

SPIS TREŚCI

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THEORY AND PRACTICE OF SOCIAL WORK

Beata Borowska-Beszta

The Scottish concept of supporting homeless people in the religious charity *Bethany Christian Trust*. A mini-ethnography of vulnerabilities and beneficence

Abstract: Mini-ethnography research in a Scottish religious charity based on a case study analyses the characteristics of the work supporting the homeless people – Bethany Christian Trust (BCT). The mini-ethnography is a preliminary report with a narrow scope, based on analysis of existing data (websites, organizational reports) and collected data. The content of the article includes theoretical analyses of the issue of homelessness in Scotland, including the legal definition of homelessness and the systemic basis of support. The empirical part includes a research problem formulated as a question, a description of the method, data analysis and research results, i.e. an ethno-graphic description with exemplifications characterizing the BCT activity and thematic analysis. The thematic analysis allowed for the generation of five key themes characterizing the approach to supporting homeless people in BCT. All topics are articulated in the background of the mission and present in BCT activities. These are mindfulness, relief, well-being, safety, and discretion. The descriptively presented research results contain the characteristics of BCT's activities, considering the clearly articulated goal of the organization, i.e. ending homelessness in Scotland.

Keywords: homelessness, artifacts, charity, Bethany Christian Trust, Scotland.

PSYCHOLOGICAL FOUNDATIONS OF EDUCATION

Tomasz Kruszewski

Towards health and happiness – selected features of the philosophical perspective and its implications in cognitive behavioral therapy

Abstract: The contribution concerns the presence of emotions in the development of selected mental disorders and diseases. Since the understanding of emotions and feelings is ambiguous in neurobiology, psychology and other social sciences, reference was made to the findings of the philosophy of psychology and psychiatry - the basis for analysing concepts and clarifying the classification of human affective states. They have been enriched with the most characteristic definitions of emotions and feelings. The understanding of therapeutic work in the field of health and disease and the holistic concept of the body are included in the idea of a mature understanding of happiness and, consequently, in the framework of the philosophy of medicine. A methodological dimension of cognitive behavioural therapy and new age psychotherapy threads were proposed, within which the focus was on the model of problem formation and the epistemology of the levels of human cognitive content. Some attention has been devoted to working on emotions in outpatient care of patients with diseases such as mood disorders, anxiety disorders and other reactive reactions. Reflections on one's own work model towards negative automatic thoughts in various mental problems and the emotions that

condition them are presented. Selected forms of psychoeducation for patients are outlined, taking into account the basic features of cognitive psychology, behaviourism, and Eastern spirituality as key to maintaining health and feeling happiness – the axis of effect is taken into account in the article. Because the literature on CBT is vast and well-systematised, including epistemic, ontological, anthropological and ethical assumptions, the contribution omits its broader definition.

Keywords: cognitive behavioral therapy, philosophy of psychotherapy, health and illness, emotions

EDUCATION AND SOCIALIZATION METHODS

Marcin Michalak

Semiotic and symbolic dimensions of popular music as spaces of enculturation and child upbringing

Abstract: The article explores one of the most intriguing areas of the Alison Stone's aesthetics of popular music – the issue of semiotic and symbolic meanings in popular songs. The semiotic dimension is the realm of embodied affects rooted in early childhood, while the symbolic dimension pertains to various levels of meanings contained in song lyrics. Both dimensions intersect and coexist in the process of music perception, although Stone gives precedence to the semiotic dimension. The aesthetic considerations of the British philosopher not only explain the reasons why we enjoy popular music and shed light on the process of enculturation into the area of Western musical culture but also create space for various educational and upbringing activities.

Keywords: popular music, semiotic and symbolic meanings, enculturation, child upbringing

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Bernadetta Olender-Jermacz

The role of the supervisor of student research groups in the opinions of their members: need, involvement and evaluation of activities

Abstract: The role of academic teachers in student scientific circles is crucial for their functioning and effectiveness. A study conducted among members of various scientific circles aimed to understand the needs, engagement, and evaluation of mentors' actions. Analysis of survey data showed that mentors play a significant role in the life of these organizations, supporting students in both their scientific activities and personal development. Most respondents positively assessed the engagement, support, and inspiration they receive from their mentors. Mentors often support circle members in organizing scientific events, participating in competitions or conferences, as well as in developing interpersonal skills.

The results demonstrated that academic teachers are considered indispensable by the vast majority of respondents, who appreciate their contributions to research leadership, guidance, and problem-solving support. Although there are differences in views regarding the intensity of mentors' engagement, most respondents perceive them as pivotal to their scientific development.

In summary, the role of academic teachers in a scientific circle extends beyond the academic realm, positively impacting the university atmosphere, stimulating student activity, and fostering connections among circle participants. Collaborating with an academic teacher can

bring students many benefits, not only in terms of acquiring knowledge but also in developing practical skills and building professional networks. Therefore, it is essential to ensure adequate support and guidance offered by mentors to maximize the potential of student scientific circles and achieve their members' ambitious scientific goals.

Keywords: student research groups, academic teachers as supervisors of research groups, students' scientific activities

PROBLEMS OF THE YOUNG

Gabriela Krukowska

Free time and physical activity of young people

Abstract: This article addresses the problem of youth passively spending time in the context of the growing use of technology. Particular attention is paid to prolonged television and social media use. This phenomenon leads to a perpetuation of a sedentary lifestyle. The author points out that this has negative health consequences, including obesity, type 2 diabetes, hypertension, and cardiovascular disease. The article cites the World Health Organization's recommendations regarding physical activity. According to these recommendations, children and adolescents should engage in at least 60 minutes of moderate to vigorous exercise daily. It is also recommended to limit the time spent sedentary. The author compares the level of physical activity among youth in selected countries. He indicates that in the Netherlands, Germany, and the United States, youth are more likely to engage in physical activity. Research conducted in Poland has shown high levels of passive time spent by students. The article's conclusions emphasize the need to promote physical activity through educational and organizational activities.

Keywords: physical activity, sedentary lifestyle, health, free time

ENVIRONMENT & EDUCATION

Tomasz Róžański

Youth students as a subject of scientific reflection – psychosocial and upbringing aspects. Outline of the issues

Abstract: The starting point for the considerations undertaken in the article was the definition of the concept of *youth*. Next, the criteria for distinguishing youth were discussed, including biological, psychological, pedagogical, legal, economic and social. Then, the characteristics of student youth were made in terms of psychosocial and upbringing aspects.

Keywords: youth students, the role of a student, college, *study age*, upbringing

OLD & NEW READINGS

Katarzyna M. Wasilewska-Ostrowska

Diagnosis in pedagogy and psychopedagogy

(Review: Marta Guziuk-Tkacz, *Badania diagnostyczne w pedagogice i psychopedagogice*, Wydawnictwo Edukacyjne „Akapit”, Toruń 2022, ISBN 978-83-66951-42-6, ss. 402.)

Marzenna Magda-Adamowicz

About a new university with reflections in the background

(Review: *Nowa szkoła – szkoła wyższa. Refleksje, wyzwania, postulaty*, Marta Grzeško-Nyczka, Monika Kościelniak (red.), Wydawnictwo Akademii Nauk Stosowanych im. Jana Amosa Komeńskiego w Lesznie, Leszno 2023, ISBN 978-83-62746-16-3, ss. 214.)