers is crucial. Work stress and sleep problems are known independent predictors of work ability. However, there is little research studying whether sleep problems mediate the association between work stress and work ability among older employees. This study examined whether mid-life work stress, defined as job strain and effort-reward imbalance (ERI), predicts work ability trajectories observed over 12 years from midlife to retirement age and whether sleep problems mediate the association between work stress and work ability trajectories., Methods: The study cohort consisted of 2707 Finnish municipal employees. The data on self-reported work stress and sleep problems were measured at baseline. The self-reported longitudinal data on work ability were modelled on trajectories of Work Ability score on average 3.2 times (SD 0.6) over 12 years which was examined using the group-based latent trajectory analysis. Multinomial logistic regression analysis was used to analyze the association between baseline job strain and ERI and the trajectories. Percentage of excess risk mediated and counterfactual mediation analysis were used to examine baseline sleep problems as a mediator of these associations., Results: Four work ability trajectories were identified: 'Stable Excellent' (5%), 'Stable Good' (71%), 'Moderate' (19%) and 'Low decreasing' (5%). After adjusting for covariates, both job strain and ERI were associated with a greater likelihood of belonging to lower trajectories compared to 'Stable Good' work ability trajectory. Sleep problems partially mediated these associations., Conclusions: Mid-life work stress, as described by job strain and ERI, is associated with employees' work ability in the last years preceding pensionable age. Sleep problems seem to be a potential mediator in these associations.

Ghaffaripour Shaghayegh, TAU.

Does Work Engagement Mediate the Relationship between Diverse Resources (Managerial, Organizational, Social and Individual) and Job Crafting? An Examination of Latent Growth Modeling in the Covid Timeline among Finnish Academic Employees

Abstract: The study was conducted to investigate the direct and indirect effect of work engagement between managerial, organizational, social and personal resources with job crafting in Finish education system in the emergency work situations caused by Corona virus. In addition, we performed extra supplementary analysis on the level and rate of change between the factors. This study employed the data from Finish Longitudinal Study of a remote working survey, which was conducted biennially from 2020 to 2021. Data of 530 were analysed with latent growth modelling based on four waves. The results indicated that psychosocial safety cli-mate representative of

managerial resource and perceived organizational support as an organizational resource at initial and change levels indirectly exerted influence on initial and change levels of job crafting through initial and change levels of work engagement. The findings related to sense of belonging with reference to social resource and self-efficacy indicating personal resource showed that the starting point of these resources had an effect on the initial score of job crating in the indirect conditions. This signified that the starting point of these factors were associated with the initial point of job crafting through initial difference in work engagement. Furthermore, in cross-domain latent growth models, initial status of sense of belonging and self-efficacy led to changes in job crafting over time directly. Results suggest that managerial, organizational, social and personal resources are crucial fac-tors in promoting work engagement, and work engagement functioned differently in association with job crafting over time among the academic enforce.,

Family, parenthood and intimate relationships

Lagerström Martin, ÅA.

Exploratory Network Analysis of Psychopathology Symptoms and Romantic Relationship Quality

Background: While previous studies have examined associations between the two communities of some specific psychopathology symptoms and relationship quality, there is lack of research on how a multitude of these aspects interplay with each other. The present study aimed to elucidate these associations using exploratory partial correlation network analysis, adjusting for all other variables in the model, to answer: 1) which associations exists between communities and 2) identifying central variables in the network., Method: Finnish population-based survey data (N = 4,136) were used to estimate the network structure of psychopathology symptoms and relationship quality of participants in committed relationships, while adjusting for relationship duration., Results: The network analysis revealed positive partial correlations between all measured aspects of romantic relationship quality as well as between symptoms of psychopathology. Weak, negative partial correlations were found between some measures of psychopathology and romantic relationship quality, most notably linking depression with both relationship satisfaction and trust, as well as alcohol consumption and commitment. Relationship satisfaction, intimacy, and commitment were the aspects of romantic relationship quality with strongest strength centrality estimates, while depression and anxiety were the aspects of psychopathology with strongest centrality estimates., Discussion: The present study revealed associations between depression and alcohol consumption and relationship satisfaction, trust, and commitment. These symptoms were identified as bridge variables, indicating that even in the presence of other symptoms, such as anxiety or contamination sensitivity, it is these variables that explain any potential associations of these symptoms to relationship quality. Thus, treatment should focus on treating depressive symptoms and alcohol consumption first, even in the presence of other symptoms.

Veistola Sonja, TAU.

Mens' Empathy Towards Childrens Emotions Across Transition to Parenthood

We investigated whether men's empathy towards children's emotions differs as a function of parity, i.e., the number of children. We compared expecting men, first-time fathers, and more experienced fathers (i.e., those with two or more children)., We ran two online studies with a cross-sectional design. To measure affective empathy, participants rated their compassion and positive affect towards pictures of children in positive and negative emotional contexts (Bos et al., 2021). We expected fathers to exhibit highest affective empathy to child signals followed by expecting men while childless men would score the lowest on both. Next, we compared childless men and four groups of fathers with differing number of children of varying ages. We expected that first-time fathers show higher affective empathy than experienced fathers and childless men., In a laboratory study we used facial electromyography (EMG) during the same task to measure facial muscle reactions from the zygomaticus major and corrugator supercilii muscles that activate during positive and negative affective reactions, respectively. We will test whether facial empathic reactivity changes from the prenatal to postpartum period in fathers., In the online studies, expecting men and fathers of a small baby showed greater compassion towards children's emotions than childless men. However, the difference tapered off with father's experience. Father's positive affect was higher compared to childless men, regardless of number or age of their children. Expecting men and first-time fathers might be more sensitive to child signals, and thus show more affective empathy. Fathers might become accustomed to childcare, and their reactions taper off over time., Results from the laboratory will be available at the time of the conference, and further inform us whether empathic reactivity changes with childcare experience. We investigated whether men's empathy towards children's emotions differs as a function of parity, i.e., the number of children. We compared expecting men, first-time fathers, and more experienced fathers (i.e., those with two or more children)., We ran two online studies with a cross-sectional design. To measure affective empathy, participants rated their compassion and positive affect towards pictures of children in positive and negative emotional contexts (Bos et al., 2021). We expected fathers to exhibit highest affective empathy to child signals followed by expecting men while childless men would score the lowest on both. Next, we compared childless men and four groups of fathers with differing number of children of varying ages. We expected that first-time fathers show higher affective empathy than experienced fathers and childless men., In a laboratory study we used facial electromyography (EMG) during the same task to measure facial muscle reactions from the zygomaticus major and corrugator supercilii muscles that activate during positive and negative affective reactions, respectively. We will test whether facial empathic reactivity changes from the prenatal to postpartum period in fathers., In the online studies, expecting men and fathers of a small baby showed greater compassion towards children's emotions than childless men. However, the difference tapered off with father's experience. Father's positive affect was higher compared to childless men, regardless of number or age of their children. Expecting men and first-time fathers might be more sensitive to child signals, and thus show more affective empathy. Fathers might become accustomed to childcare, and their reactions taper off over time., Results from the laboratory will be available at the time of the conference, and further inform us whether empathic reactivity changes with childcare experience.

Sjöblom Jeremia, ÅA.

Mobilization of the Mateless: The Association Between Perceived Access to Mates, Radical Political Activism, and Mental Health

Recent terror perpetrated by men who struggle to find women mates and with the aim of, changing the norms regulating the dating market raises the question of how access to a mate, affects men's motivation to use political power to increase their mate access. Based on an, evolutionary framework, we investigated the association between mate access and mate value, with activism intention and radicalism intention in 160 adult men. We also compared, individuals identifying with the manosphere—a loosely organized group of men with a, often, misogynist, focus on gender relations— and men who did not. We found that there was an, association between how many potential mates the men encountered in daily life and greater, activism intention. We also found that lower perceived mating possibilities was associated with, greater activism intention. The former result went against our expectations, while the latter, result supported our hypothesis. Lastly, we found that individuals identifying with the, manosphere reported worse mental health compared to other men. Future studies should seek to, clarify why different factors of mate access affect activism intention differently as well as, investigate the link between worse mental health and participation in groups with a radical, political agenda.

Walldén Catharina, Sjöblom Jeremia, Andersson Julia, Gunst Annika, and Antfolk Jan, ÅA.

Failing to Attract a Female Partner - Are Low Mate Value and Mate Access Associated with Anti-Feminist Attitudes in Men?

We tested the hypothesis that individual differences in the capacity to attract female partners can partly result in the development of anti-feminist attitudes in men, as male members of groups with anti-feminist agendas (e.g., incels) state they are motivated by difficulties in finding female romantic or sexual partners. Building on evolutionary theories of female choice (i.e., women being more selective than men when choosing a partner), we investigated if men with low (vs. high) mate value (i.e., desirability as a partner) and low (vs. high) mate access (i.e., access to potential partners in one's local environment), are more likely to hold anti-feminist attitudes. When women have the ability to freely choose their partners, particularly men with low mate value and low mate access are at risk of ending up with no partner. Thus, we hypothesized that low-mate-value and low-mate-access men are prone to turn against sources, such as feminist movements, that have strengthened female choice. We used self-reports of mate access, mate value and anti-feminist attitudes from 159 heterosexual individuals identifying as men. We examined associations between mate value, mate access and anti-feminist attitudes by using structural equation modelling. As expected, men with low (vs. high) mate value displayed more anti-feminist attitudes in terms of sexism. Interestingly, there were no associations between mate value and anti-feminist attitudes in terms of supporting restrictions on women's sexual freedom, nor between mate access and anti-feminist attitudes. We discuss these findings further.

Huusko Krista, UEF. The ideals of the professional relationships between family professionals and LGBT parents as constructed in guidebooks

We analyzed Finnish guidebooks aimed at educating Finnish professionals on working with transgender and other LGBT parents. Despite the Finnish laws and professional guidelines endorsing equality, it has been shown that these parents and their children still occasionally face discrimination in healthcare, social services, and early childhood education. We were interested in the ways the writers of the guidebooks engage in discursive and emotional institutional work in order to inspire the professionals to take part in the creation of more equal and inclusive institutional practices. Using membership category analysis, we identified the ways the writers construct professionals and clients, as well as the norms of professional-client relationships that are constructed as part of the institutional work. , , We identified three strategies of institutional work: First, the writers categorize the professionals as "criticized", aiming to evoke shame by presenting them as the morally questionable party that harms the moral and "vulnerable" but at the same time "ordinary" or "strong" parents. Second, the writers seek to prevent the professionals' possible excessive guilt and shame by categorizing the professionals and their shortcomings as "understandable" and the clients as "understanding". Third, the writers aim to evoke pride by categorizing current or future professionals as capable and valuable helpers of vulnerable clients. , , The research shed light on the cultural meanings, values and norms concerning professionals, LGBT parents and their relationships. It also provided insight on the discursive reasons these specific meanings are employed to produce change in the current socio-cultural climate.,

Nickull Sabina, ÅA.

Associations Between Sexual Activities and Experienced Consequences of Sexual Compliance

Sexual compliance (i.e., voluntarily consenting to sexual activity in the absence of initial sexual desire) is a common experience in committed intimate relationships, and can be used as a strategy for managing desire discrepancies between partners. Not much is known about what predicts the consequences of sexual compliance for the individual or the relationship. We hypothesized that different types of sexual activity might be associated with the experienced consequences of sexual compliance, depending on the likelihood of orgasm, the degree of agency, or the intrusiveness of the activities. A convenience sample of 305 mostly Finnish participants (232 women and 73 men) responded to a survey shared via social media. Data were analyzed using Pearson's chi-square test and multiple logistic regression analyses, with separate analyses for men and women. The majority of women experienced negative personal (62%) and relational (56%) consequences of sexual compliance, while a minority of men experienced negative personal (29%) and relational (37%) consequences of sexual compliance. For women, contrary to our hypotheses, all significant associations with sexual activity increased the likelihood of experiencing negative personal and relational consequences. For men, vaginal penetration was significantly associated with an increased likelihood of experiencing negative personal consequences. It appears that, at a group level, women tend to experience negative consequences of sexual compliance, regardless of which activity they comply with. The results for men are different, but as fewer men participated in the survey, the results should be interpreted with caution. Research into the consequences of sexual compliance is important for developing guidelines for couples and sex therapy, as sexual compliance can currently be suggested as a way of managing different levels of sexual desire in a relationship.

Experimental perspectives on wellbeing

Wang Jinxia, JYU.

Respiration and Fear Extinction: Possible Implications for the Therapy of Anxiety Disorders?

Anxiety disorders are one of the most common psychiatric disorders worldwide. Yet, even the most effective treatment to date, exposure therapy (a form of cognitive-behavioral therapy based on extinction learning) has limited effects, with more than 50% of patients did not respond to it. Recent work has revealed that the breathing cycle plays a vital role in memory encoding, consolidation, and retrieval. Here we propose the modulatory effects of respiration on extinction memories. The proposed study will be the first to explore the effects of respiratory modulation on the formation and retention of extinction memories. We will test whether the timing of extinction training to different phases of respiration affects learning performance. Participants will be randomly assigned into inspiration, expiration, and random groups (n=20 per group). This study will provide further insights into the neural underpinnings of anxiety disorders and might also contribute to optimizing anxiety treatment.

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consolidation, and retrieval. Here we propose the modulatory effects of respiration on extinction memories. The proposed study will be the first to explore the effects of respiratory modulation on the formation and retention of extinction memories. We will test whether the timing of extinction training to different phases of respiration affects learning performance. Participants will be randomly assigned into inspiration, expiration, and random groups (n=20 per group). This study will provide further insights into the neural underpinnings of anxiety disorders and might also contribute to optimizing anxiety treatment.

Akhundzadeh Ruhoollah, TAU.
Measuring affective responses of diverse people who experience everyday life in a virtual reality environment

Maria Kontinen, TAU
Early life stress and adolescent cortisol and alpha amylase responses

Early life stress (ELS) forms a life-long risk for developmental and mental health problems, and alterations in neuroendocrinological stress responses may underlie the effects. However, findings are inconsistent on whether ELS leads to heightened or blunted cortisol reactivity, a marker of the hypothalamic-pituitary-adrenal (HPA) axis. Furthermore, most studies have focused on the functioning of the HPA axis, while ignoring another core stress system, the autonomic nervous system (ANS), indicated by alpha amylase. Finally, few studies have assessed ELS prospectively in infancy, which is a sensitive period for neuroendocrinological rhythm and reactivity. Accordingly, the present study analyses the role of ELS in predicting cortisol and alpha amylase levels and reactivity, and their coordination in late adolescence. A subsample (n =80) of late adolescents aged 18–20 years from a longitudinal family study participated in a home laboratory study that involved a 10-minute conflict discussion with their mothers. A total of five adolescent saliva samples were collected to measure cortisol and alpha amylase levels before, after, and following the conflict discussion to indicate stress reactivity. ELS was assessed prospectively by parental reports of parenting stress, marital and mental health problems during pregnancy and when the child was 2 and 12 months, and retrospectively by adolescents' self-reports of adverse childhood experiences.

Developmental and social psychological perspectives on education

Davolyte Justina, JYU.
The Development of Task Persistence during Grade 1: The Role of Parent–Child and Teacher–Child Relationships

The present study investigated the extent to which both parent–child and teacher–child relationship quality (in terms of closeness and conflict) uniquely and interactively predict children's task persistence development during Grade 1, as well as the role of a children's task persistence on the quality of their relationships with parents and teachers. The study followed Lithuanian children from the beginning of Grade 1 (T1, n = 337) to the end of Grade 1 (T2, n = 341), their parents (T1, n = 347: T2, n = 323), and Grade 1 teachers (T1, n = 24: T2, n = 25). During the autumn semester of Grade 1, the children completed reading, spelling, and math (addition and subtraction) tests.

Parents and teachers filled out questionnaires twice during the autumn semester and the spring semester of Grade 1. Parents reported their relationship quality with the child, while teachers reported their relationship quality with each student and students' task persistence. Study results revealed that children's relationship quality with teachers and parents is significant for their task persistence development during Grade 1. First, the results showed that a conflictual relationship between children and teachers predicted poorer child's task persistence. Second, while the parent–child relationship quality seemed not to have a unique effect on children's task persistence, it was important in the interaction with teacher–child relationship quality. More specifically, the results showed that close parent–child and teacher–child relationships had a cumulative effect on the development of first-grade children's task persistence. Finally, the results highlighted that a child's higher level of task persistence predicted a closer relationship with Grade 1 teachers. The present study investigated the extent to which both parent–child and teacher–child relationship quality (in terms of closeness and conflict) uniquely and interactively predict children's task persistence development during Grade 1, as well as the role of a children's task persistence on the quality of their relationships with parents and teachers. The study followed Lithuanian children from the beginning of Grade 1 (T1, n = 337) to the end of Grade 1 (T2, n = 341), their parents (T1, n = 347: T2, n = 323), and Grade 1 teachers (T1, n = 24: T2, n = 25). During the autumn semester of Grade 1, the children completed reading, spelling, and math (addition and subtraction) tests. Parents and teachers filled out questionnaires twice during the autumn semester and the spring semester of Grade 1. Parents reported their relationship quality with the child, while teachers reported their relationship quality with each student and students' task persistence. Study results revealed that children's relationship quality with teachers and parents is significant for their task persistence development during Grade 1. First, the results showed that a conflictual relationship between children and teachers predicted poorer child's task persistence. Second, while the parent–child relationship quality seemed not to have a unique effect on children's task persistence, it was important in the interaction with teacher–child relationship quality. More specifically, the results showed that close parent–child and teacher–child relationships had a cumulative effect on the development of first-grade children's task persistence. Finally, the results highlighted that a child's higher level of task persistence predicted a closer relationship with Grade 1 teachers.

Koivisto Hanna, UEF.
Fuksista jäseneksi – alkuohjauksen sosiaaliset käytännöt yliopistossa

From freshman to member - the social practices of initial guidance at the university, My research focuses on the field of initial guidance in universities, its formal and informal, also implicit social practices and functions. In terms of time, the research focuses on the early stages of studies, i.e. the first and second year of studies. , The research is based on the dynamic and complex relationship between the ideals of the institution, the social and tacit practices of the university and the meanings students give to their experiences and the positions they take in their meaning-making. All research articles are rooted in the traditions of interaction studies., My study is currently at the summary stage, with three published articles.

Jaruseviciute Vilija, JYU.

Trajectories of Adolescents' Adjustment Behaviors Across the Transition to Upper Secondary School: Individual and Environmental Antecedents

The present study aimed to examine the developmental trajectories of adjustment behaviors (i.e., prosocial behavior and externalizing problems) across the transition from lower to upper secondary school. In addition, we investigated adolescents' temperament (i.e., surgency, negative affectivity, and effortful control) and relationship quality with parents and teachers as antecedents of these trajectories. This Finnish longitudinal study followed 901 adolescents two times in Grade 9 and two times in Grade 1 of upper secondary school (884 at T1, 885 at T2, 728 at T3, and 684 at T4: 55.9% girls, 44.1% boys, age in Grade 9 fall: M = 15.3 years, SD = 0.37). Factor Mixture Model (FMM) revealed that adolescents fall into four groups based on their prosocial behavior and externalizing problems across all four measurement points. Some adolescents (25.8%) followed the trajectory of stable moderate prosocial behavior and externalizing problems (Group 1), 64.9% of adolescents had high prosocial behavior and low externalizing problems (Group 2), 7.4% of adolescents followed the trajectory of decreasing prosocial behavior and increasing externalizing problems before the transition (Group 3), and 1.9% of adolescents followed the decreasing prosocial behavior and increasing externalizing problems after the transition trajectory (Group 4). In terms of adolescents' temperament, Group 1 had the lowest effortful control and the highest negative affectivity, whereas Groups 2 and 4 had the highest effortful control. In terms of relationship quality, Group 1 had the lowest closeness and the highest conflicts with parents and teachers, whereas Groups 2 and 4 had the highest closeness and lowest conflicts with parents and teachers before the transition. Overall, the study indicates that observing adolescents' temperament and maintaining close and less conflicting relationships with parents and teachers may promote successful adjustment behaviors of adolescents across the transition.

Experimental perspectives on wellbeing

Saukkola Leevi, JYU.

Whole-body vibrotactile stimulation, evoked EEG-responses and stress-related physiological correlates – preliminary results from a pilot study

Tarkoituksena on tutkia yhteistyössä Neurosonic-yhtiön kanssa mekaanisen värähtelyn, toisin sanoen vibroakustiikan, vaikutuksia aivotoimintaan ja mahdollisuuksien mukaan myös patjan hyvinvointivaikutuksia aivotasolla. Käyttäjäkokemusten pohjalta Neurosonicin patjojen on nähty esimerkiksi lievittävän kipua, parantavan unenlaatua sekä aktivoivan kehoa ja mieltä, mutta fysiologisia ja neurotieteisiin pohjautuvia tutkimuksia aiheesta ei juuri löydy., , Ensimmäisessä pilottitutkimuksessa perehdytään pääasiassa teknisiin mahdollisuuksiin ja perusperiaatteisiin: voiko aivotoimintaa (EEG) mitata yhdenaikaisesti koko kehon vibraation kanssa, mitä muita fysiologisia mittareita tarvitaan hyvinvoinnin mittaamiseksi, mitkä mittarit kuvastavat parhaiten rentoutumista tai stressin lievittymistä ja kuinka asetelmasta saadaan tutkittavalle mahdollisimman miellyttävä. Tavoitteena on siis löytää "mieleinen" tutkimusasetelma myöhempiä tutkimuksia varten. Mikäli aivotoiminnasta saatu data on käytettävissä, pyritään löytämään myös neuraalisia vasteita rentoutumiselle tai stressin lievittymiselle, jolloin tutkimuksen merkityksellisyys kasvaa merkittävästi ja vibraation voidaan sanoa vaikuttavan jollakin tavalla myös aivotoimintaan.

Suko Yasushi, TAU.
Listening to natural sounds indoors may improve people's moods

Listening to natural sounds is claimed to improve people's moods. However, there are several research gaps: the effect of natural sounds has mainly been investigated based on one-off experiments in the laboratory setting: most studies have compared natural sounds with obviously unpleasant artificial noise. To bridge these gaps, we designed an online, longitudinal field experiment, thereby comparing natural sounds with another means of relaxation (e.g., sitting in silence) and a typical daily activity (e.g., reading news online) in a real-life setting. We had 166 university students participate in the experiment, where each experienced one of the four interventions for 10 minutes every day: the three activities mentioned above or the no-intervention control group. Statistical analyses based on the linear mixed-effects model suggested that mood improvement was the strongest in the natural sounds group, although the effect in that group diminished over time.