

Editorial Letter to the Special Issue: Closer to Emotions 8

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The 8th International Scientific Conference *Closer to Emotions* is another one in a series of conferences organized regularly since 2006 by the employees of the Department of Psychology of Emotions and Motivation at the John Paul II Catholic University of Lublin, Poland. With each subsequent edition, the importance and scope of the conference has grown. The current eighth edition of the conference was held on 18-19 November 2021 and gathered people interested in the topic of emotions in various contexts, both from Poland and abroad. The current edition had one more purpose, which was to honour the memory of Professor Zbigniew Zaleski, the long-term head of the Department of Psychology of Emotions and Motivation at the John Paul II Catholic University of Lublin. From the very beginning, Professor Zaleski supervised the cycle of conferences *Closer to Emotions* in terms of the scientific content and organization.

Due to the pandemic circumstances, the conference was held online. Despite this, it was possible to gather 77 attendees from 16 Polish (e.g., UKSW Warsaw, UW Warsaw, Uniwersytet SWPS Warsaw and Sopot, CIOP Warsaw, UAM Poznań, UJ Kraków, UŚ Katowice, UPH Częstochowa, UMSC Lublin, US Szczecin, PR Rzeszów, UP Kraków, UŁ Łódź, PAN Warsaw, and KUL Lublin) and 11 foreign academic centers (e.g., Ukraine, Germany, Switzerland, Great Britain, Italy, Israel and Spain).

Owing to the great interest of researchers from Poland and abroad, the Conference, as in previous editions, has become part of a broad scientific debate on the issue of emotions in human life. During the conference, the attendees presented the results of their studies, argued to their advantage during discussion panels, and acquired practical skills in conference workshops. The effect of an academic meeting, as in the case of previous editions, are post-conference publications (e.g. Błażnio & Gózik, 2007; Błażnio & Przepiórka, 2008, 2013; Kot & Przepiórka, 2022).

This special issue of *Advances in Cognitive Psychology* emerged as a result of the 8th edition of the International Conference *Closer to Emotions*. The organization of the conference was co-financed from the "Perfect Science" program of the Minister of Science and Higher Education entitled *Scientific Conference "Closer to Emotions 8"* (registration number DNK/SP/466490/202015). The grant was also used to co-finance the publication of this special issue of *Advances in Cognitive Psychology*. In the resulting articles, the authors, attendees of the current and past editions of the International Scientific Conference *Closer to Emotions* raise various issues related to emotions in various spheres of life.

Emotions have evolved to help us survive because they inform us in advance what is important and crucial to us (Lazarus, 2006). They prioritize this information in terms of speed of transmission, analysis, and reaction (Gokce et al., 2021). It is emotions that make us take decisions and react faster. However, the analysis of gains and losses under the influence of emotions does not always suggest the choice of the

most rational and beneficial alternative (Kahneman, 2011). Due to the fact that they inform us about what is happening inside us and in our surroundings, they signal our own needs (Ekman, 2007). For example, if I feel joy, it means that I feel good and want to repeat the specific behavior. In turn, anger can inform us that something that we do not like is happening and that we want to change something (Błażnio & Przepiórka, 2013). It is emotions that make it easier for us to arouse and keep motivation to act (Reeve, 2018; Zaleski, 1988). Emotions facilitate communication and building relationships with others (McGarry et al., 2021). Unfortunately, sometimes emotions take over and we do things that we later regret. That is why it is so important to correctly understand what emotions are, how they arise, and how to cope with them (Zaleski, 2007). Especially that we deal with them in almost every sphere of our lives: at home, at school, at work, in the sphere of new media. In this multidimensional context, the articles collected in this special issue deal with emotions.

The dynamic changes taking place in the global economy observed in recent years have an increasingly strong impact on the functioning of ordinary employees (Wontorczyk & Rożnowski, 2022). In the first of the articles, Łaguna, Chilimoniuk, Purc, and Kulczycka tackle the topic of affect in organisational life. The authors analyse the importance of workload, job autonomy and performance feedback for the formation of job-related affective well-being in emergency medical dispatchers. This gives explicit practical implications to organize the work of emergency medical centers in such a way that they offer emergency medical dispatchers successive access to feedback from managers and colleagues and an adequate level of autonomy at work, along with taking measures to protect them against work overload.

In her article, Krzysztofik takes into account the importance of emotions in the context of child disorders. The subject of the analysis is the relationship between the recognition of emotions and the level of sensory reactivity in children with autism spectrum disorder (ASD). The results indicate the need to include sensory hyporeactivity therapy in the rehabilitation process aimed at improving the ability to recognize emotions in children with ASD.

As mentioned before, despite many years of research, some issues related to emotions still raise some doubts (Zaleski, 2007). One of them is linking cognitive processes and emotions. In their study, Jankowska and Imbir test in an experimental procedure how the emotions experienced while reading legal documents affect the cognitive processes necessary for the correct understanding of the text. Thanks to this, it is possible to identify components that may affect the understanding of the text, and thanks to this, we know which spheres need to be supported for people who have problems understanding the texts that they read.

Emotions accompany people in various spheres of their lives, both real and imaginary (Ekman, 2007). An example of the latter is offered by the Internet (Błachnio et al., 2022). In their article, Benvenuti and Mazzoni describe their studies on how developmental transitions and related developmental tasks affect well-being and mood regulation. This translates into functional or dysfunctional Internet use. Adequate emotional regulation seems to be a protective factor against dysfunctional Internet use.

In their article, Wołonciej and colleagues showed how proverbs function as mediators in the relationship between pessimism/optimism and depressiveness. The study offers a paremiological view of depressiveness, emphasizing the role of cultural scripts in affective disorders. Additionally, the result of the described research is a Polish version of the Proverbial Pessimism and Optimism Scale. The new tool offers implications based on paremiology for more culture-related clinical practices.

The article submitted by Sadia Malik and Anam Yousaf investigates the relationship between attachment styles and gratitude among students. The study found that there is a strong connection between secure attachment and positive affect, as well as gratitude. On the other hand, a significant negative association between insecure attachment and gratitude, but a positive relationship with negative affect were also discovered. The authors found that insecure attachment has a direct impact on both positive and negative emotions, as well as gratitude. Additionally, positive and negative emotions play a role in the connection between insecure attachment and gratitude.

In the article prepared by Agata Janeczek and Jan Ciecuch, the authors try to find personality (metatraits and values) underpinnings of the tendency to feel guilt or shame. The results showed that shame and guilt are predicted by personality meta traits (20%-24% variance explained). What is interesting is that shame is predicted mostly by disharmony and conservation, while guilt is predicted only by values (conservation and self-transcendence).

Jan Gruszka and his team addressed the issue of genetic blood disease (haemophilia) and its effect on the quality of life. Results showed that emotional processing mediates the relationship between alexithymia and depression, with patients who have elevated levels of alexithymia and deficits in emotional processing being at higher risk of depression. The findings suggest that mental functioning in haemophilia patients may be affected by alexithymia and emotional processing issues, but the disease burden may also lead to the use of secondary alexithymia as a coping mechanism.

Summing up, the articles in this special issue of *Advances in Cognitive Psychology* provide a new perspective on emotions and the processes related to emotions. The variety of aspects of emotions analyzed in the articles indicates their importance for various spheres of our lives. This shows the validity of the words of the late Professor Zbigniew Zaleski, who in 2007, in the introduction to the book created on the occasion of the 1st edition of the International Conference *Closer to Emotions*, wrote that nowadays, the emotional sphere is a greater challenge than thinking, and emotions themselves deserve to be treated with the utmost respect. This publication confirms that emotions are still important and their functions affect various spheres of our lives. We hope that this special issue will broaden the existing

knowledge about emotions both in the academic community and among practitioners who professionally deal with emotions.

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