

ENGLISH ABSTRACTS ENGLISCHE ZUSAMMENFASSUNGEN

ABSTRACTS

MÁTÉ JOÓB & PAAVO KETTUNEN (p. 163)

Confession from the Point of View of the Experience of the People Seeking Help: An Empirical Study about Confessional Practices in Finland and Hungary: The article presents confession practice from the point of view of the confessants. The practice and experiences of the confessants are presented based on two earlier research studies. The source material of both researches was based on letters written by the confessants themselves with the need of stress relief. As the collection and analysis of the material was conducted with a similar method, there is also a possibility to compare the findings of the two research studies. Based on letters from Finnish and Hungarian respondents, the authors look at several topics: expectations from the confessants, criteria of experiencing absolution, the relationship between confessant and confessor and the effect of confession on the spiritual life of the confessant.

Keywords: confession, confessional practice, confessor, confessant, absolution, anxiety, sin, guilt, distress

KRISZTINA S. PETIK, ANIKÓ KÉZDY & FRUZZINA KOCSIS (p. 187)

Learning Projects and Their Background Motivations: Relationships with Mental Health in Midlife and Later Life: Human development is a life-long, complex process accompanied by gains and losses. Among the difficulties of adult development, midlife calls for special attention, for, during the long transition from youth to old-age, one has to face several losses, and, as a result of that, the special psychological tasks of accommodating to new circumstances. The purpose of the study was to explore the relationship between projects – especially projects concerning learning – and indicators of psychological and physical health in midlife and later life. We hypothesised that individuals who are experiencing crises in the second half of their lives would be more open towards educational programmes on physical and mental health. We also expected that individuals with intrinsic goal motivation would be more motivated for self-developing learning, and that intrapersonal goals would be connected with a greater openness to training programmes on mental health. The sample consisted of 585 people ($M = 50.6$, $SD = 8.5$). For further analysis the sample was divided into six age groups on the basis of Levinson's classification. The results confirmed that the middle- and the old-age generations are open to educational programs that develop self-directing functions. Contrarily to our hypothesis, it is not a crisis linked with decreased physical and mental health that makes one open to such programmes, but good physical health and new life situations presented by stressful life events. Besides, the need to participate in educational programmes aimed at self-development is stronger in the case of individuals whose motivational system is dominated by intrinsic goals (goals related to basic psychological needs).

Keywords: aging, midlife, personal projects, learning projects, psychological well-being, andragogy

ROBERT BIEL (p. 212)

The Atheisation of Culture in Communist Poland and Its Present-Day Repercussions: The Age of Enlightenment marked the beginning of modern religious criticism in Europe. Several atheistic ideas born at that time have maintained their influence and affected the life and culture of many generations. This process, which clearly manifested itself in the People's Republic of Poland as well, led to the atheisation of culture. The church in Poland has been acting as the patron of culture for centuries and this role was especially important at times of political dependence such as the division or the occupation of the country. Under the Communist rule culture was given a subordinate status based on the structural and political principles of the Communist Party. Consequently, culture was primarily expected to serve communism. The intention of authorities to marginalise Christian culture and art resulted in its increasing ghettoisation. Following the declaration of a state of emergency (1981) the ghetto conditions created for Christian culture contributed to the so-called internal emigration of artists and the boycott of the Polish radio and television. This process generated an unofficial system of culture, which could cater to the needs of the majority of citizens. This unofficial system comprised actors and trustees of culture who were not subservient to state power or had more authority and freedom to represent different values, norms or forms of behaviour than those of the dominant cultural system. For example, churches or parish community rooms hosted theatre shows and other performances as well. The unofficial system of culture contributed to social integration in a significant way and helped to preserve national identity. The social status quo following the political turn compelled the Polish church to re-define its position on the free market of ethical, cultural and religious values and played a role in eliminating the gulf between the Christian message and modern society. Since church and culture have been deeply intertwined and Christians are conscious of their centuries-long spiritual and cultural heritage, they cannot and do not want to give up this unalterable element of national and religious identity. Christians have been forming the image of intangible culture for centuries and they will continue to strive for a position as equal and full partners in constructing the new European reality.

Keywords: state and church, Poland, communism, state socialism, history, dictatorship, retro-spection, atheist ideology, church, political turn, culture

JOZEF HAŠTO & HANA VOJTOVÁ (p. 232)

Posttraumatic Stress Disorder: Bio-Psycho-Social Aspects, Eye Movement Desensitisation and Reprocessing and Autogenic Training in Persistent Stress: Case Study, Part 2.: In our case study, we illustrate the use of Eye Movement Desensitisation and Reprocessing (EMDR) and Autogenic Training (AT) in PTSD treatment. EMDR was used to manage the acute symptoms, while AT was used to enhance the resilience in persisting stress. Using the bio-psycho-social model of mental illness, we discuss the socio-political and socio-psychological aspects of this case that has put a burden on the relationship of two neighboring nations (Slovakia and Hungary) as well as on the relationship of the national majority and a minority within our country (Slovakia). Our patient consented to this report being published, and we hope that it will contribute to a more realistic evaluation of this event in society.

Keywords: posttraumatic stress disorder, bio-psycho-social model, therapy, psychotherapy, Eye Movement Desensitisation and Reprocessing, Autogenic Training, case study