

# Determinants of Mental Health of Early Career Researchers

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# Psychological well-being theory (Ryff C.)



# Increasing psychological well-being

Reduces social tension

Prevents stress and behavioral disorders

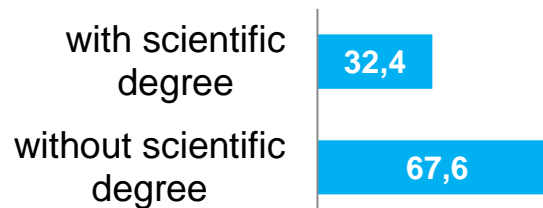
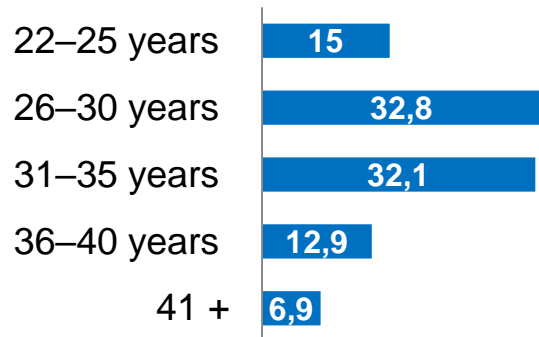
Increases the overall quality of life

It becomes possible through:

- developed social network of relationships
- social integration with others
- opportunities to receive resources for self-realization and implementation of personally significant activities
- the construction of a clear strategy and line of behavior



# 653 respondents: 67,5% women i 32,5% men



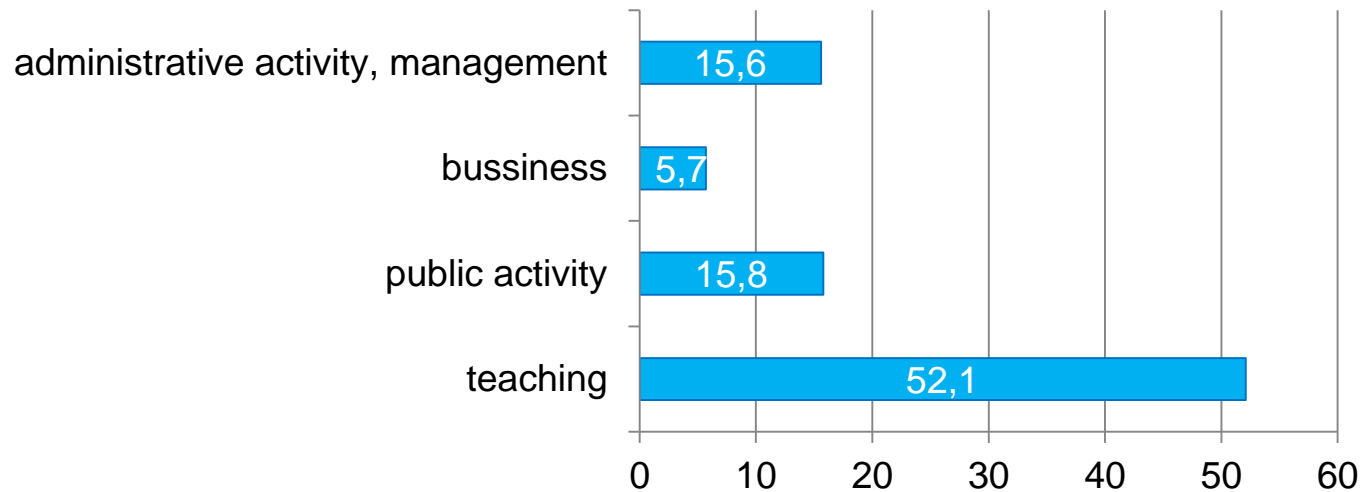
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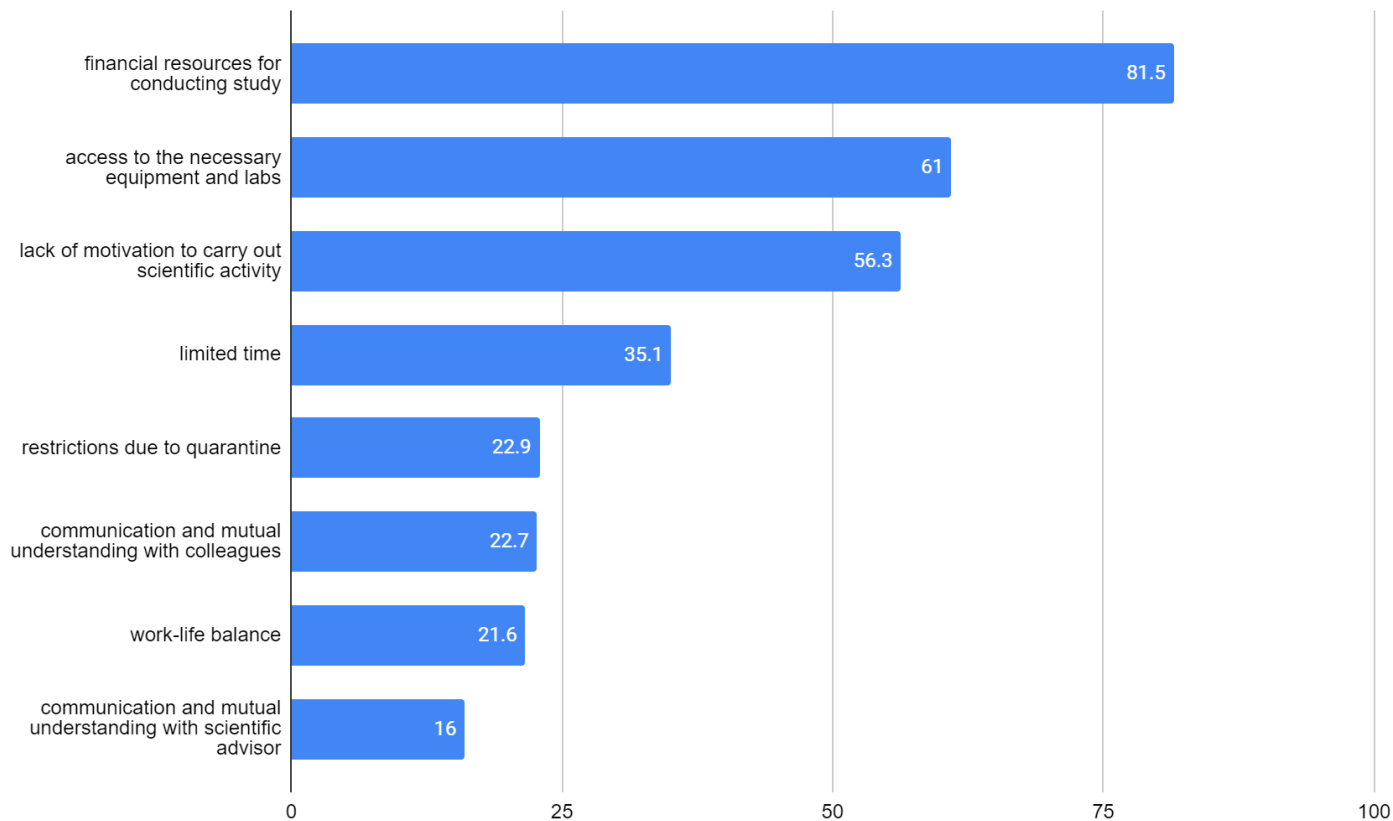


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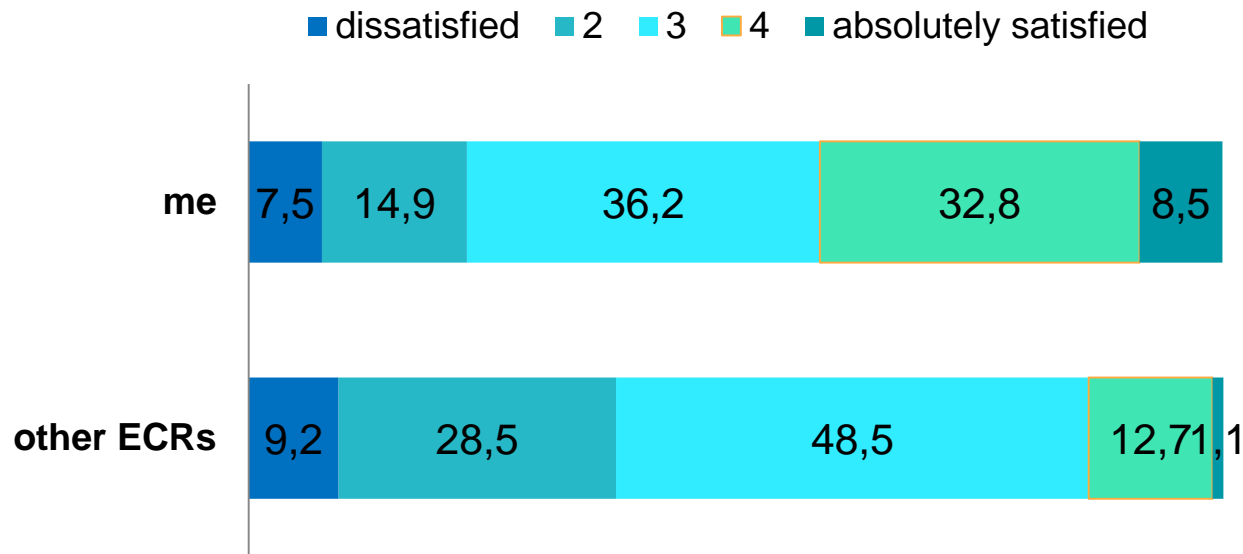
# 89.2% of respondents combine scientific activity with other ones



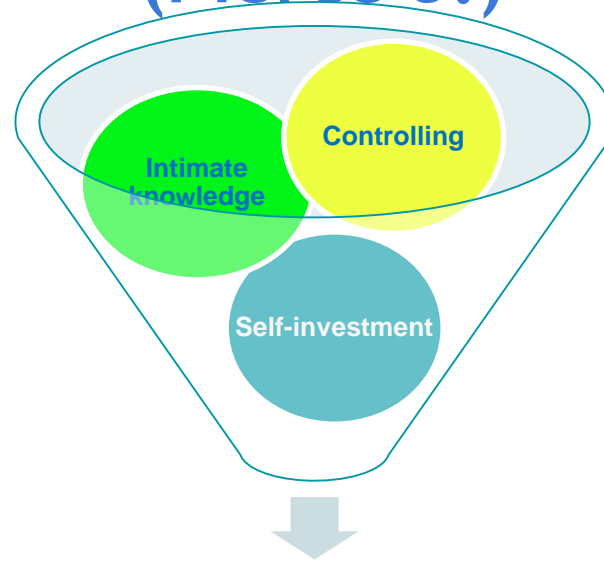
# The most pressing issues for ECRs



# Scientific career development satisfaction



# Psychological Ownership in Organization (Pierce J.)



## Psychological ownership

- Self-efficacy
- Responsibility
- Self-esteem
- Satisfaction
- Identity
- Autonomy



# What we can do?

Institutional  
level

- ❑ Involving ECRs in different activities, not only scientific ones

National level

- ❑ Doing more information and create these narratives and images of scholars

International  
level

- ❑ Making social representations of science and scholars in society

- ❑ Involving in decision making



# Thank you for listening!

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