

INTRODUCTION TO THE SPECIAL ISSUE *CLOSER TO EMOTIONS*

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This special issue of the *Annals of Psychology* is dedicated to emotions. Despite many years of research on emotions, there are still many areas that require intensive scientific work. New questions and research problems emerge very distinctly when we are dealing with a dynamically changing reality in which we have to function, and no doubt this is what we are dealing with at the moment. This special issue contains articles on emotions, in which the authors—participants of the current and previous editions of the International Scientific Conference *Closer to Emotions*—adopt different theoretical perspectives and use different research paradigms to show the importance of emotions in various spheres of life. This multi-dimensional perspective corresponds to a wide spectrum of using psychological knowledge from the field of emotions in the modern world.

Keywords: emotion; International Conference *Closer to Emotions*; emotions in various spheres of life; emotional expression.

In the introduction to the book created on the occasion of the first edition of the international conference *Closer to Emotions*, the late professor Zaleski (2007) wrote that nowadays the emotional sphere is a challenge greater than thinking, and that

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emotions themselves deserve to be treated with utmost respect. Although more than 15 years have passed, these words are still valid and inspire scientific research. On a macroscale, this is confirmed by thousands of publications dealing with the subject of emotions that appear every year (Ortony, 2022). On a microscale, successive editions of the Conference, which for over 15 years has regularly invited emotion researchers from Polish and foreign academic centers to present the results of their research at the John Paul II Catholic University of Lublin, present their arguments during discussion panels or acquire practical skills in conference workshops.

As Ekman (2007) wrote, emotions determine the quality of our life. We deal with them in almost every situation that is important to us: in the family, at work, in intimate relationships. They can elicit an appropriate response to the situation, but they can also lead to behaviors that we will later regret. That is why it is so important to understand properly what emotions are, how they arise and how to deal with them (Zaleski, 2007). Psychological knowledge about emotions mainly results from empirical verification, which makes it open and dynamic. This is because the changes taking place in our reality constantly change the content of emerging research questions, as well as the type of research methodology used at a given moment or the prevailing scientific paradigm (Żyżniewski, 2019). The situation of the pandemic, the prolonged lockdown, the outbreak of a war in Ukraine, the specter of the global economic crisis, the changing situation on the labor market are the events affecting human emotions (Li et al., 2022; Shevlin et al., 2022; Tausch et al., 2022). It was in this context that the articles compiled in this issue were being created.

This special issue of the *Annals* emerged as a follow-up to the 8th edition of the *Closer to Emotions* conference, held in memory of Prof. Zbigniew Zaleski, who for many years was a mentor for many of us in the Department of Psychology of Emotions and Motivation; his active work laid the foundation for the conference series. Here, the authors—participants of its current and past editions—raise various issues related to the issue of emotions in various spheres of life.

As mentioned earlier, despite many years of research, some issues regarding emotions still raise certain doubts. One of them is emotion regulation. In their study, Del-Valle, Zamora, Urquijo, Olsen, López-Morales, and Andrésin analyse the importance of various specific emotion regulation mechanisms for the emergence of psychopathological symptoms, e.g., somatizations, obsessive-compulsive, interpersonal sensitivity, depression, anxiety. The results of the research highlight the importance of emotion regulation and distress tolerance mechanisms in the emergence of specific psychopathological symptoms and their implications for mental health. According to latest research (Li et al., 2022; Tausch et al., 2022), more and more people experience various types of more or less severe psychopatho-

logical symptoms. Therefore, searching for their determinants is important for psychological and psychiatric practice.

In their article, Wągrowska and Wróbel describe two studies where they searched for the main causes of crying. As it turned out, crying can be the result of both negative (e.g., sadness, anger) and positive emotions (e.g., happiness). The measurable effect of their work is the creation of 34 situational vignettes that refer to specific situations or events that can potentially make people cry. The resulting descriptions of situations can be used to manipulate the emotional basis of tears in experimental studies. Therefore, it creates a useful tool to be used by other researchers planning to analyze this area of human emotionality in their research.

The changes taking place in the global economy observed in recent years increasingly translate into the functioning of ordinary employees on the labor market and within their organizations (Li et al., 2022). In fact, the next two articles in this issue deal with the subject of emotions on the labor market and in organizational life. Lam and Purc analyze the importance of dispositional positive and negative affect for the formation of entrepreneurial intention among participants in the labor market. The authors refer to the classic Ajzen's theory of planned behavior (1991). The results presented did not confirm the direct significance of positive or negative affect on the development of entrepreneurial intention. This relationship is indirect when considering the components of the theory of planned behavior as mediators. Although the article does not present a full explanation of all the factors relevant to the formation of entrepreneurial intentions at the end of a professional career, it emphasizes that the affective component (positive and negative) should be taken into account by researchers, decision-makers and practitioners dealing with supporting people of retiring age planning to start a business—especially now, when the situation on the labor market is becoming more and more difficult (Li et al., 2022).

Another psychological variable relevant to efficiency and effectiveness at work is addressed by Grala and Baka here. This variable is occupational hardiness, which is defined as a pattern of attitudes and strategies that stimulate an individual to perceive stressful situations at work as manageable, worth dealing with, and contributing to professional development. Grala and Baka describe the process of developing the Polish version of the Occupational Hardiness Questionnaire (OHQ) scale. In order to determine the psychometric properties of the scale, such as the factor structure, reliability, validity, stability of results over time, the authors conducted two studies on a sample of Polish employees. The Polish version of the OHQ has a three-factor structure, confirmed construct validity and good internal consistency. The scale described in the article is the first of its kind in our country, and it can be used both in scientific research and in organizational practice.

Emotions accompany people in various spheres of their lives, both real and imaginary (Ekman, 2007). Such an imaginary source of emotions can be virtual reality generated in games. In their article, Wojtasiński, Tużnik, and Cudo search for predictors of problematic use of video games among professional on-line board game players. Game addiction is a growing problem, especially among children and adolescents (Cudo et al., 2020), which makes it reasonable to look for the determinants of this problem. Problematic video games use carries high psychological, social and emotional costs for those affected. In the results of their studies, Wojtasiński and colleagues indicate the importance of conscientiousness and immersion in explaining problematic video games use. The type of game is also important, which is why some of them have a greater potential for addiction, which should be taken into account by people choosing this type of entertainment.

In conclusion, the articles in this special issue provide new insights into emotions and the associated processes. The variety of topics covered in the articles demonstrates the importance of emotions for various spheres of our lives, from inducing various types of states (such as crying) or revealing psychopathological symptoms in interactions in the environment to video games. This shows that, according to Zaleski's predictions (2007), emotions are still important and their functions affect various spheres of our lives. We hope that this publication will broaden the knowledge about emotions both in the scientific community and for practitioners who professionally deal with emotions.

CRedit Author Statement

PAWEŁ KOT (70%): conceptualization, writing (original draft), writing (review and editing).

ANETA PRZEPIÓRKA (30%): conceptualization, supervision, writing (review and editing).

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