

**CONFERINȚA INTERNAȚIONALĂ**

**„Theories of Change in Digital Wellbeing. Evidence based practices across the disciplines”-  
Second Edition**

**ARAD, 4-6 IUNIE 2021**

**Sub patronajul Academiei Române,  
Universitatea „Aurel Vlaicu” Arad  
prin Facultatea de Științe ale Educației, Psihologie și Asistență Socială,  
în parteneriat cu Colegiul Psihologilor din România,**

**Organizează Conferința Internațională  
„Theories of Change in Digital Wellbeing.Evidence based practices across the disciplines”  
– Second Edition**

**HOSTING CHAIR :**

**Rector Ramona Lile**

**HONORARY CHAIRS:**

**Academician Florin Gheorghe Filip**

**GENERAL CHAIR:**

**Conf.univ.dr. Dana Rad**

**CONFERENCE VICE-CHAIR:**

**Conf. univ.dr. Tiberiu Dughi**

# Strategies for developing socio-emotional competencies of children from primary school

Camelia Nadia Bran

Aurel Vlaicu University of Arad

[brancamelia@gmail.com](mailto:brancamelia@gmail.com)

## Abstract

In the view of many important and relevant personalities, school is the most appropriate and conducive field for training children emotionally and socially, but also: "Our schools and our culture are focused on learning abilities, ignoring emotional intelligence (...) traits that matter immensely in our personal destiny (Goleman, 2001). Starting from the premise that these emotional and social skills "can be acquired and improved from childhood" given that there are neurological data that suggest "that there is a real window of opportunity for the formation of emotional habits in children" (Goleman, 2001). we consider absolutely indispensable and necessary to provide opportunities for children in primary to know themselves and know each other, to establish healthy relationships, to create a lasting foundation for self-confidence and self-esteem and to prepare them for the confrontations that await them. As educators we need to provide them the tools, they need to build a life based on fulfillment. Managing emotions involves both control over one's own inner experiences and those of others. Therefore, the training of such skills is needed to improve social skills by fostering the establishment and maintenance of relationships by promoting effective communication and a temperate approach to conflict. As a result, a strategy outlined around socio-emotional development must involve all five interdependent pillars that will ultimately decide the individual's behavior. Certainly, this process implies a clearly defined and outlined plan around close factors correlated with self and inter-knowledge, thus emphasizing the educational intervention both internally (attitude towards self) and externally (attitude towards the others). Within our study we have proposed a complex strategy that involves all five levels that can be intervened from an educational point of view, which provides for flexible activities that can be easily adapted to the needs and level of children.

**Key words:** socio-emotional competencies, strategies, emotions management, emotional intelligence, social intelligence

## **Online learning - efficiency and effectiveness**

Editha-Margareta Coşarbă

Aurel Vlaicu University of Arad

[ecosarba@yahoo.com](mailto:ecosarba@yahoo.com)

### **Abstract**

Adapting to online learning has been a real challenge for all those involved in the act of education. Until the pandemic, there was no question of online education. There has been information that teachers are not prepared for online learning, that there is no suitable infrastructure for online teaching or learning, or that students and parents have been as unprepared as teachers, if not more so.

The present study aims to analyze the efficiency and effectiveness of online learning, from the perspective of students and teachers, on the one hand, but also from the perspective of parents on the other hand. To this end, a questionnaire was developed for 70 respondents. The study findings highlighted that online learning opportunities and the use of open educational resources and other technologies can reduce the costs associated with training materials and allow more efficient use of teacher time, and online resources can revolution the education system, not only because they are convenient and accessible, but because they allow the whole teaching and learning process to become more interesting and adapted to the digital student. Thus, a personalization of learning is achieved.

**Key words:** online teaching, efficiency, effectiveness

# **The importance of mental health tutoring in social work**

Mihaela Gavrilă-Ardelean

Aurel Vlaicu University of Arad

[miha.gavrila@yahoo.com](mailto:miha.gavrila@yahoo.com)

## **Abstract**

Developing mental health guidance skills for health and social care professionals is essential in the pandemic context. The aim of this paper is to highlight the benefits of tutoring activities, and the experiences of mental health professionals. The current pandemic has accentuated the needs for new digital skills, which can improve the well-being and mental health of the general population. This paper is an analysis of the experience accumulated by the Aurel Vlaicu University of Arad, Romania, by participating in European projects on mental health. Through the courses offered, the university aims to raise a new generation of competent students and social workers. We want to show our results so that they can be successfully applied by other specialists, in various contexts, for strong community mental health.

**Key words:** mental health, specialist, tutoring, social work, university

## **The influence of social networks on adolescents' anxiety**

Alexandra Păiușan, Gabriela Vancu

Aurel Vlaicu University of Arad

[paiusanalexandra18@gmail.com](mailto:paiusanalexandra18@gmail.com)

### **Abstract**

From ancient times, one of the most important philosophers of ancient Greece, Aristotle, considers man to be, by nature, a social being. The man-social being, belongs to a city, a group, any man who lives outside the city is considered a beast. Given the ideas issued by Aristotle, it can be said that man by nature cannot survive alone. In its basic needs that ensure good mental and physical development is, in addition to food needs, this need for affiliation (Maslow's Pyramid). Affiliation with his peers, entails the process of socialization, their relationship, thus creating a relationship of dependence between human beings. This relationship ensures the survival, evolution, maintenance of mental and physical health and last but not least, the perpetuation of the human species. Referring to the current generations, socialization is present both in the real and in the virtual environment through social networks. In paper contains a study on adolescents aged 15 to 19 years, on the relationship between time spent in the virtual environment, on social networks and symptoms of anxiety among adolescents. This is corroborated with the identification of the impact and influence of social networks on anxiety, in the context of their use by adolescents.

**Key words:** anxiety, social networking, anxiety symptoms, teens

## Digital well-being during online education in preschool in the context of pandemics

Henrietta Torkos, Tabitha Bernadet Pasinszky

Aurel Vlaicu University of Arad

[torkos\\_henriette@yahoo.com](mailto:torkos_henriette@yahoo.com)

### Abstract

In a period of confusion when everyone was scared and did not know what was going to follow teachers of preschoolers besides taking care of their own physical and psychological well-being, they also had to take care of the children and their parents in order to maintain a calm and balanced environment. They had to take into account many issues before submitting tasks to children. The parents counselling emerged in these times and parent-teacher discussions were more frequent. Children were depending on their parents for any kind of online activity, teachers were depending on parent's availability and it was an entire time of cooperation, interdependency and reliance on each other.

**Key words:** *preschoolers, pandemics, well-being, confusion, activities, balance, counselling.*

# Digital coping mechanisms - a systematic literature review

Dana Rad

Aurel Vlaicu University of Arad

[dana@xhouse.ro](mailto:dana@xhouse.ro)

## Abstract

There is considerable interest in ways to support individuals in their digital lives, particularly related to the relational challenges they face. While researchers have explored coping with cyberbullying, the scope of relevant digital issues is considerably broader. Through the lens of online peer responses to personal accounts, this study explores recommended strategies for coping with different experiences of socio-digital stress. This systematic literature review reveals theoretical classification of digital coping mechanisms in relation to traditional coping mechanisms and practical recommendations for managing the digital stress. Variations in the pattern of recommendations proposed for different digital issues and for each type of recommendation are described. The findings point to both practical implications for supporting digital mental health and future research direction.

**Key words:** *digital stress, coping mechanisms*

# Preschool teachers and wellbeing - an exploratory investigation

Dana Rad

Aurel Vlaicu University of Arad

[dana@xhouse.ro](mailto:dana@xhouse.ro)

## Abstract

Much is changing in preschool education. Current reform primarily emphasizes standardized practice, academic outcomes, and accountability. Little attention has been given to how these changes are impacting the well-being of teachers. The purpose of this review is to summarize the current literature on preschool teacher well-being and identify directions for future research. Accordingly, an exploratory research investigated a predictive model of preschool teacher's well-being, based on self-efficacy, happiness, work flow, personality traits, financial stability, emotional health, and autonomy. The research would throw light on the mechanisms of well-being and causal relationships amongst preschool teachers.

**Key words:** *wellbeing, digital influence, preschool teachers*



## **Attitude to people with disability towards satisfaction in work. Practical insight**

Alina Maria Breaz

Aurel Vlaicu University of Arad

[alinamariabreaz@gmail.com](mailto:alinamariabreaz@gmail.com)

### **Abstract**

Social help contributes not exclusively to assisting individuals with incapacities to incorporate into work, yet in addition to keeping a good environment and a fitting air at work, which are key components of the representative expert fulfillment. The research presents 28 people with disabilities who had a job for at least 6 months. The subjects were asked a questionnaire built out of 6 questions that concerned relationships with colleagues, bosses, job satisfaction, and the desire to change their workplace. The results obtained show that work satisfaction is essential to staying on the job for a longer time. This satisfaction is directly influenced by the attitude of colleagues and bosses towards the person with disabilities who is being assisted.

**Key words:** *attitudes, work, disabilities, relationship, satisfaction.*

## **Deconstructing the notion of “digital well-being” through a post-modern lens**

Sonal Mobar Roy

Centre for Post Graduate Studies and Distance Education  
National Institute of Rural Development and PR, Hyderabad, India

[sonalmobarroy.nird@gov.in](mailto:sonalmobarroy.nird@gov.in)

### **Abstract**

A healthy use of digital technology leading to a state of personal well-being is referred to as “digital well-being”. Individuals seem to draw a sense of happiness and contentment along with safety and comfort when indulging in digital and technological engagement. It is well accepted fact that taking a right stride in usage of technology can be beneficial and lead to pursuit of one’s goals. In this chapter, the author makes an attempt to deconstruct the meaning of “digital well-being”. A Foucauldian approach is used to understand and explore the impact of technologies and digital services on an individual’s mental, physical and emotional health. Through the post-modern framework, the author will explore the ways in which digital technology aligns with one’s routine and reduces the reality to abstractedness. The chapter would throw light on the meanings of well-being, fragmentation of time and digital well-being, behavioural addictions and relevance in policy making.

**Key words:** *Digital technology, Well-being, Postmodernism, Foucault*

## **Digital Educators Competencies Development for Ensuring Children Learning Activities in the pandemic context**

Diana Adela Redes, Alina Felicia Roman

Aurel Vlaicu University of Arad

[adela\\_redes@yahoo.com](mailto:adela_redes@yahoo.com)

### **Abstract**

This study reveals the need of developing teachers and educators' digital competencies within the framework of the of face-to-face suspension classes and the need to maintain the educational continuity. In this sense, development approaches must be created for teachers and educators in order to develop complex skills. Priority was given to designing training courses, promoting learning units designed that include specific values specific learning skills for different disciplines and reliable in an online format. Integrated curricula's adaptation was focused on developing educator's skills focused on children learning needs and competencies achieving, passing from formal education to new learning approach associated with a digital pedagogy format. Otherwise, it must be sought a balance between identifying core competencies, which will be necessary to continue the learning process, and developing the comprehensive and humanistic values of education, without giving up pressure in order to strengthen only the instrumental learning.

**Key words:** *digital competencies, digital pedagogy, curriculum centered on children's learning needs, online learning instruments*

# Relationship Between Learning and Well-Being as an Integrative Framework Process Approach

Diana Adela Redes, Anca Egerău

Aurel Vlaicu University of Arad

[adela\\_redes@yahoo.com](mailto:adela_redes@yahoo.com)

## Abstract

On a holistic approach there is a synergy between learning and well-being. Acknowledging that the complex concept of well-being, encompasses physical and existential aspects, it extends further to include also the mental, emotional and social dimensions. So, we see learning as a personal lifelong experience or route characterized by each individual own unique learning needs, gifts, and forms of personal expression. Learning takes place in various environments including formal environment, family, online frame, nonformal and extracurricular contexts. The bond between the children engagement supporting the quality of their relationships with teachers is to promote peer to peer activity engaged for a significant impact on learning and wellbeing as well. Learning environments should be supportive, stimulating but not limiting to one or more sides of a child's personality.

**Key words:** *learning process, well-being, Integrative Framework Process Approach*

## Perceived parental support to the parent-child couple. An attachment theory perspective

Alina Costin, Gabriela Vancu

Aurel Vlaicu University of Arad

[costintalina@gmail.com](mailto:costintalina@gmail.com)

### Abstract

Literature review suggest that the impact of parental support perception on the development of the child's autonomy and self. Bowlby's theory has also been applied in various other contexts of self-development and shaping. We applied *Perceived Parental Autonomy Support Scale* and *Attachment Style Questionnaire*. We analyze a correlation between the parental support perceived in the parent-child dyad and the built attachment style. The study performed on a sample of 100 couples highlights the extent to which the form of attachment and the perceived support of the parent is found in the form of attachment and the perceived support of the child. The implications that the perceived parental support style has on the well-being of adolescents were analyzed. It is suggested to run parenting programs.

**Key words:** *perceived parental support, attachment, couple parent -child*

# Digital Wellbeing among institutionalized elderly during pandemic COVID -19

Gabriela Sorina Vancu, Florina Alina Bondea

Aurel Vlaicu University of Arad

[vancugabriela@yahoo.com](mailto:vancugabriela@yahoo.com)

## Abstract

The World Health Organization notes that longevity reflects the well-being of citizens, and increasing life expectancy is considered to be an indicator of a successful society and an effective health care system. The pandemic is a major stressor for the entire world's population, especially for the elderly. The elements that characterized this crisis pandemic: death, suffering, loss, confrontation with the imminence of death and major changes, have been shown to have harmful effects on quality of life and initially cause reactions of anxiety and depression. The investigation of the problem related to the psychological reactions of institutionalized elderly people requires a careful observation, as well as a more objective identification of all the causes that generate these reactions, in order to apply psychological intervention as soon as possible to improve negative states and increase the quality of life of the elderly. The psychological problem of the elderly is more complex due to their mental health problems and the consequences of institutionalization. Our qualitative study on the psychological reactions of institutionalized elderly indicated the presence and accentuation of affective disorders due to the imposition of restrictive measures related to the COVID-19 pandemic. As a result of the therapeutic intervention, we observed a decrease in depression, anxiety and stress symptoms. The use of digitalization in communication facilities social relationship, and sustain healthy lives in a balanced way with family members and represents a solution that has the effect of increasing the wellbeing of institutionalized elderly. Our qualitative study on the psychological reactions of institutionalized elderly indicated the presence and accentuation of affective disorders due to the imposition of restrictive measures related to the COVID-19 pandemic. As a result of the therapeutic intervention, we show a decrease in depressive, anxiety and stress symptoms. The use of digitalization in communication with family members is a solution that has the effect of increasing the wellbeing of institutionalized elderly. This positive change has the effect of prolonging the life of institutionalized elderly.

**Key words:** stress, anxiety, depression, therapeutic intervention, digital wellbeing, elderly institutionalized

## Impact of online activity upon social phobia in young adults

Gabriela Sorina Vancu, Alina Costin

Aurel Vlaicu University of Arad

[vancugabriela@yahoo.com](mailto:vancugabriela@yahoo.com)

### Abstract

Recent years have seen an increase in online activity by young adults, mainly on two broad areas: online interactions on social media platforms like Facebook, Twitter, etc. and online gaming. More so, with the onset of the COVID-19 pandemics and the subsequent social distancing and restrictions, social activities have shifted online even more. In this paper we investigate the relation between online activity (social activities versus gaming) and social phobia and sociability in young adults, aged between 18 and 25 yrs. We monitored online activity of 78 young adults (41 males, 37 females), all volunteers, during one month, via the Quality Time app for Android. The adults were divided in two groups, one group (N=40) with high activity on social platforms (at least 2 hrs/day) and the other group (N=38) with high gaming activity (at least 2 hrs/day). Social phobia was assessed using the homonymous scale from the Psychiatric Diagnostic and Screening Questionnaire (PDSQ), while sociability was measured with the homonymous scale from the Zuckerman-Kuhlman Personality Questionnaire (ZKPQ). Our results show that individuals with high gaming activity have higher levels of social phobia, while individuals with high activity on social media platforms have lower levels of social phobia. Sociability is a good predictor of time spent online: highly sociable people tend to spend less time online than those with lower sociability levels even in the current social context. We conclude that, given the present social environment favoring online activities, increase in social online activities and decrease in gaming could reduce social phobia and boost psychological well-being.

**Key words:** *COVID-19 pandemics, social distancing and restrictions, online social activities, online gaming, social phobia, sociability*

## **Vitalization of teaching activities in the pandemic**

Liliana Bran

Aurel Vlaicu University of Arad

[lilyan\\_arad@yahoo.co.uk](mailto:lilyan_arad@yahoo.co.uk)

### **Abstract**

The learning process requires concentration, fluency, motivation. The pragmatism of this process in university education is argued by the validation of the diploma obtained on the labor market. In this context of the pandemic has been a huge challenge for us teachers and for our students to identify and successfully apply coherent, flexible and sometimes innovative teaching strategies to compensate in some way the shortcomings generated by the rules imposed by the pandemic. Therefore, today more than in the past we were challenged to find a beneficial balance between improvisation and innovation. All the methods that resulted in a positive feedback in the acquisitions of our students, on multiple levels, we considered patented and applied them. Their efficiency will be proven in them, the skills and attitudes of tomorrow's professionals.

**Key words:** *Teaching activities, pandemic, methods, efficiency*



## **Digital resources - a big challenge at preschool level**

Diana Mariana Sfât, Nicoleta Florina Petrusse

Doctoral School Education, Reflection, Development, Department of Educational Sciences,  
Faculty of Psychology and Sciences of Education, Babes-Bolyai University, Cluj-Napoca

[boeriu\\_dianamariana@yahoo.com](mailto:boeriu_dianamariana@yahoo.com)

### **Abstract**

Digitalization, a desideratum and a goal assumed by Romania at the level of all sectors of activity has become obvious and a maximum concern at the level of preschool education. From the real need to the implementation possibilities is a difficult road, influenced by many factors. Whether we are talking about opinions or skills, the need expressed and the existential reality, the use of digital resources in the instructional-educational process in kindergarten remains a great challenge for all educational beneficiaries involved. The level of teacher training on this component, the possibilities of educational institutions to financially support this desideratum, the expressed attitudes of teachers regarding the efficiency of the use of digital resources in teaching activity, as well as the opinions of parents on this aspect were the subject of a study that I conducted in the school year 2020-2021. The conclusions are more than conclusive, the future approach is practically anticipated and it only remains to insist more on this component, generators of well-being regarding the evolution of the future adult.

**Key words:** *digital resources, preschool level, wellbeing, the future*

# Common concerns of the professor and the student for increasing the digital well-being in the educational framework

Dorin Herlo, Rebeca Pui

Aurel Vlaicu University of Arad

[dorinherlo@gmail.com](mailto:dorinherlo@gmail.com)

## Abstract

In this chapter we aim to present some points of view of the educator and the student, who collaborated to achieve a visible learning by exploiting IT applications for the digital well-being of the parties (a healthy use of digital technology in educational framework). The two parties (the educator and the educable) also agreed that through a real transformative learning, by collaboration with respect towards a well-defined educational purpose, it can reach the awareness of the correct use of digital technology. To achieve all of them, a correct approach is needed from a social, moral and ethical point of view.

**Key words:** *well-being of the binomial educator-educable integrating IT in education, visible learning, transformative learning*

## **IS COVID -19 Pandemic period the milestone for a new digitalized era in the case of Physical Education and Sport's educational process?**

Silvia Nicoleta Mirica, Cerasela Domokos, Martin Domokos, Cristian Negrea, Eugen Bota,  
Adrian Nagel,

West University of Timisoara

[nicoleta.mirica@e-uvt.ro](mailto:nicoleta.mirica@e-uvt.ro)

### **Abstract**

The COVID-19 Pandemic period had a major impact on all educational systems and like all the other domains Physical Education and Sport programs had to be adapted to the new digitalization trends. As a vocational faculty, the challenge has been even greater, considering that physical activity had a different approach, nowadays, being completely transferred online. The present study is aimed to analyze the effectiveness of the online courses regarding the physical education classes. The study was carried out at West University of Timisoara (WUT) during the first semester of the 2020-2021 school year, at the Physical Education and Sport Faculty (PESF) and consisted of a comparison between 2 groups of 1st and 2nd year's students: G1-WUT- GC- 1548 subjects-participants to the general course of physical education and G2 - WUT- PESF- 334 WUT- PESF students. All the subjects were asked to fill a questionnaire, developed by the PESF, that evaluates aspects regarding education, physical activity and leisure time. The results revealed that COVID-19 Pandemic period represented a major life changing factor to all of WUT students. It has been revealed that online education is far from being the ideal model of teaching and practicing physical activity. Still, in such unconventional times, the digitalized educational process has its benefits. It could be considered an option with great importance for health, education and leisure aspects of students' lives. The study definitely revealed that, in the case of vocational domains, such as physical education and sports, the face- to- face approach still represents the state- of -the art regarding the interpersonal contact. However, during pandemic times the digitalized form of physical education classes, has an unquestionable role in maintaining the level of motivation at higher standards, a condition for a great performance for all aspects of students' lives.

**Key words:** *online educational process, digitalization COVID-19 pandemic, physical activity*

## The therapeutic story. Limits and possibilities in the digital era

Tiberiu Dughi, Dana Dughi

Aurel Vlaicu University of Arad

[tibi\\_dughi@yahoo.com](mailto:tibi_dughi@yahoo.com)

### **Abstract**

The story accompanied the man from birth to death. Life itself is a story. A story in which good times meets bad times, in which joy and sadness alternate, in which the child goes through his initiatory path to maturity. The story has always fascinated with its fantasy, with the idea of overcoming the real. The character has always been invested with the features of the narrator, but especially with those of the listener. It thus becomes a landmark, a support, a road to recovery, a road to well-being. Today, these roads are created not only by listening to stories, but also by viewing them. Digital technology allows the reproduction of ideas in the form of images that facilitate the listener's access to the message. Their inclusion in the educational and therapeutic approach contributes to the efficiency of these actions to ensure the well-being of children. Through this approach we aim to highlight the possibilities, but also the limits in the use of therapeutic stories in digital format for the education and psychological assistance of children.

**Key words:** *digital story, therapeutic story, well-being, children*

## **Influences on life quality of adults with the help of digital technologies - a journey from a sedentary life to jogging**

Silvia Nicoleta Mirica, Cerasela Domokos, Martin Domokos, Cristian Negrea, Eugen Bota,  
Adrian Nagel,

West University of Timisoara

[nicoleta.mirica@e-uvt.ro](mailto:nicoleta.mirica@e-uvt.ro)

### **Abstract**

After the longer period of the pandemic, sedentary lifestyle began to occupy a growing place in our lives. The effects of physical inactivity are becoming more and more significant on our social life, as well as on the functionality of the whole organism, affecting both physical and mental status. Given the newly formed communicating skills with digital media, reintegration into social life and starting physical activity and movement will be easier by using this way in order to transmit the information. Considering the changes that occurred at emotional level after a longer period of isolation, the resumption of physical activity will be done in the vicinity of the home. The accomplishment of this task can be done, by using as a primary tool, the basic motor skills, which do not require special training, such as walking and running. Because, during the next period, the physical activities will still take place continuously in small groups, and most of the times outside the organized framework (fitness gyms, sports tracks, swimming pools, etc.), the basic information and the training programs that must be implemented will be transmitted to the practitioner via digital way. This information will include, for each training session, the following items: the program itself, demonstrations of the activity, examples of exercises and audio - video explanations of the whole process. Also, the feedback of the participants of these physical activities will be recorded. Digital media has become a much faster way of transmitting information, with important implications for increasing compliance compared to traditional programs. After the longer period of the pandemic in which sedentary lifestyle began to occupy a growing place in our lives, the effects of physical inactivity begin to make their mark on our social life and the functionality of the whole body both physically and mental. Considering the new skills formed to communicate with the help of digital means, the reintegration in the social life and the beginning of the physical activity and of the movement will be able to be made easier starting with the transmission of the information in this way.

**Key words:** *quality of life, digital media resources, COVID-19 pandemic, physical activity, walking, jogging*

# Digitization of the implementation and monitoring of running training programs during the COVID-19 pandemic

Silvia Nicoleta Mirica, Hrițcu Bogdan, Cristian Negrea, Cerasela Domokos, Martin Domokos, Eugen Bota, Adrian Nagel

West University of Timisoara

[nicoleta.mirica@e-uvv.ro](mailto:nicoleta.mirica@e-uvv.ro)

## Abstract

During the pandemic period of Covid-19, sports actions were severely affected, due to restrictions imposed to prevent the spread of the virus. The trainings, during this period, were considerably reduced, both for the elite athletes, due to the postponement of the international competitions and moreover, the Olympic Games, as well as among the amateur sports enthusiasts who practice physical activity in their free time. Among amateur athletes, the coach-athlete relationship is essential for improving their performance and achieving the proposed goals. The purpose of this study was to implement and monitor remotely, two running training programs, using Garmin technology, in order to improve athlete's physiological parameters. The study group consisted of 12 people, who were randomly divided in 2 subgroups of 6, each: G1-TR3 ( a combined program consisted of 2 low intensity training sessions together with 1 high intensity training session) and G2-TR4 (a combined program consisted of 3 low intensity training sessions together with 1 high intensity training session). Respecting the imposed restrictions due to the period, each athlete trained individually for 3 months. Analyzing the remotely collected data we found the following results: in G1-TR3, during the training period it has been seen an improvement of: FC max (181bpm +/- 2) vs. (183 +/- 1) (n = s); step length (96cm +/- 2) vs. (102cm +/- 4) (p <0.05); Vo2 max (48 +/- 2) vs. (51 +/- 3) (p = marginal significant); Average running speed (10.01km / h, +/- 0.73) vs. (10.43 km / h, +/- 0.65) (p = ns). In, G-TR4 group: FC max (180bpm +/- 2) vs. (185 +/- 1) (p = marginal significant); step length (97cm +/- 2) vs. (104cm +/- 3) (p = s); Vo2 max (48 +/- 3) vs. (52 +/- 4) (p< 0.05); Average running speed (9.87km/h, +/- 1.11) vs (10.8 km / h, +/-1.22) (p<0.05). Among amateur athletes, the implementation of the combined high intensity-low intensity training programs, as well as their remote monitoring, can bring a beneficial impact on al.

**Key words:** *running, digitalization, training programs, remote monitoring, COVID-19 pandemic*

# The Effects of Circuit Training at Home - Improving WellBeing in Sedentary Men in the COVID-19 Period

Vlad Adrian Geantă, Viorel Petru Ardelean

Aurel Vlaicu University of Arad

[vladu.geanta@gmail.com](mailto:vladu.geanta@gmail.com)

## Abstract

The Covid-19 pandemic had a major impact on sports and beyond. People started spending increasing time at home, becoming sedentary, without engaging in a routine of physical activities to maintain a good sports form. During all this time, the wellbeing can change considerably. Hence the purpose of our study, the use of a circuit training program type 4-3-2-1, performed at home by the subjects, as well as the need to obtain a better physical condition, through weight loss, which indirectly improvements wellbeing. This study focused on the effectiveness of home training on the subjects involved. Materials and methods: One sample ( N= 15 subjects, 15 men, M(y) 22.3±1.2y, and M(h) = 180.6±3.5cm, M(w) 81.7±2.5kg) trained for 8 weeks with a frequency of 3-4 workouts per week, at home. A 4-3-2-1 workout at home model was used. The benefits of exercise, especially during the pandemic and not only, make both well-being and fitness improve. The weight (W) of the subjects, was measured using an Omron HGF-500 scale, in two stages: an initial test (Wi), and a final test (Wf). Results: After 8 weeks of training, the final results indicate a decrease in average weight (Wi 81.7, Wf 78.3). Alternatively, the t-test was used (T = 1.71 for p <0.05), and the effect size ( $\omega^2$ ) 7.1%, tells us that the training used, produced significant changes. These losses can be better, if they are associated with changes in the daily diet, lifestyle, by participating in regular physical activity regardless of whether they are performed at home, or in a specially arranged place, in the case of our research, we talk about training at home. Conclusions: Within the limits of our study, we can conclude that significant changes can occur by performing physical activities at home with an optimal frequency of training.

**Key words:** *physical activity, wellbeing, fitness, strength, circuit training*

**Impact of family interactions and emotion-based training program on aggressive behavior  
of adolescents within special educational centers  
in young adults**

Gabriela Sorina Vancu

Aurel Vlaicu University of Arad

[vancugabriela@yahoo.com](mailto:vancugabriela@yahoo.com)

**Abstract**

Aggressive behavior is one of the main reasons adolescents end up within special educational centers in Romania. Decrease of aggressive behavior is a strong predictor of social adaptation as well as of duration of detention within the special educational center. In this paper we investigate two different aspects. First, the effect of family interactions (face to face or phone interactions with family members) on aggressive behavior of adolescents aged between 16 and 21 (N=107), males only, within one educational center. Second, the outcome of an emotion based training program on aggressive behavior of 20 adolescents, aged between 16 and 21, males only, within the same educational center. Aggressive behavior was measured with Buss Perry Aggression Questionnaire. Our results show a significant decrease in aggressive behavior in adolescents who had family interactions in comparison with adolescents who did not have online family interactions (due either to their' or families' refusal or un-involvement). Also, there was a significant decrease of aggressive behavior for those adolescents who took part in a one month, four meetings, educational program based on identification and expression of emotions. In conclusion, we strongly recommend family interactions either in person or via the phone as well as emotion-based training programs for adolescents within special educational centers in order to reduce aggressive behavior and improve self-knowledge and social adaptation.

**Key words:** *adolescents, special educational centers, aggressive behavior, family interactions, emotion-based training program*



# **The influence of the personality traits of the partners on the well-being of the couple**

Roxana Mariana Chiş

Aurel Vlaicu University of Arad

[farcasrm@yahoo.com](mailto:farcasrm@yahoo.com)

## **Abstract**

The objective of the study. Identifying the influence of the personality traits of the partners on the well-being of the couple. Participants and design. The research was conducted on a group from Romania, of 238 people, married lasting between 5-10 years, of which, 138 female participants and 100 male participants, aged between 23- and 55-year-old. The questionnaires were received by the participants in online format. Two tools were used in the study: Couple satisfaction index, with 32 items and Mowen Questionnaire 15 items. Results. The results are statistically significant, the personality traits of the partners are a predictor for a well-being in the couple. Pleasantness, openness, conscientiousness being significant predictors for an increased well-being in the couple.

**Key words:** *Well-being, Personality traits, Couple, Marital relationship*

# **The impact of parental self-efficacy on marital satisfaction and well-being in the couple**

Roxana Mariana Chiş

Aurel Vlaicu University of Arad

[farcasrm@yahoo.com](mailto:farcasrm@yahoo.com)

## **Abstract**

**Purpose.** Identifying the influence of parental self-efficacy on marital satisfaction and well-being in the couple. **Participants and design.** The study was conducted on a sample of 238 people in Romania, married for 5-10 years, who have at least one child living together, of which, 100 male participants and 138 female participants, aged between 23 and 55 years. The participants received the questionnaires in online format. The study used three tools Generalized Self-Efficacy Scale (adapted to the role of parent) with 10 items; Relationship Satisfaction (RS) scale, with 10 items and Couple satisfaction index, with 32 items. **Results.** The results are statistically significant, parental self-efficacy is a predictor of increased marital satisfaction and well-being in a couple with a high level.

**Key words:** *Marital satisfaction, Well-being, Self-efficacy, Couple*

# **Perspectives on the relationship between the use of video games and the learning outcomes of adolescents: differences according to gender and socio-economic background**

Gabriel Constantin Nicola

University of Oradea

[gabi.nicola@yahoo.com](mailto:gabi.nicola@yahoo.com)

## **Abstract**

The present research is a quantitative, correlational type research, which uses an unifactorial, intergroup design. The basic method used was OMNIBUS type questionnaire, using: supervised self-administration, but also indirect online survey. The analysis and interpretation of the research results show that, among other things, regardless of the socio-economic background of students, when they use ICT in an inefficient manner, involving time consumption without obtaining useful information, but strictly for entertainment (video games, social media), their school results are weaker; so, the socio-economic background of students is not a variable that influences the use of ICT. Also, our study shows that there is a negative correlation between learning outcomes and the time spent playing video games. Moreover, the gender differences in the use of video games are confirmed, showing that boys spend significantly more time for such practices. In conclusion, what seems to negatively influence learning outcomes is the time students spend on the internet for a purpose other than the educational one.

**Key words:** *Learning outcomes, Entertainment, Video games, Gender differences, Socio-economic background.*

# Time Spent on Digital Devices and Sadness: The Mediating Outcome of Boredom

Edgar Demeter

Aurel Vlaicu University of Arad

[eddemeter@yahoo.com](mailto:eddemeter@yahoo.com)

## Abstract

While the digital environment is so prevalent in our daily existence, does the amount of time spent on the digital devices affect our psychological states? Recent data suggests that the amount of time spent on digital devices (i.e. smart phones and personal computers) is at an increasing rate worldwide and some studies from the scientific literature state that an increased amount of time spent on digital devices can associate with unpleasant psychological states. In the present study we want to investigate the mediating outcome of boredom (B) to the relationship between time spent on digital devices (TD) and sadness (S). In this investigation 151 individuals, predominantly from Romania ( $M = 27.49$   $SD = 9.19$ ), were selected from an online survey. All the variables (TD, B and S) were measured using a single item. The variables were designed by the research team and are part of a broader set of questions aimed to investigate multiple dimensions. The obtained results illustrate that the relationship between TD and S was completely mediated by B. These results underline the importance of digital education and how the time spent on different devices can affect the psychological states of modern individuals.

**Key words:** *time, digital, device, internet, sadness, boredom*

## **Stress management and wellbeing in the educational organizations**

Anca Egerău

Aurel Vlaicu University of Arad

[anca\\_petroi@yahoo.com](mailto:anca_petroi@yahoo.com)

### **Abstract**

During these special times, there are concerns about the right ways of doing education at every age level. The level of stress, has grown within teachers, parents and students. The present article, shows theoretical and practical ways in which wellbeing can be achieved in educational organizations in the post Covid 19 period and some basics of stress management for all educational actors.

**Key words:** *stress, management, wellbeing, education, organization*

## **The digitalization of the implementation and monitoring of the training programs during the pandemic period**

Hrițcu Bogdan, Cristian Negrea, Cerasela Domokos, Martin Domokos, Eugen Bota, Silvia Nicoleta Mirica, Adrian Nagel

West University of Timisoara

[bogdanhritcu6@yahoo.com](mailto:bogdanhritcu6@yahoo.com)

### **Abstract**

During the pandemic period of Covid-19, sports actions were severely affected, due to restrictions imposed to prevent the spread of the virus. The trainings, during this period, were considerably reduced, both for the elite athletes, due to the postponement of the international competitions and moreover, the Olympic Games, as well as among the amateur sports enthusiasts who practice physical activity in their free time. Among amateur athletes, the coach-athlete relationship is essential for improving their performance and achieving the proposed goals. The purpose of this study was to implement and monitor remotely, two running training programs, using Garmin technology, in order to improve athlete's physiological parameters. The study group consisted of 12 people, who were randomly divided in 2 subgroups of 6, each: G1-TR3 ( a combined program consisted of 2 low intensity training sessions together with 1 high intensity training session) and G2-TR4 (a combined program consisted of 3 low intensity training sessions together with 1 high intensity training session). Respecting the imposed restrictions due to the period, each athlete trained individually for 3 months. Analyzing the remotely collected data we found the following results: in G1-TR3, during the training period it has been seen an improvement of: FC max (181bpm +/- 2) vs. (183 +/- 1) (n = s); step length (96cm +/- 2) vs. (102cm +/- 4) (p <0.05); Vo2 max (48 +/- 2) vs. (51 +/- 3) (p = marginal significant); Average running speed (10.01km / h, +/- 0.73) vs. (10.43 km / h, +/- 0.65) (p = ns). In, G-TR4 group: FC max (180bpm +/- 2) vs. (185 +/- 1) (p = marginal significant); step length (97cm +/- 2) vs. (104cm +/- 3) (p = s); Vo2 max (48 +/- 3) vs. (52 +/- 4) (p< 0.05); Average running speed (9.87km/h, +/- 1.11) vs (10.8 km / h, +/-1.22) (p<0.05). Among amateur athletes, the implementation of the combined high intensity-low intensity training programs, as well as their remote monitoring, can bring a beneficial impact on all monitored parameters: average running speed, as well as the Vo2 max indicator.

**Key words:** running, digitalization, training programs, remote monitoring, COVID-19 pandemic

# **Whole body electromyostimulation - an alternative method to the classic training for a healthy active life in the century of speed and digitalization**

Viorel Petru Ardelean, Andreea Nicoara, Vlad Adrian Geantă

Aurel Vlaicu University of Arad

[viorelpetruardelean@yahoo.com](mailto:viorelpetruardelean@yahoo.com)

## **Abstract**

**Introduction.** It is well known and proven that regular exercise brings health benefits, and the musculoskeletal, cardio-respiratory, metabolic and cognitive systems are positively influenced by sports. However, studies show that many adults and children do not achieve the recommended minimum level of physical activity per week. Whole body electromyostimulation training (WB-EMS) can be a promising alternative for people who lack motivation, time, have certain restraints or cannot perform classic exercises for various reasons. **Purpose.** This paper is a case study in which we wanted to observe the effectiveness of WB-EMS training, obtaining objective data on the level of physical development of subjects through measurements performed with specific equipment. **Methodology.** The study took place at the "Smart body fit" center Arad, a number of 3 people (1 man and 2 women) aged between 25 and 29 participated. They went through a 6 to 12 week training program, using WB-EMS equipment - I-motion. The measurements were performed with: Sincor fitness scale, retractable measuring tape, I-motion equipment. **Results.** Each subject was measured at the beginning of the study (Ti) and at the end (Tf), for the following parameters: - weight (W), - muscle mass (Mm), - body fat (Bf) as well as the perimeters: - bust (Pb) , - waist (Pw), - hip (Ph). We indicate some of the obtained results (in the form Ti / Tf): S1: W = 78.4 / 73.1kg; Mm = 35.6% / 37%; Bf = 43% / 37.5%; S2: W = 96.4 / 83.5 kg; Mm = 33.8% / 35%; Bf = 46.7% / 35.3%; S3: W = 82.7 / 80 kg; Mm = 43% / 47%; Bf = 25.6% / 20%. We also calculated the waist to hip ratio for each subject, and it is decreasing at Tf compared to Ti, indicating a low health risk. **Conclusions.** Analyzing the above data, a visible improvement of the values from the final test is observed, for this relatively short period, which indicates the efficiency of the WB-EMS training.

**Key words:** Electromyostimulation, training, healthy lifestyle

## **The role of emotional intelligence in educational system**

Evelina Balaş, Maria Martin

Aurel Vlaicu University of Arad

[evelinabalas@yahoo.com](mailto:evelinabalas@yahoo.com)

### **Abstract**

The educational reality specific to the beginning of the 21st century reconsidered the place and the role of affectivity in the psychic life of the individual. The old approach - reason versus affection, is no longer able to meet the challenges of the contemporary world. Intelligent behavior could be the solution to ensure adaptation to all conditions of an unpredictable future. The educational activity differs essentially from other professional activities and demands from the teachers an optimal development in socio-affective relation with the possession of productive emotional competences and high emotional intelligence (IE), which would ensure a balanced, motivated, value-oriented, constructive behavior. , sociable. Through this paper, we want to highlight the role of emotional intelligence (EI) in career development and the effects generated by a developed emotional intelligence on the well-being of teachers, by presenting strategies for developing emotional intelligence and presenting the concepts of burn -out and resilience and the role of emotional intelligence in avoiding / eliminating them.

**Key words:** Emotional intelligence, education, well-being



## Feuerstein's instrumental enrichment in online interaction and well-being in children

Otilia Todor, Dana Dughi, Tiberiu Dughi

Centrul Internațional Feuerstein Romania

[tibi\\_dughi@yahoo.com](mailto:tibi_dughi@yahoo.com)

### Abstract

Feuerstein method is a cognitive-behavioral intervention program based on the Theory of mediated learning and the Theory of cognitive-structural modifiability of R. Feuerstein. In the sessions of learning mediated with the tools of the method, the mediation criteria are used for the development of cognitive functions that are considered the prerequisites of mental operations. Functionally and adaptively, structural cognitive components can become responsible for ensuring a range of emotional / affective responses. This study is based on an approach to support and maintain the well-being of children, using worksheets specific to the Feuerstein Instrumental Enrichment Program, through online interactions. The tools we use in our online intervention are: Identifying Emotions, From Empathy to Action, Reflect and Learn How to Prevent Violence. These were aimed at supporting the student to learn about affective / emotional experiences through cognitive functions. This intervention aimed at: training cognitive functions in order to adapt the student, in optimal conditions, to the socio-educational context; developing emotional intelligence to overcome blockages in various contexts; stimulating self-esteem, by developing a sense of competence and awareness of one's own strengths. Following the intervention with FIE tools, we noticed in children the improvement and maintenance of well-being. Using Professor Feuerstein's worksheets, we trained the children in the skills needed to develop awareness, we identified strategies on how to react to emotional manifestations in terms of both awareness and behavioral regulation. In order to recognize and explain certain emotional states that are presented to them, in order to distinguish the emotional state of the other, children need the development of the cognitive process, whose quality can be described as “social / affective cognition”. (R. Feuerstein)

**Key words:** Feuerstein's instrumental enrichment, online interaction, well-being, children

# **Examining the relationship between metacognitive awareness of reading strategies, reading performance and future**

Rucsandra Hossu

Aurel Vlaicu University of Arad

[rucsandra.hossu@uav.ro](mailto:rucsandra.hossu@uav.ro)

## **Abstract**

The purpose of this study is to examine the relationship between metacognitive reading awareness, reading performance and future teaching self-efficacy beliefs in pre-service teachers. A number of 230 students enrolled in an initial pedagogical preparation program completed the Metacognitive Awareness of Reading Strategies Inventory- MARSII, (Mokhtari & Reichard, 2002), The teachers' sense of efficacy scale (Tschannen-Moran & Hoy, 2001) and a question-answer comprehension task from the university course. Results showed important correlations between the factors investigated. Educational interventions regarding the teaching methods and curriculum are suggested.

**Key words:** Metacognitive awareness, reading strategies, reading performance

# **Do not disturb! A look at Apps, Social Media Platforms and digital Wellbeing**

Daniela Stege

Hochschule für Wirtschaft und Recht, Berlin

[danielastege@yahoo.de](mailto:danielastege@yahoo.de)

## **Abstract**

It may sound contradictory, but if you search on the internet for the term “digital wellbeing”, the first results page shows or are directly connected to the App “Digital Wellbeing” from Google. How can that be, that we seem to need an App, for taking a break from the Apps? Since many studies from around the world shows the importance of limiting the duration of use for smart phone and other digital devices in order to prevent smart phone or internet addiction, it is necessary to describe, understand, predict and take action, when it comes to restrictions in the offline live caused by the dedication to the screen. But what brings real value to our lives and what distracted us from work, study and having good real-life friends, when it comes to spend many hours daily in front of a smart phone? Some people feel anxious when surfing the internet, some people feel anxious when are disconnected from the internet. Understanding the individual needs and the way artificial intelligence works on creating more interesting experiences for peoples, can be one way to increase the awareness when using the web. The daily activities pattern related to the amount of time spent online and the physical and psychical symptoms like sleep quality, anxiety, redness of the eye can also be an important criterion to start searching the optimal balance for the very own digital wellbeing.

**Key words:** Digital wellbeing, digital dependency, screen time

# Positive Experiences and Stress in digital Environment

Daniela Stege

Hochschule für Wirtschaft und Recht, Berlin

[danielastege@yahoo.de](mailto:danielastege@yahoo.de)

## Abstract

As a social being, living in the global, digital world, where everything seems to be possible, many individuals spend a lot of time on internet, trying to satisfy their needs: interacting with like-minded people, searching for information, studying, working, flirting, searching for affection, friends, entertainment and psychological support. Even if most of the people are well intentioned, the experiences can be sometimes negative. Some persons seem to have high und unrealistic expectations when interacting with strangers online, like protection, emotional support, spending time together, being there whenever they need. When the others aren't able to fulfill their emotional needs, they tend to react with frustration and disappointment. Other persons have negative experiences as they are victims of scams, bullying, stalking, financial fraud, phishing, harassment, identity theft. Oppositely, many people's concentrate their attention on spreading positive and inspirational content, to find inspiration, to develop, to grow and flourish. By experiencing strong negative emotions, like worry, sadness, anger as a response at psychological stress, the anxiety level can increase. The repressed emotions can also have a negative physical and mental impact. Offline psychological and social support may be as effective as lower levels of engagement with smart phones and multimedia technology.

**Key words:** Digital wellbeing, digital environment, positive online experiences, negative online experiences

## **Telework and well-being - a literature review**

Gavril Rad

Aurel Vlaicu University of Arad

[radgavrilrad@gmail.com](mailto:radgavrilrad@gmail.com)

### **Abstract**

Telework is becoming a more common flexible working solution. The focus of this article is to outline the characteristics of telework. The benefits and drawbacks of teleworking are discussed, as well as the implications on worker health. A literature review was employed as the technique. The results of this search demonstrate that scientific evidence favors a positive relationship between telework and worker health in general. However, there are some detrimental health effects, such as stress and depression. The general conclusion is that telework is more likely to benefit than harm an individual's health.

**Key words:** Telework, well-being

## **Sport Digitalization, Between Recreation and the Olympic Games**

Zsolt Bartha, Andras Kokai, Gabor Kincses,  
University of Pécs Faculty of Health Sciences  
Clift Climbing Ltd.  
University of Physical Education Budapest  
[andras@cliftclimbing.com](mailto:andras@cliftclimbing.com)

### **Abstract**

The 21st century has brought changes to the needs of society and the development of technologies. These changes have led to extensive researches in the field of sports sciences, bringing new results to the professional life of sports. Nowadays, IT developments, digitization, and data analysis are indispensable parts of sports. As the developments are unstoppable in recreational sports and competitive sports a complete transformation is undergoing. A university in-house research program has launched development in sport climbing, which spans from recreation to competitive Olympic level goals. Our research, measurements, and analysis demonstrate and confirm that the development of Clift Climbing can be a historic step in this new Olympic sport. The Clift system uses patent-pending sensor technology, which can be equipped behind regular climbing holds to track climbers' performance. Tracking results motivate beginners to become returning gym visitors, while it also provides exciting new challenges for experienced athletes.

**Key words:** Recreation, sport climbing, smart climbing wall, application, tracking

## Digital wellbeing in the areas of health, wellness, sport and rehabilitation

Simon-Ugron Ágnes,

Babeş-Bolyai University Cluj-Napoca,

Faculty of Physical Education and Sport,

Physical therapy and theoretical subjects department,

[agnes.simon@ubbcluj.ro](mailto:agnes.simon@ubbcluj.ro),

### Abstract

Digital wellbeing according to UNESCO is “the enhancement and improvement of human wellbeing, in the intermediate and long term, through the use of digital media”, and according to JISC “digital wellbeing considers the impact of technologies and digital services on people’s mental, physical and emotional health”.

This research is focusing on the digital wellbeing in the areas of health, wellness, sport and rehabilitation. There are a lot of innovative apps and devices, which can support our physical and mental health. From this range area of technology and digital services, I would like to mention just a few examples like digital health apps, exercise apps, digital devices: Tonal, Theragun.

*Health and wellness apps* are mobile application programs that offer health-related services on smart phones, tablet PCs and other communication devices. There are many types of health and wellness apps focusing on various aspects of promoting digital health. Note that the FDA distinguishes between general health and wellness apps that promote awareness, and wellness from other mobile medical applications that focus on diagnosis and treatment of diseases. Health and wellness apps vary a great deal, and are often used interchangeably with the term, mHealth apps.

*Tonal* is a wall-mounted machine that has two adjustable arms; you can move them up and down and angle them for various push or pull exercises. Tonal currently offers a handful of coaches with different personalities, but most of their classes are structured the same way.

*Theragun* is a massage device that looks (and sounds) like a power drill that uses percussive massage therapy to treat muscle soreness and relieve pain. The Theragun, and other devices like it, use a tactic called percussive therapy and vibration therapy to treat muscle soreness in everyone from professional athletes to weekend warriors.

**Key words:** digital wellbeing, health, wellness, sport, rehabilitation

## **SWOT Analysis of Training Needs in Romania for Mental Health Tutoring**

Mihaela Gavrilă-Ardelean

Aurel Vlaicu University of Arad

[miha.gavrila@yahoo.com](mailto:miha.gavrila@yahoo.com)

### **Abstract**

The vocational education process in European tutoring for the immersion of trainees in the mental health sector (VETmh TuTo+) is an international project covered by the Erasmus+ Strategic Project axis, Erasmus strategic project, European funds. To our university, the experience of the VETMH TuTo + Project was a new trend and opportunity to develop the competences of health and social work professionals. The SWOT analysis of Romanian Formation on VETMH TuTo+ Project aimed to identify the strengths, weaknesses, opportunities and threats in training in tutoring in MH, in the working context of the trainees. The research conducts a comparative SWOT analysis in the public-private institutional binomial. Conclusions: Research results have led to pertinent conclusions regarding the future trajectory of the training of tutors in MH. They will be able to contribute to the promotion of MH in their areas of activity, at the workplace, in the psychosocial sector, in the health sector alongside multidisciplinary researchers.

**Key words:** SWOT analysis, needs, mental health, mentoring, Romania