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# Does Work Task Motivation Mediate the Relationship Between Psychological Capital and Teacher Well-being?\*

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This study examined the mediating role of work task motivation (WTM) in the relationship between psychological capital (PsyCap) and teacher well-being (TWB) in the higher educational context of Ethiopia. The Psychological Capital Questionnaire-12 (PCQ-12), Work Task Motivation Scale for Teachers (WTMST), and Teacher Well-Being Scale (TWBS) were used to collect and analyzed data from a sample of 596 university teachers employed at Ethiopia's Amhara Regional State Universities. The results indicated that PsyCap had a direct and positive effect on WTM ( $\beta = 0.374$ , CI 95% [0.271, 474],  $p < .001$ ) and TWB ( $\beta = 0.298$ , CI 95% [0.150, 0.430],  $p < .001$ ). WTM also has a direct and positive impact on TWB ( $\beta = 0.472$  CI 95% [.003, .481],  $p < .05$ ). Besides, WTM fully mediated the relationship between PsyCap and TWB ( $\beta = 0.110$ , CI 95% [0.006, 0.206],  $p < 0.05$ ). We also found that PsyCap intrinsic motivation identified regulation directly and positively, whereas external, introjected regulation, and amotivation negatively and directly predicted TWB. Finally, the dimensions of WT (intrinsic motivation, identified regulation, external regulation, and introjected regulation

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*Data Availability Statement.* The datasets generated during and/or analyzed during the current study are available from the corresponding author and shared with the journal.

*Ethical Approval.* All human participants' included in the study procedures followed the institution's ethical standards and the 1964 Helsinki Declaration.

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and amotivation) partially mediated the relationships between PsyCap and dimensions of TWB (workload, organizational, and student interaction well-being).

**Keywords:** Positive psychology, self-determination theory of motivation, psychological capital, teacher well-being, work task motivation.

### **Highlights:**

- PsyCap had a direct and positive effect on WTM, TWB, intrinsic motivation, and identified regulation, but a direct and negative effect on external, introjected regulation, and amotivation.
- WTM had a direct and positive impact on TWB.
- Intrinsic motivation: positively identified regulation, whereas external, introjected regulation, and amotivation negatively and directly affected TWB.
- PsyCap and workload, as well as organizational and student interaction well-being, were all partially mediated by intrinsic motivation, identified regulation, external regulation, introjected regulation, and amotivation.

## The Effect of Continuous Artificial Non-musical Auditory Stimulation on Cardiorespiratory Endurance and Perceived Exertion\*

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This study aimed to investigate the effects of auditory stimulation with different frequency variations (increasing, decreasing, and constant) on performance, physiological parameters and perceived exertion in the shuttle run test. Twenty-four healthy sports science students participated in this experimental study and performed the shuttle run test under four different conditions: a) standard (as baseline); b) auditory stimulation with increasing frequency; c) auditory stimulation with decreasing frequency; and d) auditory stimulation with constant frequency. The results showed that maximal oxygen consumption in the decreasing-frequency condition was significantly higher than in any other condition and performance in the increasing-frequency condition was higher than that in the constant and standard conditions. The results also showed that in the initial and intermediate phases of the test, heart rate and perceived exertion were lower in both the increasing- and decreasing- frequency conditions than in the constant frequency and standard conditions. The results of the present study suggest that the use of auditory stimulation with decreasing frequency and increasing frequency can improve performance in endurance tasks. Future studies should better understand the different

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effects of these two types of stimulation and investigate whether they lead to long-term improvements.

**Keywords:** auditory intervention, sound frequency, perceived exertion, blood pressure, blood oxygen level

### **Highlights:**

- According to the results of this study, artificial sounds (with changing the frequency) can affect performance and perceived exertion (as music does).
- This type of auditory stimulation is only useful at low and medium intensities of performance and has no effect on performance at high intensities.
- Decreasing frequency sounds, more than other sounds (constant and increasing frequency), lead to improved performance and reduced perceived exertion.

## **Problematic Social Media Use, Satisfaction with Life, and Levels of Depressive Symptoms in University Students during the COVID-19 Pandemic: Mediation Role of Social Support\***

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The aim of the study was to investigate whether social support might mediate the relationship between problematic social media use (PSMU) and satisfaction with life, and depressive symptoms. The participants of this study consisted of 579 university students

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*Informed Consent Informed.* Consent was obtained from all participants included in the study

*Data Availability.* The datasets generated during and/or analysed during the current study are available from the corresponding author on reasonable request.

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ranging in age between 1738 years ( $M = 21.66$ ,  $SD = 3.06$ ). Participants completed the Multidimensional Perceived Social Support Questionnaire, the Depression, Anxiety, Stress Scale-21 (DASS-21), the Bergen Social Media Addiction Scale, and the Satisfaction with Life Scale. The results showed that the majority of participants (78.1%) spent an increasing time on social media owing to COVID-19. PSMU significantly predicted satisfaction with life, depressive symptoms, and social support. Social support predicted significantly both satisfaction with life and depressive symptoms. Results of the mediation analysis revealed that a pathway in which social support mediates the relationships between the PSMU and depressive symptoms and satisfaction with life is possible. These results suggest that social support may be an important psychological mechanism that mitigates the influence of PSMU on mental health.

*Keywords:* problematic social media use, satisfaction with life, social support, COVID-19 pandemic, depressive symptoms.

- Problematic social media use (PSMU) had a negative predictive effect on social support and satisfaction with life, and a positive predictive effect on depressive symptoms.
- Social support had a positive predictive effect on satisfaction with life and a negative predictive effect on depressive symptoms.
- Social support mediated the impact of PSMU on satisfaction with life and depressive symptoms.

# Motivation Types of Volunteers, their Personality Traits and Subjective Well-being\*

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Using a person-centered approach, this study sought to identify motivation types of volunteers based on their pattern of motives for volunteering and to compare volunteer types in terms of personality and subjective well-being. A two-step cluster analysis conducted on a sample of 441 volunteers revealed four clusters: integrated high function (high on all motives); integrated low function (low on all motives); self-oriented (primarily motivated to advance own career); other-oriented (primarily motivated to pursue values to help others). The other-oriented and the integrated high function clusters reported the highest levels of extraversion, agreeableness, and openness. While satisfaction with volunteering, subjective well-being, and satisfaction of the needs for relatedness and competence were highest in the integrated high function cluster, the other-oriented cluster exhibited the highest satisfaction of the need for autonomy. Our results complement the dimensional approaches to volunteer motivation and show that optimal motivation is achieved by pursuing multiple motives.

*Keywords:* volunteer motivation, subjective well-being, basic needs satisfaction, the Big Five, person-centered approach

## Highlights:

- Volunteers were classified into four clusters based on their motives to volunteer.
- The clusters differed significantly in extraversion, agreeableness, and openness.
- Volunteers in the integrated high function cluster had the highest well-being.
- Volunteers in the other-oriented cluster experienced the highest level of autonomy.

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## **A Conditional Process Model to Explain Problematic Smartphone Use: The Interaction among Frustration Intolerance, Duration of Use, and Gender\***

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The aim of this study was to investigate the interaction among problematic smartphone use, frustration intolerance, duration of smartphone use, and gender in high school students. A total of 524 students (49.24% males) between the ages of 14–18 years attending high schools in Turkey participated in the study. The Frustration Discomfort Scale and the Smartphone Addiction Scale–Short Form were used for data collection. Partial least squares structural equation modeling was conducted to examine the mediator role of duration of smartphone use and the moderator role of gender in the relationship between frustration intolerance aspects (discomfort intolerance, entitlement, emotional intolerance, and achievement) and problematic smartphone use. Entitlement, emotional intolerance, discomfort intolerance, and duration of smartphone use positively predicted problematic smartphone use, but the duration of smartphone use didn't have a mediating role in the relationship between frustration intolerance and problematic smartphone use. These findings highlight that entitlement, emotional intolerance, discomfort intolerance may directly predict problematic smartphone use.

*Keywords:* frustration intolerance, high school students, path analysis, problematic smartphone use

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*Data Availability.* The datasets are available from the corresponding author on request.

*Ethics approval.* Ethical approval was granted by the Marmara University Institute of Health Sciences Ethics Committee in Turkey

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**Highlights:**

- Discomfort intolerance positively predicted the duration of smartphone use.
- Entitlement, emotional intolerance, and discomfort intolerance positively predicted problematic smartphone use.
- The duration of smartphone use positively predicted problematic smartphone use.
- Duration of smartphone use did not mediate the relationship between frustration intolerance and problematic smartphone use.

# Networks of Depressive Symptoms in Clinical and Student Populations: Similarities and Differences\*

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Using network analysis, we compared the BDI-II symptom groupings (i.e., communities), the ability of individual symptoms to associate with the others (i.e., centrality), the global strength of these associations, and the bridge symptoms that connect the communities in a sample of 279 depression patients ( $M_{age} = 49.9$ ,  $SD_{age} = 11.2$ ) and in a non-clinical sample of 327 students (BDI-II score less than 19,  $M_{age} = 21.05$ ,  $SD_{age} = 1.82$ ). The network of patients showed higher density, three communities (i.e., cognitive, affective-vegetative, and anhedonia-low energy), with *sadness* as the central and the strongest bridge symptom. The network of students was less consolidated, had unstable, and uninterpretable communities, with *worthlessness* as the central symptom, which was the strongest bridge among the communities. This study suggests some qualitative differences between depression symptoms in clinical and non-clinical populations, which manifest in their different places in networks.

*Keywords:* network analysis, depression symptoms, clinical sample, students

## Highlights

- Depression symptoms in patients and students were compared via network analysis.
- In patients, there were three symptom clusters with sadness as the strongest bridge.
- In students, the symptom clusters were unstable.
- Sadness was the central symptom in patients and worthlessness in students.
- Samples differed in the connectivity, clustering, and significance of the symptoms.

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