

Report on the 11th National Research Conference *Quality of Life at Work and Beyond*

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On 10–11 June 2024, the Institute of Psychology of the University of Opole hosted the 11th Nationwide Scientific Conference *Quality of Life at Work and Beyond*, a return after six years to the series of conferences started at the Jan Długosz Academy in Częstochowa in 1992. The motto of this year's edition was the question *And what about happiness?*

The conference theme oscillated around the quality of life in everyday life and in the context of work. Participants discussed the difficulties of operationalizing the concept of happiness, attempted to diagnose the level of quality of life of Poles in different age groups, analyzed the impact of contemporary phenomena on life satisfaction, discussed characteristics and states that can contribute to better functioning in the workplace, and presented ideas for wellbeing-enhancing interventions.

The conference was opened by the Dean of the Faculty of Social Sciences, Dr. Hab. Anna Weissbrot-Koziarska, Prof. UO, who emphasized the importance of research and discussion on happiness, well-being, and quality of life. The Head of the Scientific Committee, Dr. Hab. Romuald Derbis, prof. UO also spoke.

The scientific part of the conference was opened by Dr. Hab. Jan Ciecuch, prof. UKSW, with a lecture entitled *Proposal of a circular model integrating*

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different models of well-being, mental health, and disorders, in which he presented a dimensional model based on metatraits, allowing for the integration of popular theories of personality, temperament, and emotions.

This was followed by three parallel paper sessions: *Happiness and Mental Health*, *Designing Happiness* and *Affects and Quality of Work*.

The first one was chaired by Dr. Hab. Grzegorz Francuz, Prof. UO, who presented the timeliness of models of happiness as seen by selected ancient philosophers. This was followed by several topics: suffering among oncology patients and their quality of life (Dr. Hab. Dariusz Krok, Prof. UO), family happiness from the perspective of young adults (Agnieszka Lisiecka-Bednarczyk, PhD, PWT), courage and happiness (Grzegorz Pajestka, PhD, UO and Magdalena Poraj-Weder, PhD, APS) and scientific methods to improve mental well-being (Katarzyna Błońska, PhD, UO). The first session closed with a presentation by Przemysław Zdybek, PhD (UO), on factors explaining mental health in schoolchildren aged 12–16 years.

The second session, *Designing Happiness (Part 1)*, chaired by Prof. Dr. Hab. Stanisław Kowalik, AWF Poznań, began with his paper on shaping the quality of life on the basis of scientific knowledge (the researcher considered the timing of the COVID-19 pandemic). Subsequent presentations referred to: quality of life in the context of changing constructions of place, work, and identity (Prof. Dr. Hab. Augustyn Bańka, USWPS), factors mediating the relationship between sexual satisfaction and life satisfaction among older people (Katarzyna Skalacka, PhD, UO), well-being support with 'green therapy' (Magdalena Gawrych, PhD, APS). The second session ended with a presentation by Alicja Gołata, MA, UKW, Dr. Hab. Elżbieta Kasprzak, Prof. UKW, and Justyna Golonka, MA, UKW, entitled *Solastalgia, climate anxiety – a psychological workshop. Prevention of climate anxiety*.

The third session was chaired by Dr. Hab. Łukasz Baka, Prof. CIOP-PIB, which he opened with his presentation *Does thinking about work in leisure time promote productivity?* This was followed by presentations on: job satisfaction as a correlate of individual performance at work (Arkadiusz Jasiński, PhD, UO), as well as the characteristics of remote work, and the satisfaction of basic psychological needs (Radosław Walczak, PhD, UO). The next speaker was Łukasz Kapica, MA, CIOP-PIB, who analyzed the relationship between emotions at work and engagement and job crafting on the basis of diary studies. The plenary session closed with a presentation by Radosław Boczoń, MA, UO, on triarchic psychopathy and experiencing globalization as predictors of job satisfaction in a group of office workers.

Parallel sessions were followed by a lecture by Dr. Hab. Dorota Merecz-Kot, Prof. UŁ, entitled *E-mental health programmes as low-cost interventions aimed at enhancing employee well-being – the Empower app case*, during which the speaker highlighted the possibilities of effectively supporting employee well-being and stress management using a phone app.

The first day of the conference was crowned by a panel discussion *And what about happiness?*, chaired by Dr. Hab. Romuald Derbis, Prof. UO. The panelists were: Prof. Dr. Hab. Anna Zalewska, USWPS, Dr. Hab. Jan Ciecuch, Prof. UKSW, Dr. Hab. Tomasz Grzyb, Prof. USWPS, Dr. Hab. Dariusz Krok, Prof. UO,

Dr. Hab. Dorota Merecz-Kot, Prof. UŁ. The discussants debated the place of the notion of *happiness* in psychology, the meaning of youth education related to psychological hygiene, and the state of research on quality of life.

The second day of the conference was opened by Prof. Dr. Hab. Anna Zalewska, USWPS, with a lecture on well-being at work *How has the understanding of well-being at work changed over 100 years of research, what does it depend on and how to enhance it*, in which she summarized the history of research on well-being at work and presented recent achievements of psychology in this field and modifications of classical theories.

Next was a poster session. Research of scientists, PhD students, and undergraduates presented in the form of posters concerned professional burnout, ethics at work, positive interventions, contemporary issues affecting mental health, and quality of life in different professional groups. The scientific committee, based on the participants' vote, awarded Marcin Moroń, PhD, UŚ, with the prize for the best poster *Multiple burnout...? An analysis of the relationship between occupational, parental and pandemic burnout in a network perspective*.

The last lecture *Happiness as the Zetas see it. Why the notion of 'work-life balance' may offend?* was delivered by Dr. Hab. Tomasz Grzyb, Prof. USWPS, drawing attention to generational differences in attitudes to happiness and different expectations towards work among people who are just starting their working lives compared to previous generations.

Part two of the presentation sessions also included three parallel sessions: *Affects and Quality of Work (Part 2)*, *Designing Happiness (Part 2)*, and *Work Stress and Happiness*.

The first of these was chaired by Marcin Kolemba, PhD. It was opened by Dr. Hab. Bohdan Rożnowski, prof. KUL, with a presentation prepared in cooperation with Dr Anna Szymielewicz-Nowowiejska, PhD, KUL, on the relationship between hedonistic and eudaimonic well-being at work. Subsequent papers were related to the topics of grit, work-life balance, and satisfaction of basic needs at work, with particular emphasis on the psychological well-being of employees (Marcin Kolemba, PhD, UWB, and Dr. Hab. Małgorzata Niesiołędzka, Prof. UWB), the relationship between grandiose and vulnerable narcissism in the context of work quality indicators (Elżbieta Biolik, PhD, UŚ), quality of life and health of the elderly of the Hadza people (Tomasz Frąckowiak, PhD, UW). During his presentation, Krzysztof Grala, MA, APS, presented the Polish adaptation of the Occupational Hardiness Questionnaire. The section on affect and job quality closed with a consideration of the correlates of job satisfaction in young adults by Izabela Pakuła, MA, MANS.

The second plenary session of the second day of the conference – *Designing Happiness*, was moderated by Dr. Hab. Antoni Wontorczyk, Prof. UJ. The presenter opened the session with his presentation on transport mobility and settling into spaces that contained a balance between work and family in a group of truck drivers. This was followed by a presentation by Marcin Wnuk, PhD, UAM, entitled *Altruistic leadership versus intention to leave the organization. Organizational cynicism as a mediator and caring and instrumental climate as moderators*. Subsequently, the audience was introduced to the topics of leisure design

as a response to changes in professional requirements and working conditions (Aleksander Hauziński, PhD, UO), the use of sailing and sail training as effective and attractive methods of developing character strengths responsible for coping with the challenges of everyday life (Miłosz Romaniuk, PhD, APS), and work-life balance and life satisfaction in the context of beliefs about the role of women in society (Olga Zwardoń-Kuchciak, MA, UŁ). The last presentation was an adaptation and validation of the Kaleidoscopic Career Questionnaire presented by Justyna Golonka, MA, UKW and Dr. Hab. Elżbieta Kasprzak, Prof. UKW.

The third session began and was chaired by Dr. Hab. Katarzyna Ślebarska, UŚ, with a paper on proactive employee onboarding, focusing on supporting proactive coping in adaptation to work using e-training. Next, the conference participants could listen to speeches on bullying at work in a group of singles (Anna Skuzińska, PhD, AMSNS), predictors of adaptation to expatriate life in selected Western European countries (Magdalena Pysz, PhD, UO), personal resources in relation to job and life satisfaction in a group of teachers (Justyna Tkaczyk, MA, UO) and compulsive overeating in the context of occupational stress (Hanna Doroszuk, Karolina Wiercińska and Dagmara Kaziród-Przebierała, UO). The closing plenary presentation *Non-work orientation and its relation to the professional and personal well-being of working people* was one of Zofia Kabzińska, PhD, UŁ.

In the summary of the conference, it was concluded that the presence of researchers from so many scientific institutes from all over Poland indicates the need for integration of the community and the vitality of the issues related to the quality of life. Thanks were given to the conference participants, the scientific committee, the organizational committee, sponsors, and the students of the Student Scientific Association "Psyche and Logos" involved in its organization. After the scientific part of the conference, the participants had the opportunity to take part in the workshops with topics related to well-being and mental life.