

Applied Psychology Readings

Thomas Hunt · Lee Ming Tan
Editors

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Selected Papers from the Singapore
Conference on Applied Psychology 2021

 Springer

Editors

Thomas Hunt
University of Derby
Derby, UK

Lee Ming Tan
East Asia Research
Singapore, Singapore

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Preface

The 2021 Singapore Conference on Applied Psychology, organised by East Asia Research and supported by Singapore University of Technology and Design and the University of Derby, was held virtually 9–10 December 2021. Researchers and practitioners from many fields of psychology research and practice presented on recent innovations, trends, concerns, practical challenges, and the solutions adopted in the field of Applied Psychology, with a special focus on psychological well-being. Presentations were given by academics and practitioners in over ten countries, and keynote presentations were given by Dr. Carrie Childs from the University of Derby, who presented on ‘Constructing the sex addict’, along with Dr. Yow Wei Quin from Singapore University of Technology and Design, who presented on ‘COVID-19 lockdown measures: Impact on older adults with dementia and their caregivers in Singapore’.

This book includes seven papers submitted and accepted for special publication following a peer-review process supported by academics at the University of Derby, co-ordinated by Dr. Thomas Hunt. The papers selected for publication cover an exciting and diverse range of empirical studies and discussions in the field of applied psychology. This includes topics of psychological well-being in students; emotion regulation; financial resilience; problematic online gaming; psychological effects of facial exercises; teachers’ perceptions of student misbehaviour; and the empowerment of millennials at work.

Yours sincerely,

Thomas Hunt
SCAP 2021 Conference Chair

Conference Organiser



East Asia Research

East Asia Research (EAR)

Established in Singapore in 2015, East Asia Research (EAR) envisions to be the gateway to improving lives and enhancing productivity in Asia through promoting cross-geographical exchange of ideas and knowledge in various faculties. This will be achieved through the dissemination of knowledge from the Asia-focused research conferences and publications by EAR.

EAR academic conferences provide a meaningful platform for researchers, post-graduates, academicians, and industry practitioners to share unique insights and drive innovation. This is a great opportunity for expanding contact networks beyond a singular field and kick-starting a strategic collaboration. Such partnership can bridge the resources and expertise of multiple disciplines to spearhead pioneer movements, giving rise to breakthroughs in long-standing issues.

Contents

Psychological Well-Being of International Students Aged 15–17	1
Yuliya Yu Dubrovskaya and Olga A. Moskvitina	
Building Coherence and Increasing Emotion Regulation Flexibility Towards Resilience: An Experimental Study in Singapore	10
Yih-Shyang Sim	
The Effect of Fast Loans on Financial Resilience-Building Behaviors and Mental Well-Being	43
Joseph S. Ortiz and David Roi Hardoon	
Motivation and Cognitive-Behavioral Factors in Problematic Online Gaming	67
Ezra N. S. Lockhart	
Integrating Mental Health Services in Existing Healthcare System in Pakistan: A Public Mental Health Approach	116
Sumbal Gilani and Syed Irfan Ali Shah	
Psychological Effects of Facial Exercises	134
Marin Moriya, Toru Sugahara, Chieko Kato, and Koichiro Aoki	
Indonesian Primary School Teachers’ Perceptions of Student Misbehavior	149
Pramesti Pradna Paramita, Fitri Andriani, Muryantinah Mulyo Handayani, and Rusdi Rusli	
Empowering Millennials Working in Small and Medium Enterprises (SMEs)’ Affective Wellbeing: Role of Volition, Justice and Meaning at Work	163
Wai Meng Yap, Siti Khadijah Zainal Badri, Wan Mohd Azam Wan Mohd Yunus, and Oliver Mansilla	
Author Index	179

About the Editors

Assoc. Prof. Dr. Thomas Hunt is an Assoc. Professor in the School of Psychology at the University of Derby in the UK. As an internationally recognised researcher in the field of mathematics anxiety, he has published several self-report measures and conducted a range of studies investigating the mechanisms that underpin the relationship between mathematics anxiety and performance. His recent work has involved studying mathematics anxiety in an applied way, including drug dosage calculation anxiety in nursing students and statistics anxiety in students. He regularly works with a range of stakeholders to provide professional development workshops on the topic of mathematics anxiety, including strategies to reduce it.

Mr. Lee Ming Tan is the founder of East Asia Research, and he obtained his Master of Applied Finance from The University of Adelaide. He is deeply interested in how humans function and react with each other. An insight into how people's minds think and how they work together is invaluable in just about every field. Outside of work, he enjoys outdoor activities and the occasional computer game.