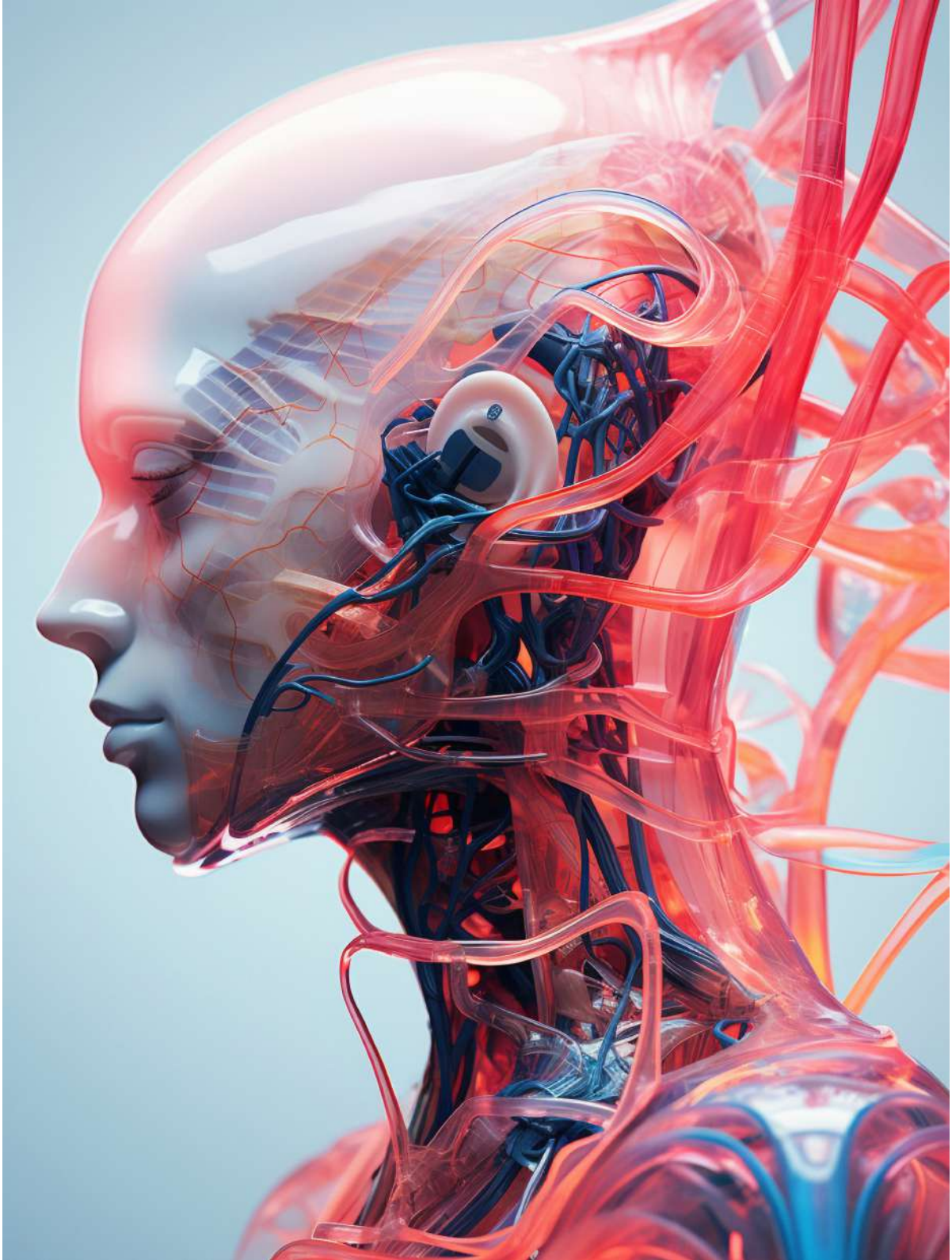




# EFPSA MAGAZINE



APRIL 2024

10<sup>TH</sup> EDITION

# INSIDE

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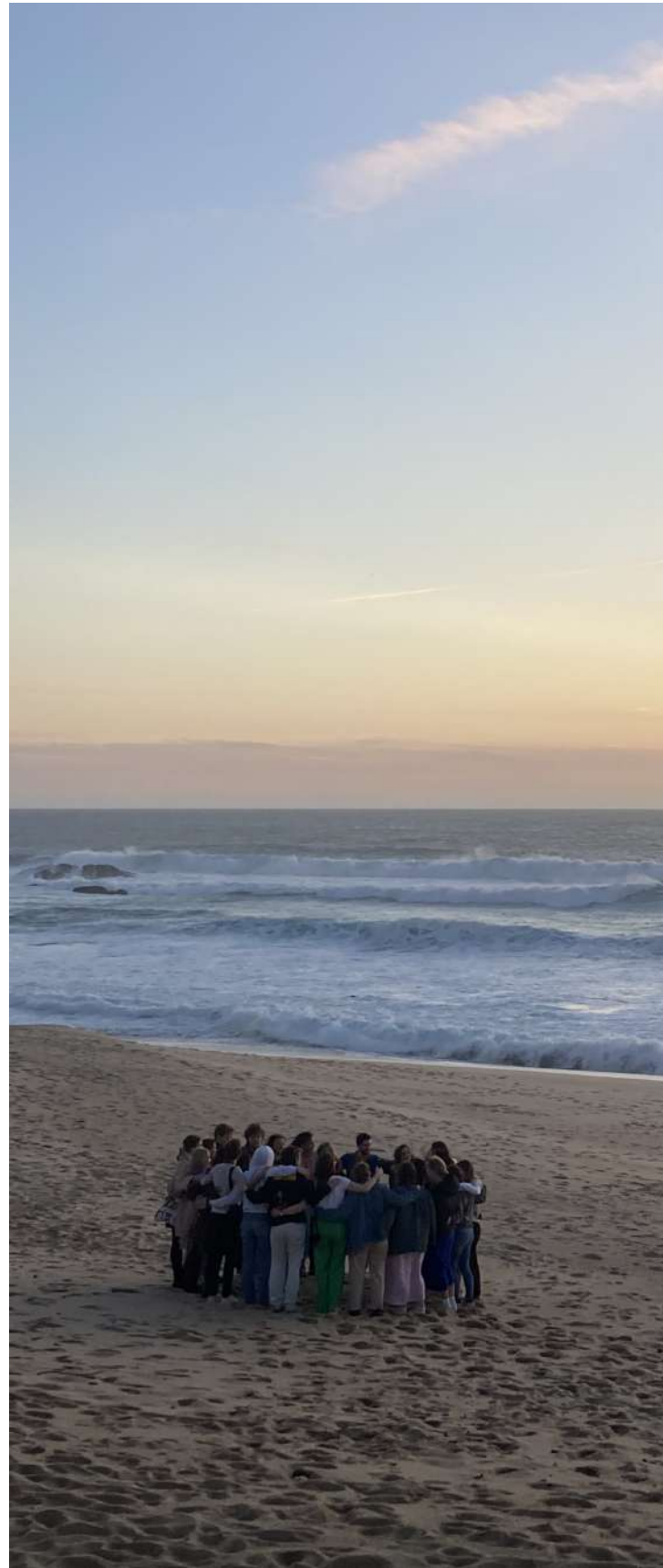
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# INTRODUCTION

Dear EFPSAnauts,

Welcome back to EFPSA after the summertime. Each of us spent that season differently. Some were busy with uni tasks and exams, others were working, taking breaks or actively contributing to EFPSA activities. Train the Trainers was hosted in Turkey, SII concluded one campaign's wave and has already opened a call for the next one, the marketing team prepared many promo materials (stay tuned to it!), External Relations represented us at external events, all teams were preparing for the upcoming academic year. No matter what you did in the summer, I hope you spent your time as you wished and enjoyed the activities.

Being a volunteer might bring many different aspects to our lives. Voluntary activities enrich our both hard and soft skills, build our capacity and resilience, connect us with like-minded people with the same interests, offer us many exciting opportunities, and much more. At the same time, it might get challenging to maintain all our duties and extra tasks. However, most of the times, there are friends next to us who are ready to help while sharing the responsibility or just talking together. This is the charm of voluntary work where most people share a similar mindset to be involved because they want to.



With this said, I want to appreciate each of you, and your enthusiasm to contribute to EFPSA initiatives as well as psychology's future. From my own experience, I am aware that sometimes a concrete outcome might be hidden at the first moment, even more so in such an international online network. That is why I would like to encourage all of us to keep the bigger picture in our minds, remind ourselves to the purpose and reason why we have decided to step out of our comfort zone and commit to this opportunity. Each of us is a puzzle in a big picture that we will finish putting together in April.

A voluntary position is a challenge testing our boundaries too. I invite us to reflect on our experience, benefits, and joy of the opportunity as well as our current capacity, priority, goals and expectations from our student life. I hope all this aligns together with your experience. And if it does not, I encourage you to redefine your life so that you feel happy about the activities you are doing. In the end, you are the most important person for you and you should always keep yourself as a priority.

To conclude, I hope your position in EFPSA is bringing you the experience and memories you are looking for and I hope all of you make the best out of the international opportunity that might change your life one day in the future as EFPSA has changed mine.

With love, many thanks and EFPSA hugs,

Veronika ❤️



# AI & PSYCHOLOGY



The 21<sup>st</sup> century world can indeed be described as dominated by technological revolutions that transcend time. Technological tools that have shaped the way we communicate since the 2000s have had an impact on our daily lives and even our emotional well-being. As social beings, humans are constantly seeking ways to adapt to this technological change. Many innovations, from medical technology to digital communication, have entered our lives. Thanks to new software, the control of diseases has become easier, and we no longer need fax machines (except in Germany, where they seem to cherish the old school approach). It's quite normal to feel like you're in the space age when you see Apple's latest laptop models while watching *Sex and the City*. In fact, artificial intelligence, such as ChatGPT, which gained popularity in the fall of 2022, has taken over the role of solving today's problems by

typing them into Google. ChatGPT is a generative AI developed using its unique algorithm and user feedback. Artificial intelligence, as described by John McCarthy, is the science and engineering of creating intelligent machines. This invention, which is related to intelligence and has the ability to mimic human aspects, often gives the impression of being the beginning of a dystopia.



While the US, China, and the EU become entangled in a digital race, influential techies like Elon Musk and Bill Gates warn of the risk of this artificial intelligence overpowering humankind, and bestselling authors like Yuval Noah Harari write terrifying futuristic stories (FutureLearn, n.d.). However, Stuart Russell and Peter Norvig suggest approaching artificial intelligence with a rational perspective, emphasizing that AI systems should ideally think and act rationally, rather than attempting to emulate human-like thinking and behaviour. IBM simplifies artificial intelligence as a field that combines computer science with robust datasets to enable problem-solving.

In the field of psychology, both in theory and practice, AI serves various purposes. How does it benefit us? How ethical is it to use artificial intelligence in psychology? Is it possible to diagnose a disease based on a psychological symptom?



When comparing artificial intelligence and human consciousness, we find that human consciousness is the

product of a biologically limited organism with a finite lifespan. Artificial intelligence, on the other hand, is a program based on algorithms with limited communication skills, capable of computation. For instance, a human is born into a social environment, generates cultural, societal, and individual ideas, and engages interactively. However, artificial intelligence lacks such an environment. Nevertheless, a program like ChatGPT can make inferences and provide guidance based on questions previously asked by the user. In other words, while AI can mimic human qualities like creativity, voice, and emotion in conversations, it cannot yet behave as empathetically as a human does.

AI is a powerful tool for conducting research in psychology and assisting in the control of experiments. AI can be used in psychology to include encompassing text understanding, visual interpretation, and anticipatory pattern recognition. Although using this technology for academic and scientific research may be beneficial, ethical rules prepared by APA should be observed. This synthetic intelligence can provide a way to figure out human intelligence such as human perception, cognition, and behaviour, meanwhile coming up with various quantities of data for researchers. In psychology practice, this technology is applicable for computational psychiatry which applies theoretical

approaches to psychiatric questions and computational analysis. Machine learning could identify which **genes** contribute to the development of **autism** or the factors that render adolescents vulnerable to binge drinking, such as brain size or parental **divorce**. These programs could reveal which systems are affected by **dopamine** in patients with Parkinson's disease, or a person's risk for **depression** based on factors such as sex and **childhood trauma** (Psychology Today, n.d.).

While therapy arrangements with AI technology may be possible, the human-robot relationship and the human-human relationship should be considered. Bigman and his colleagues worked on interactions at a hotel in Malaysia employing robot and human workers. Upon observing interactions between individuals and robot workers, researchers noted that after these interactions, people exhibited decreased levels of respect towards human workers. "There was a spill-over effect, where suddenly we have these agents that are tools, and that can cause us to view humans as tools, too," he said in an article at APA monitor (APA Monitor, 2023).

The reason people often envision artificial intelligence in such a dystopian way is due to misinformation and uncertainty. Media portrayal and inadequate research can make artificial intelligence appear more frightening

to individuals. According to neuroscience news, people's fear of AI is based on loss of control, privacy, and human value. An AI expert, David Krueger thinks we are not prepared for upcoming threats by AI. Meanwhile, according to an article published in APA, a PhD licensed psychologist, Jessica Jackson, "If we're thoughtful and strategic about how we integrate AI, we can have a real impact on lives around the world." (APA Monitor, 2023).



Artificial Intelligence's ascent is frequently regarded as integral to the 'fourth industrial revolution.' Consequently, digital technology driven by AI has intricately woven itself into every facet of society, revealing an unmistakable emergence of a novel societal paradigm. Nevertheless, every development comes with negative effects alongside its positive aspects. Specifically in the field of psychology, scientific research aids in diagnosing psychiatric conditions and saves time. Having limits in human-robot relationships can dispel these dystopian and pessimistic concerns. This is because using technology adequately and in a controlled manner enables us to optimise efficiency and protect ourselves from potential harm.

# DIGITALISATION IN VOLUNTEERING



In today's world, everything has shifted to digital screens. We socialise on social media accounts, and we engage in gaming channels. After COVID-19, our workplaces and schools have also moved into the digital realm. Digitalisation demonstrates how our lives have been influenced by technological advancements and how it is shaping the future. Volunteering is the most meaningful way to contribute to society or a community. It is an action that fosters a sense of unity that binds communities together. So, how can you become a volunteer who can effectively utilise your time, showcase your skills, and creativity? Is it possible with digitalisation? What is digitalisation?

"Digitalisation is the ongoing integration of digital technologies and digitised data across the economy and society" ("Digitalisation in the European Union," Eurofound, 2021). EFPSA is a hybrid organisation that combines digital and face-to-face elements. This volunteer-based organisation involves young psychology students from various European countries who take on roles online, working together in solidarity and support. They engage in activities such as cre-



ating magazines and online webinars, and they support the hybrid system with projects like "Mind the Mind," "Better Together," and various conferences. Digitalisation involves the use of digital tools and the transfer of social support to an online environment, which is essential for volunteer work. Increasing productivity and competitiveness requirements make digitalisation inevitable (Scrive, n.d.).



According to the "State of Volunteering in Victoria 2020" report, in Australia, online volunteering increased from 17% in 2019 to 44% in 2020. Engaging in volunteering in the digital realm, which has become a significant part of our lives, comes with several advantages. In our modern lives, where everything is in a rush to get done quickly, volunteering online can save time for those who want to dedicate their time to volunteering. For example, you can provide more assistance in a shorter amount of time than what would be required for an in-person event. EFPSA facilitates the integration of psychology students both online and in reality, with tasks

distributed to positions being completed as freelance work online. This allows volunteers to work with dedication without the pressure of time constraints (excluding individual differences).

Digital platforms have the capacity to reach wide audiences, allowing you to connect easily from India to Finland using any digital tool. With this power to connect the farthest corners of the world, you can expand your social networks, collaborate, and globalize.

According to Couchbase, 86 percent of organisations have found digital transformation to be quite challenging (Scrive," n.d.). By learning digital tools, you can adapt to the digital world.

Non-governmental organisations have kept pace with the digital transformation, leading to the emergence of a digitised volunteering atmosphere. Volunteering is an activity that enhances societal cohesion and helps individuals gain experience. Digitised volunteering brings interactive cooperation into the digital realm, reducing time constraints and making it easier to establish new connections more quickly. In this sense, individuals adapting to the new world of digital transformation gain a valuable experience that increases their awareness.

# DIGITAL CONNECTI- VITY AND WELL-BEING

In today's world, where everything has moved to the internet, we are also living our lives on digital platforms. While socialising is a natural need for humans, we have shifted it from in-person interactions to online environments. Online chat conversations, games, social media accounts, and even online therapies... Do the online spaces that have become the focus of our attention hinder our well-being?

"Internet connectivity brings significant opportunities. It allows easy access to the global atmosphere and provides a foundation for network development. It also offers job-seeking platforms for recent graduates. It enables us to access information and research results quickly while providing content for enjoyable pastimes. However, with the ease of accessing these opportunities at any moment, the constant checker problem arises. A constant checker is a person who constantly, almost obsessively, checks their emails, texts, and social media accounts. This profile is synonymous with 43 percent of individuals in the U.S. (Medical News Today, 2018). This behaviour leads individuals to be constantly anxious and can disrupt their communication with family and friends. For example, 42 percent of constant checkers worry about the effect of social media on their physical and mental health, compared to 27 percent of non-constant checkers

(Medical News Today, 2018). To cope with such a situation, individuals sometimes enter a period called 'dopamine detox' or 'social media detox,' during which they abstain from social media and/or emails for a while.



Social media provides internet connectivity and accelerates adaptation to the realities of the 21st century. However, the inability to find limits in its usage can isolate individuals and prevent them from being happy. For example, social media interactions can directly affect individuals, and this situation can even lead to depression, according to a study conducted by Pitt's School of Medicine.

However, research published in *Cyberpsychology, Behaviour, and Social Networking* suggests that you do not have to quit social media altogether; simply changing your behaviour on social networking sites and taking an occasional break may help lift your spirits (Medical News Today, 2018). Digital interactions, especially on social media, can directly affect our daily mood, and there may be a need

for assistance. The digital age has also introduced the concept of online therapy. You can receive therapy from professionals in online environments, ensuring both time and convenience savings.

Digital interactions, which have become a part of our daily lives, can have both positive and negative effects on our well-being. In such cases, it's important to avoid constantly checking notifications and to use social media mindfully. Taking breaks and focusing on our own lives at times is crucial. Especially when you feel stuck and are experiencing a depressive mood, don't hesitate to seek help.



# INTERVIEW WITH YOGA INSTRUCTOR

Yoga emerged as a trend in our modern world and the stressful atmosphere of metropolitan life. Many people experience enlightenment through yoga, leading to lifestyle changes and even pursuing yoga education in Asian locations like Bali and Tibet. One such individual is Erica, a 51-year-old originally from Rome. You can learn detailed information about yoga from excerpts of my enjoyable and insightful interview with her.



**“Yoga means union. You have to listen to your body.”**

**Firstly may I learn your story with yoga?**

I studied advertising and worked in the field until 2015. We had been living in Turin with our young children since 1997. Here, we established

an advertising company together. However, a stressful and demanding work life awaited us, especially with young children. At my spouse's urging, we moved to Bali in 2011. The transformation began here.

**What was the reason you moved to Bali and how did you integrate into the culture of Bali, how did a transformation begin here?**

Bali was a peaceful place nestled in nature, and since our work was online, we easily made the move. In Balinese culture, children are seen as a "manifestation of god," which is why the stress we experienced when taking our young children out in Italy wasn't present here. People genuinely love and care for children.

Due to my job, I was involved with a yoga school here. When they asked for a discount from me, I requested a membership to the yoga school in return. I started practicing yoga once a week, and that evolved into a daily practice.

“REVOLUTION: After 3 months of weekly practice I tried a daily practice, and that is when the 5 days in a row gave me that insight. The sensation of body-mind-spirit connection brought a moment. I realized that is what I want to do.”

**How long have you been doing yoga? How did you become an instructor?**

I started practicing yoga in 2013. In 2015, I became a yoga instructor. To become a yoga instructor according to the International Yoga Federation, you need to complete a minimum of 200 hours of yoga training. However, I had completed 1000 hours of training.

**What kind of yoga type are you teaching? Can you explain how specific yoga poses or breathing exercises impact the nervous system and promote relaxation?**

I primarily teach active yoga, known as "Vinyasa" in Sanskrit. Vinyasa involves synchronizing movement with breath, creating a continuous flow that prevents immobility as it's always dynamic. It can be considered an entry point to yoga and symbolizes masculine balance. It's an entry point for those who have a hectic life and would feel the "still yoga" too difficult.



“Yoga means union. Difference between yoga's way to reaching union. All Balance and integrated. You have to listen to your body. In yoga all poses are in a cycle with movement and breath we call them ‘inhale movements’ and ‘exhale movements’. Deep breath comes from your nervous system. Short and up body breaths cause anxiety just like trying to catch up on the poses in yoga. The psychological aspect is extended in yoga. So mindfulness is a yoga practice. In a

present be able to accept whatever comes.”

**How would you describe yourself as a yoga instructor? How do you encourage and guide your students while applying poses and mindfulness?**

In my classes, I bring a lot of fun and humor. Smiling and laughing act as a form of therapy. While some might find it less serious, it's a matter of personal preference. But sometimes, we need to be our own clown; life is already quite serious. Be gentle with yourself and be gentle with others."

I start lessons with small meditation and breath connections. "Leave out everything which is not necessary at the moment". I invite them to connect to their body with focusing on pieces of the body. I remind them that they are inside the body.

I am giving classes in Italy now and the Western world is full of "yang" energy. There is yin and yang energy. Yang is referring to masculine energy. So we are always in a rush and we always have something to do. While in classes I imbue them that "Everything has a time to do and focus on now."

**What is your advice to yoga practitioners?**

Teachers matter. Because they have an external look for students who can have injury. Find a teacher that works for you and your needs.

**Why is Bali a preferred destination for yoga lessons? Are traditional Balinese wellness practices fused with yoga for holistic well-being?**

It is an international place for yoga. Because most Western people decided on Bali as a yoga training place. Balinese don't have yoga practices in daily life but Indians do. Yoga is not a religious practice but Hindu it is. Balinese people are very slow and soft, nothing that important except god and religion. It is amazing to feel the connection between spirit, god, and nature. Practicing yoga in Bali is inspiring.

**Book recommendation?**

Eckhart Tolle, Power of Now





### Questions:

1. Where were you this summer? (home, school, country, grandma's home, etc..)
2. What would it be if you compare this summer vacation to a color and an animal?
3. Which song would be the best for identifying your summer journey?
4. With three words, this summer:

### **Korina, A&BR**

1. Tuscany and Croatian coast
2. Blue, parrot
3. Sara perche ti amo
4. love, dancing, relaxing

### **Malwine, SII Coordinator**

1. Home
2. Black cat
3. Il good things (come to an end) - Giant Rooks ver.
4. Best last times...

### **Çise Miş, JEPS Editor**

1. Mainly at the university in Cyprus but will go to Turkey for a short holiday :)
2. It'd be blue as a colour and a butterfly as an animal
3. Enjoy the Ride - Morcheeba
4. Sea, sun, and work :)

### **Sofia Seabra, EFPSA Community Responsible**

1. Home and I'll be in Lesvos volunteering
2. Orange butterfly
3. Daydream by Lily Meola
4. Challenge, explore, learn

### **Samantha, MR of Luxembourg**

1. Home
2. Yellow and dog
3. Wait A Minute - Radio Slave, NEZ
4. Was absolutely awesome

### **Ecem, JEPS Editor-in-Chief**

1. Summer house next to black sea in İstanbul
2. ORANGE, seagull
3. Por Una Cabeza
4. Hot, impassioned, and relaxing

**Álvaro Rovira, VMR of Spain, JEPS Editor & External Relations Team Member**

1. I'm in Spain at the moment, but I will be attending APA's Congress which takes place tomorrow in Washington DC.
2. Red color and tiger
3. The eye of a tiger
4. Intense, unknown, and rewarding

**Veronika, President**

1. I am mostly located in Pilsen in the Czech Republic, working and spending lots of time with my Water Rescue friends. I also travel quite a lot, participated in the EFPA Congress in the UK, and went rafting in Austria.
2. It would be a blue colour and a dolphin since I spend lots of time close to the water.
3. Let It Go
4. Social time, traveling, adventure

A little reminder: You don't have to spend your summer vacation the same as everyone else. Any time you are happy with small moments can be your "summer vacation". Where were you this summer? (home, school, country, grandma's home, etc..).

# EFPSA DINOSAURS INTERVIEW



1. How long have you been in EFPSA?
2. What was the first position that you had and what do you do now?
3. What kind of benefit does EFPSA give you?
4. What is keeping you in this organization?
5. It is a half online association and your work is mostly online. What kind of advantages and disadvantages does it have?
6. What are your favourite memories from EFPSA?
7. If you had a suggestion to people who would like to be part of EFPSA what would it be? What



### 1. How long have you been in EFPSA?

**Bahadır:** Since 2019.

**Veronika:** since 2017

### 2. What was the first position that you had and what do you do now?

**Bahadır:** I started as a volunteer in the Mind the Mind project. Now I am the Vice President of EFPSA responsible for the Social Impact Initiative and Training Office Services. I also took over the People & Culture Office Board Responsible position from the Secretary-General this year.

**Veronika:** This is my fifth mandate in the Working Community. After I was the MR, I held the position of the Member and Observer Coordinator (MOC), I got elected for the Member representative officer (MRO) and became the President of EFPSA last year.

### 3. What kind of benefit does EFPSA give you?

**Bahadır:** helped me become an even more organised person and use different tools as the roles I was/am in require keeping track of multiple tasks and hundreds of volunteers/coordinators. I also learnt how and when to take an initiative more effectively. Also being in EFPSA has helped me learn how to help and motivate people I am working with as a leader. Lastly and most importantly, I have made

great and true friendships here.

**Veronika:** Leading the biggest international federation of psychology students is definitely a life changing and unforgettable experience. Many opportunities were coming one by one on both national and international levels. I have learned lots of soft skills, met many like-minded people and became more more self-confident. Representing Czechia as MR encouraged me to go study in Finland and all EFPSA experience helped me to get accepted for the internship in the Netherlands.

### 4. What is keeping you in this organisation?

**Bahadır:** The friendships, you can always find a common spot to bond with people with your work. It is a great experience to meet people with such different backgrounds in the same organisation working towards the same goals. In Fact, I can call it a safe space for some of my friendships.

**Veronika:** Amazing EFPSA spirit, all students involved and international friends are keeping me in EFPSA. Thanks to an extensive international network, I got to know people in most of the European countries. Besides that, exploring psychology abroad is very exciting, and finally, working with so many motivated students keeps me hyped up too.

**5. It is a half online association and your work is mostly online. What kind of advantages and disadvantages does it have?**

**Bahadır:** +being able to work and meet at any time with people from all over Europe. Being in the era of computers and with the ever-improving technological and internet sides of the world, working online is a must. - as sometimes it can be a bit hard to focus on your tasks when they're all in a digital space. And also you do miss the people and a lot of the time you wish they were closer so you could go out for a drink!

**Veronika:** A huge advantage for me is that I can work on EFPSA anytime anywhere. I like traveling so I use my time on the train a lot. I also enjoy that I can be in touch with other EFPSAnauts very easily even though they live on the other side of Europe. At the same time, it is pretty challenging to keep all connections and activities online. I am a social person who really enjoys meeting with people so I am missing an in-person-working friendship. On the other hand, I truly enjoy every single in-person meeting or event even more, it is always a special moment for me. Every time, I cannot wait for EFPSA hugs and I also try to use any opportunity abroad to get connected with my friends again.

**6. What are your favourite memories from EFPSA?**

**Bahadır:** From last year's mid-mandate team-building session, where despite a small group, we discovered shared interests that led to strong friendships. These bonds remain vital to me. Another fond memory is during this year's congress, engaging in Robert's engaging and enduring team-building activities after the new board's selection. Surprisingly, some of those activities are still part of our routines!

**Veronika:** Oh wow, it is truly difficult to choose one experience because every moment is worth keeping in my heart and I will never forget all the connections, funny activities, and very touching emotions that EFPSA brought to me. One of my best memories is the Joint EB&MR Meeting hosted in 2019 in Slovenia which was one of the first EFPSA events I joined. I was the MR of Czechia back then, I stayed with 18 other MRs in two connected rooms (so you can imagine the spirit there :D) and the whole event was really cool.

**7. If you had a suggestion to people who would like to be part of EFPSA what would it be? What should they expect?**

**Bahadır:** EFPSA is a place where the more you invest, the more you gain. Active participation in social activities, taking initiatives, and engaging in var-

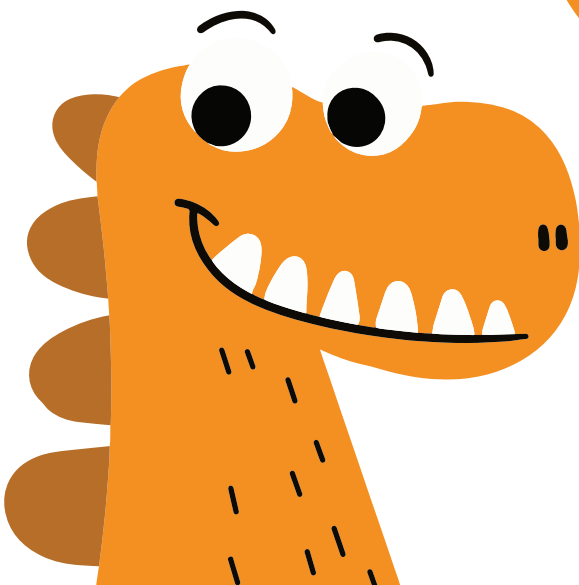
ious experiences lead to personal growth. It cultivates essential life skills, from budgeting to leadership and cross-cultural collaboration. EFPSA nurtures both professional development and lasting friendships. Expect enriching and enjoyable moments, as laughter is a constant companion in meetings.

**Veronika:** Seize the opportunity without hesitation. Waiting for the "perfect" moment can lead to missed chances. In EFPSA, your level of involvement is flexible, so invest your time and energy wisely. The more you contribute, the more you gain. In my six-plus years with EFPSA, I've grown personally and professionally, made lifelong friends, and acquired invaluable knowledge. Don't delay – dive in!

ROAR

**Why did the dinosaur bring a suitcase to the museum?**

Because he wanted to pack his thingsaur-us!



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