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Rethinking applied psychology research paradigms vs. practical approaches

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FOREWORD

It seems that we are living a much more complicated life than we imagined we would just a short while back. A life dominated by uncertainty, in which we are heading towards unknown and not exactly peaceful horizons.

Professions which seemed to be consecrated indefinitely are on the brink of extinction, entire domains are turning upside down with confusion, the communities in which we live in are becoming scattered and physical interaction seems to be replaced by the virtual one. Our world as we knew it was rapidly and brutally replaced by a reality in which we find it more difficult to survive and therefore it consumed some of the best resources we have at our disposal.

Will our capacities to adapt be strong enough?

Will our behavioural and mental flexibility allow us safe passage to the new post-pandemic reality?

What will this post-pandemic reality look like?

Which will be our place in the world of tomorrow?

In what ways will technological processes affect the wellbeing of humans, groups and societies?

Will humanistic sciences be able to keep up with the rapidly evolving exact sciences?

Here are just a few questions we try to respond to year by year, conference by conference.

Marius Milcu, Dr. Habil.

Lucian Blaga University of Sibiu, Department of Psychology

Director of Center for Psychological Research

President of The Association for Qualitative and Intercultural Studies in Psychology (A.Q.I.S.P.)



INTRODUCTORY COMMENTS

Rethinking Applied Psychology: Research Paradigms vs. Practical Approaches is the 2020 edition of proceedings drawn from the annual meeting of the Association for Qualitative and Intercultural Studies.

Ordinarily held in Sibiu, Romania, this year's conference was entirely online. By any measure, it was an outstanding success, due to the ingenuity and industry of conference President, Conf. univ. dr. habil. Marius Milcu. Given the demands and unpredictability of COVID 19, *Rethinking Applied Psychology* must be seen as a triumph, keeping intact the 14-year tradition of uninterrupted publication of conference proceedings that feature integrative and applied research.

This year's volume is the culmination interdisciplinary and interprofessional collaboration on a wide range of contemporary topics of interest to participants from Romania and elsewhere. These topics covered innovative research methods and practices in clinical psychology and psychotherapy; educational psychology and pedagogical science; work, organizational, and transportation psychology; forensic and military psychology; and social and transcultural psychology.

The contributors to this book are highly regarded experts and aspiring young scholars in psychology and allied fields of sociology, education, and health sciences.

Rethinking Applied Psychology is proof of the value of research with a social conscience, research that is of benefit to the individual and society.

Michael Stevens, PhD, DHC, LHD
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Honorary Professor, The Lucian Blaga University of Sibiu
Past-President, APA Division of International Psychology



INNOVATION IN APPLIED PSYCHOLOGY

The annual international meetings of the Association for Qualitative and Intercultural Studies have been held for several years in Sibiu (Romania), and have been accredited by the Romanian College of Psychologists.

The regularity and scientific quality of these meetings allow them to be part of the agenda of international events in Psychology worldwide. These conferences have been an excellent opportunity for strengthening and enriching the interdisciplinary systematic approach, as well as the network between researchers.

In addition to the organisation of these annual meetings, books have been published annually, containing the very research studies presented during the congresses.

The general themes of the meetings and the corresponding books have allowed the development of an integrative and multidisciplinary perspective of research with contributions coming from different but complementary fields of psychology. Moreover, the perspective of applied psychology has contributed by proposing strategies for improving the health and well-being of people and organisations.

The present book, “Rethinking Applied Psychology: Research Paradigms vs. Practical Approaches”, continues this applied and integrative perspective of the human being as a whole, within different contexts of human behaviour. Applied research is an important issue in order to improve innovation and to increase the knowledge regarding more recent practical fields of Psychology, such as tourism or sustainability.

Nowadays, with the pandemic derived from Covid-19, Psychology has become even more important in its application and usefulness to people's lives. The future of psychology will be increasingly linked to the future of society itself.

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